

60-DAY CALENDAR

DecideToStayFit.com

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CHISEL BALANCE or optional 50 MIN HIIT CHISEL*	DAMNED STRENGTH or optional 50 MIN HIIT CHISEL*	50 STRENGTH CHISEL	50T 50T	50T 50T DAMNED	CHISEL CHALLENGE	TOTAL BODY HAMMER and optional 10 MIN AB HAMMER
2	CHISEL LEGS or optional DAMNED BUILT UP*	50T 50T DAMNED 50T 50T DAMNED BUILT UP*	50T 50T DAMNED 50T 50T DAMNED BUILT UP*	50T 50T	DAMNED POWER	CHISEL BALANCE or optional POWER CHISEL* and 10 MIN AB CHISEL	DAMNED TOTAL BODY and optional 10 MIN LEE HAMMER*
3	TOTAL BODY HAMMER and optional 10 MIN LEE HAMMER*	CHISEL ABILITY or optional 50 MIN HIIT CHISEL*	DAMNED STRENGTH and 10 MIN LEE HAMMER	50T 50T	TOTAL BODY CHISEL and 10 MIN AB CHISEL	DAMNED HYPERFLEX or optional 50 MIN HIIT CHISEL*	50 STRENGTH CHISEL and optional 10 MIN HIIT CHISEL*
4	CHISEL BALANCE or optional POWER CHISEL* and 10 MIN AB CHISEL	50T 50T DAMNED 50T 50T DAMNED	CHISEL STRENGTH or optional 50 MIN HIIT CHISEL*	50T 50T	50T 50T DAMNED 50T 50T DAMNED	CHISEL ABILITY or optional 50 MIN HIIT CHISEL*	DAMNED POWER and 10 MIN AB HAMMER
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5	TOTAL BODY CHISEL and 10 MIN AB CHISEL	DAMNED POWER and 10 MIN AB HAMMER	CHISEL BALANCE and optional 10 MIN HIIT CHISEL*	50T 50T	50T 50T DAMNED 50T 50T DAMNED	CHISEL STRENGTH or optional POWER CHISEL*	TOTAL BODY HAMMER and optional DAMNED BUILT UP*
6	CHISEL ABILITY or optional 50 MIN HIIT CHISEL*	DAMNED STRENGTH and 10 MIN AB HAMMER	CHISEL STRENGTH or optional POWER CHISEL*	50T 50T	DAMNED POWER	CHISEL BALANCE and 10 MIN AB CHISEL	50T 50T DAMNED 50T 50T DAMNED
7	TOTAL BODY CHISEL and 10 MIN AB CHISEL	50T 50T DAMNED 50T 50T DAMNED	50T 50T DAMNED 50T 50T DAMNED	50T 50T	DAMNED TOTAL BODY	CHISEL LEGS and optional 10 MIN LEE CHISEL*	TOTAL BODY HAMMER and 10 MIN AB HAMMER
8	CHISEL CHALLENGE and 10 MIN AB CHISEL	50T 50T DAMNED 50T 50T DAMNED	CHISEL LEGS and optional 10 MIN LEE CHISEL*	50T 50T	DAMNED HYPERFLEX or optional 50 MIN HIIT CHISEL*	TOTAL BODY CHISEL or optional POWER CHISEL* and optional 10 MIN AB CHISEL	DAMNED POWER and 10 MIN AB HAMMER

*DAMNED BUILT UP: 10 MIN HIIT CHISEL, 10 MIN LEE HAMMER, and 10 MIN AB HAMMER. 50T 50T: 50T 50T CHISEL and 50 MIN HIIT CHISEL. 50T 50T: 50T 50T CHISEL and 50 MIN HIIT CHISEL. 50T 50T: 50T 50T CHISEL and 50 MIN HIIT CHISEL.

*50 MIN HIIT CHISEL: 50 MIN HIIT CHISEL, 50 MIN HIIT CHISEL, 50 MIN HIIT CHISEL, 50 MIN HIIT CHISEL, 50 MIN HIIT CHISEL, 50 MIN HIIT CHISEL, 50 MIN HIIT CHISEL, 50 MIN HIIT CHISEL, 50 MIN HIIT CHISEL, 50 MIN HIIT CHISEL.

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