

MONTH 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK
1

**CARDIO
CHALLENGE**

Take your "Day 1"
pics & stats

MAX
OUT:

**TABATA
POWER**

MAX
OUT:

**SWEAT
INTERVALS***

MAX
OUT:

**TABATA
POWER**

MAX
OUT:

**FRIDAY
FIGHT:
ROUND 1**

MAX
OUT:

**REST or
PULSE**
(optional)

MAX
OUT:

REST

WEEK
2

**CARDIO
CHALLENGE**

MAX
OUT:

**TABATA
POWER**

MAX
OUT:

**SWEAT
INTERVALS***

MAX
OUT:

**TABATA
POWER**

MAX
OUT:

**FRIDAY
FIGHT:
ROUND 1**

MAX
OUT:

**REST or
PULSE**
(optional)

MAX
OUT:

REST

WEEK
3

**CARDIO
CHALLENGE**

MAX
OUT:

**TABATA
STRENGTH**

MAX
OUT:

**SWEAT
INTERVALS***

MAX
OUT:

**TABATA
STRENGTH**

MAX
OUT:

**FRIDAY
FIGHT:
ROUND 1**

MAX
OUT:

**REST or
PULSE**
(optional)

MAX
OUT:

REST

WEEK
4

**CARDIO
CHALLENGE**

MAX
OUT:

**TABATA
STRENGTH**

MAX
OUT:

**SWEAT
INTERVALS***

MAX
OUT:

**TABATA
STRENGTH**

MAX
OUT:

**FRIDAY
FIGHT:
ROUND 1**

MAX
OUT:

**REST or
PULSE**
(optional)

MAX
OUT:

REST

Take your "Day 39"
pics & stats

MONTH 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK
1

**MAX OUT
CARDIO**

MAX
OUT:

**MAX OUT
POWER**

MAX
OUT:

**MAX OUT
SWEAT**

MAX
OUT:

**MAX OUT
STRENGTH**

MAX
OUT:

**FRIDAY
FIGHT:
ROUND 2**

MAX
OUT:

**REST or
PULSE**
(optional)

MAX
OUT:

REST

WEEK
2

**MAX OUT
CARDIO**

MAX
OUT:

**MAX OUT
POWER**

MAX
OUT:

**MAX OUT
SWEAT**

MAX
OUT:

**MAX OUT
STRENGTH**

MAX
OUT:

**FRIDAY FIGHT:
ROUND 2**

MAX
OUT:

**REST or
PULSE**
(optional)

MAX
OUT:

REST

WEEK
3

**MAX OUT
CARDIO**

MAX
OUT:

**MAX OUT
POWER**

MAX
OUT:

**MAX OUT
SWEAT**

MAX
OUT:

**MAX OUT
STRENGTH**

MAX
OUT:

**FRIDAY FIGHT:
ROUND 2**

MAX
OUT:

**REST or
PULSE**
(optional)

MAX
OUT:

REST

WEEK
4

**MAX OUT
CARDIO**

MAX
OUT:

**MAX OUT
POWER**

MAX
OUT:

**MAX OUT
SWEAT**

MAX
OUT:

**MAX OUT
STRENGTH**

MAX
OUT:

**FRIDAY
FIGHT:
ROUND 2**

MAX
OUT:

**CARDIO
CHALLENGE**
(optional)

MAX
OUT:

**CHALLENGE
COMPLETE!**

Take your "Day 60"
pics & stats