

60-DAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHISEL BALANCE	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL	DAY OFF	ISO SPEED HAMMER	CHISEL ENDURANCE	TOTAL BODY HAMMER <i>and</i> 10 MIN AB HAMMER
CHISEL CARDIO	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	HAMMER POWER	CHISEL BALANCE <i>or optional:</i> POWER CHISEL* <i>and</i> 10 MIN AB CHISEL	HAMMER CONDITIONING <i>and optional:</i> 15 MIN LEG HAMMER
TOTAL BODY HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO**	MAX HAMMER STRENGTH <i>and</i> 10 MIN AB HAMMER	DAY OFF	TOTAL BODY CHISEL <i>and</i> 10 MIN AB CHISEL	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL <i>and optional:</i> 15 MIN GLUTE CHISEL*
CHISEL BALANCE <i>or optional:</i> POWER CHISEL* <i>and</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	ISO SPEED HAMMER <i>or optional:</i> HAMMER BUILD UP* <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO**	HAMMER POWER <i>and</i> 10 MIN AB HAMMER