



Month 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cardio Challenge	Tabata Power	Sweat Intervals*	Tabata Power	Friday Fight Night: Rd 1	Rest or Pulse	Rest
	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	
Week 2	Cardio Challenge	Tabata Power	Sweat Intervals*	Tabata Power	Friday Fight Night: Rd 1	Rest or Pulse	Rest
	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	
Week 3	Cardio Challenge	Tabata Strength	Sweat Intervals*	Tabata Strength	Friday Fight Night: Rd 1	Rest or Pulse	Rest
	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	
Week 4	Cardio Challenge	Tabata Strength	Sweat Intervals*	Tabata Strength	Friday Fight Night: Rd 1	Rest or Pulse	Rest
	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Pics & Stats

*You can sub "Sweat Fest" for "Sweat Intervals"



Ab Maximizer Month 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cardio Challenge	Tabata Power	Sweat Intervals*	Tabata Power	Friday Fight Night: Rd 1	Pulse	Rest
	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	
Week 2	Cardio Challenge & Ab Attack 10	Tabata Power	Sweat Intervals* & Ab Attack 10	Tabata Power	Friday Fight Night: Rd 1	Pulse & Ab Attack:10	Rest
	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	
Week 3	Cardio Challenge & Max Out Abs	Tabata Strength	Sweat Intervals* & 360 Abs	Tabata Strength	Friday Fight Night: Rd 1	Pulse & Ab Attack:10	Rest
	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	
Week 4	Cardio Challenge & 360 Abs	Tabata Strength	Sweat Intervals* & Max Out Abs	Tabata Strength	Friday Fight Night: Rd 1	Pulse & Ab Attack:10	Rest
	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	Max Out: _____	

*You can sub "Sweat Fest" for "Sweat Intervals"

