

60-Day Calendar

Base Kit Only

|            |  |
|------------|--|
| Start Date |  |
| IPN        |  |
| Weight     |  |

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*The Hammer*  
**HAMMER**  
 and  
**CHISEL**

|        | Monday            | Tuesday             | Wednesday                                | Thursday | Friday                                 | Saturday           | Sunday                                 |
|--------|-------------------|---------------------|------------------------------------------|----------|----------------------------------------|--------------------|----------------------------------------|
| Week 1 | Card Balance      | Hammer Plyometrics  | Ice Strength Chisel                      | Ice      | Ice Speed Hammer                       | Card Endurance     | Total Body Hammer<br>(20 Mo 40 Hammer) |
| Week 2 | Card Cardio       | Max Hammer Strength | Card Agility                             | Ice      | Hammer Power                           | Card Balance       | Hammer Conditioning                    |
| Week 3 | Total Body Hammer | Card Agility        | Max Hammer Strength<br>(20 Mo 40 Hammer) | Ice      | Total Body Chisel<br>(20 Mo 40 Chisel) | Hammer Plyometrics | Ice Strength Chisel                    |
| Week 4 | Card Balance      | Max Hammer Strength | Card Cardio                              | Ice      | Ice Speed Hammer                       | Card Agility       | Hammer Power<br>(20 Mo 40 Hammer)      |

|        | Monday                                 | Tuesday                                  | Wednesday           | Thursday | Friday              | Saturday                          | Sunday                                 |
|--------|----------------------------------------|------------------------------------------|---------------------|----------|---------------------|-----------------------------------|----------------------------------------|
| Week 5 | Total Body Chisel<br>(20 Mo 40 Chisel) | Hammer Power<br>(20 Mo 40 Hammer)        | Card Balance        | Ice      | Ice Speed Hammer    | Card Endurance                    | Total Body Hammer                      |
| Week 6 | Card Agility                           | Hammer Conditioning<br>(20 Mo 40 Hammer) | Card Cardio         | Ice      | Hammer Power        | Card Balance<br>(20 Mo 40 Chisel) | Max Hammer Strength                    |
| Week 7 | Total Body Chisel<br>(20 Mo 40 Chisel) | Ice Speed Hammer                         | Ice Strength Chisel | Ice      | Hammer Conditioning | Card Cardio                       | Total Body Hammer<br>(20 Mo 40 Hammer) |
| Week 8 | Card Endurance<br>(20 Mo 40 Chisel)    | Max Hammer Strength                      | Card Cardio         | Ice      | Hammer Plyometrics  | Total Body Chisel                 | Hammer Power<br>(20 Mo 40 Hammer)      |

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