

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO CHALLENGE Take your "Day 1" pics & stats MAX OUT: min. sec.	TABATA POWER MAX OUT: min. sec.	SWEAT INTERVALS MAX OUT: min. sec.	TABATA POWER MAX OUT: min. sec.	FRIDAY FIGHT ROUND 1 MAX OUT: min. sec.	REST OR PULSE	REST
WEEK 2	CARDIO CHALLENGE MAX OUT: min. sec.	TABATA POWER MAX OUT: min. sec.	SWEAT INTERVALS MAX OUT: min. sec.	TABATA POWER MAX OUT: min. sec.	FRIDAY FIGHT ROUND 1 MAX OUT: min. sec.	REST OR PULSE	REST
WEEK 3	CARDIO CHALLENGE MAX OUT: min. sec.	TABATA STRENGTH MAX OUT: min. sec.	SWEAT INTERVALS MAX OUT: min. sec.	TABATA STRENGTH MAX OUT: min. sec.	FRIDAY FIGHT ROUND 1 MAX OUT: min. sec.	REST OR PULSE	REST
WEEK 4	CARDIO CHALLENGE MAX OUT: min. sec.	TABATA STRENGTH MAX OUT: min. sec.	SWEAT INTERVALS MAX OUT: min. sec.	TABATA STRENGTH MAX OUT: min. sec.	FRIDAY FIGHT ROUND 1 MAX OUT: min. sec.	REST OR PULSE	REST Take your "Day 30" pics & stats