

POWER 90 SCHEDULE

MONTH 1

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Rest

Sculpt 5-6

Sweat 5-6
Ab Ripper

Sculpt 5-6

FBE
Ab Ripper

Sculpt 5-6

Sweat 5-6
Ab Ripper

Rest

Sculpt 5-6

Sweat 5-6
Ab Ripper

Sculpt 5-6

FBE
Ab Ripper

Sculpt 5-6

Sweat 5-6
Ab Ripper

Rest

Sculpt 5-6

Sweat 5-6
Ab Ripper

Sculpt 5-6

FBE
Ab Ripper

Sculpt 5-6

Sweat 5-6
Ab Ripper

Rest
Stretch

Core Cardio

Cardio
Intervals

UML

Plyo Legs

Core Cardio

UML