



“MAX OUT” WORKOUT CALENDAR

FOR THE NEXT TWO MONTHS, FOLLOW THE DAILY WORKOUTS LISTED BELOW. BE SURE TO NOTE THE TIME YOU **MAX OUT** EACH DAY.

IF YOU’VE GOT A BIT OF EXTRA TIME IN YOUR DAY AND WANT TO FOCUS MORE ON YOUR CORE, THEN CHECK OUT THE AB MAXIMIZER WORKOUT CALENDAR.

MONTH 1																															
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																								
WEEK 1	CARDIO CHALLENGE Take your “Day 1” pics & stats MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	TABATA POWER MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	SWEAT INTERVALS* MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	TABATA POWER MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	REST or PULSE (optional) MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	REST
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WEEK 2	CARDIO CHALLENGE MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	TABATA POWER MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	SWEAT INTERVALS* MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	TABATA POWER MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	REST or PULSE (optional) MAX OUT: <table><tr><td colspan="2"></td></tr><tr><td>min.</td><td>sec.</td></tr></table>			min.	sec.	REST
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*IF YOU HAVE THE SWEAT FEST DVD, YOU CAN USE IT IN PLACE OF SWEAT INTERVALS ANYWHERE IT APPEARS ON THE CALENDAR.

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WEEK 4	MAX OUT CARDIO	MAX OUT POWER	MAX OUT SWEAT	MAX OUT STRENGTH	FRIDAY FIGHT: ROUND 2	REST or PULSE (optional)	CHALLENGE COMPLETE! Take your “Day 60” pics & stats																							
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