

POWER

90 Day Workout Calendar

20



TAKE A STARTING PICTURE

1	2	3	4	5	6	7	8	9	10
SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2	SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2	SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2	REST	SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2	SCULPT 1-2
11	12	13	14	15	16	17	18	19	20
SWEAT 1-2 AB RIPPER 1-2	SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2	REST	SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2	SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2	SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2
21	22	23	24	25	26	27	28	29	30
REST	SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2	SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2	SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2	REST	SCULPT 1-2	SWEAT 1-2 AB RIPPER 1-2
31	32	33	34	35	36	37	38	39	40
SCULPT 3-4	SWEAT 3-4 AB RIPPER 3-4	SCULPT 3-4	SWEAT 3-4 AB RIPPER 3-4	REST	SCULPT 3-4	SWEAT 3-4 AB RIPPER 3-4	SCULPT 3-4	SWEAT 3-4 AB RIPPER 3-4	SCULPT 3-4
41	42	43	44	45	46	47	48	49	50
SWEAT 3-4 AB RIPPER 3-4	REST	SCULPT 3-4	SWEAT 3-4 AB RIPPER 3-4	SCULPT 3-4	SWEAT 3-4 AB RIPPER 3-4	SCULPT 3-4	SWEAT 3-4 AB RIPPER 3-4	REST	SCULPT 3-4
51	52	53	54	55	56	57	58	59	60
SWEAT 3-4 AB RIPPER 3-4	SCULPT 3-4	SWEAT 3-4 AB RIPPER 3-4	SCULPT 3-4	SWEAT 3-4 AB RIPPER 3-4	REST	SCULPT 3-4	SWEAT 3-4 AB RIPPER 3-4	SCULPT 3-4	SWEAT 3-4 AB RIPPER 3-4
61	62	63	64	65	66	67	68	69	70
SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4	REST	SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4	SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4	SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4	REST
71	72	73	74	75	76	77	78	79	80
SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4	SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4	SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4	REST	SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4	SCULPT 5-6
81	82	83	84	85	86	87	88	89	90
SWEAT 5-6 AB RIPPER 3-4	SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4	REST	SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4	SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4	SCULPT 5-6	SWEAT 5-6 AB RIPPER 3-4

COMPLETED



TAKE A
PICTURE
OF RESULTS