

CTRL ROOM

Let’s take control

WEEK 1	Day 1	Total Power day (Real talk: Why Fat Loss Is Not Always a Calorie Deficit Problem)
	Day 2	Corestorm
	Day 3	Upper takeover (Real Talk: Sleep, Cortisol, and the Truth About Belly Fat)
	Day 4	Lower body dominance (Real talk: Why Fat Loss Is Not Always a Calorie Deficit Problem)
	Day 5	Rest Day
	Day 6	Rest Day

WEEK 2	Day 7	Upper Control (Real talk : Creating a balanced meal plate)
	Day 8	Oh My Legs
	Day 9	Primal Operating System
	Day 10	Full Force (Real talk: Fat loss best cheat codes)
	Day 11	Total body control
	Day 12	Rest Day
	Day 13	Rest Day

WEEK 3	Day 14	The loadout: Upperbody
	Day 15	The loadout: Lowerbody (Real talk: Hormones don't lie)
	Day 16	The lock-In: Core
	Day 17	Torque & Tension: Upperbody (Real: The Supplement trap)
	Day 18	Leg Engine: Lower body
	Day 19	Rest Day
	Day 20	Rest Day

WEEK 4	Day 21	
	Day 22	
	Day 23	
	Day 24	
	Day 25	
	Day 26	Rest Day
	Day 27	Rest Day

WEEK 5	Day 28	
	Day 29	
	Day 30	