

MONTH 1

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
(optional)

MAX OUT: min. sec.

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
(optional)

MAX OUT: min. sec.

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
(optional)

MAX OUT: min. sec.

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
(optional)

MAX OUT: min. sec.

REST

Take your "Day 30" pics & stats

MONTH 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK
1

MAX OUT CARDIO

MAX OUT: min. sec.

MAX OUT POWER

MAX OUT: min. sec.

MAX OUT SWEAT

MAX OUT: min. sec.

MAX OUT STRENGTH

MAX OUT: min. sec.

FRIDAY FIGHT: ROUND 2

MAX OUT: min. sec.

REST or PULSE
(optional)

MAX OUT: min. sec.

REST

WEEK
2

MAX OUT CARDIO

MAX OUT: min. sec.

MAX OUT POWER

MAX OUT: min. sec.

MAX OUT SWEAT

MAX OUT: min. sec.

MAX OUT STRENGTH

MAX OUT: min. sec.

FRIDAY FIGHT: ROUND 2

MAX OUT: min. sec.

REST or PULSE
(optional)

MAX OUT: min. sec.

REST

WEEK
3

MAX OUT CARDIO

MAX OUT: min. sec.

MAX OUT POWER

MAX OUT: min. sec.

MAX OUT SWEAT

MAX OUT: min. sec.

MAX OUT STRENGTH

MAX OUT: min. sec.

FRIDAY FIGHT: ROUND 2

MAX OUT: min. sec.

REST or PULSE
(optional)

MAX OUT: min. sec.

REST

WEEK
4

MAX OUT CARDIO

MAX OUT: min. sec.

MAX OUT POWER

MAX OUT: min. sec.

MAX OUT SWEAT

MAX OUT: min. sec.

MAX OUT STRENGTH

MAX OUT: min. sec.

FRIDAY FIGHT: ROUND 2

MAX OUT: min. sec.

CARDIO CHALLENGE
(optional)

MAX OUT: min. sec.

CHALLENGE COMPLETE!

Take your "Day 60" pics & stats