

STEP 1 "A GOAL WITHOUT A PLAN IS JUST A WISH."

- You're only going to improve from here, so it's important to remember where you started and use it for motivation.

TAKE YOUR MEASUREMENTS

	DAY 1	DAY 30	DAY 60	DAY 90
WEIGHT				
CHEST				
WAIST				
ARMS (R/L)				
THIGHS (R/L)				

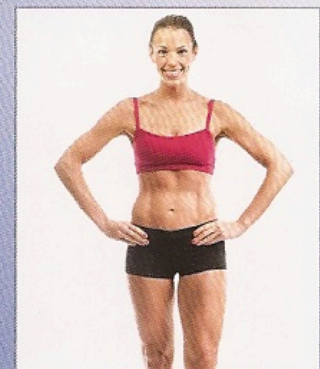
- Set measurable and attainable goals for the next 90 days.
- Take your "before" photos (like the examples to the right), weight, and measurements to start tracking your progress.

TAKE YOUR PICTURES

DAY 1



DAY 90



Consult your physician and follow all safety instructions before beginning this or any exercise program.

STEP 2 "TIME TO HIT IT!"

- Place your daily workout calendar on your wall and choose the rotation of your choice, **SWEAT** or **SCULPT** focused.
- Next, pick your Day 1 workout and Push Play! ▶

P90 SWEAT CARDIO BASED SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	1 Take your Day 1 photos + measurements Sweat A Ab Ripper A	2 Sculpt A	3 Sweat A Ab Ripper A	4 Sculpt A	5 Sweat A Ab Ripper A	6 Saturday Special	7 Rest
2	8 Sweat A Ab Ripper A	9 Sculpt A	10 Sweat A Ab Ripper A	11 Sculpt A	12 Sweat A Ab Ripper A	13 Saturday Special	14 Rest
3	15 Sweat A Ab Ripper A	16 Sculpt A	17 Sweat A Ab Ripper A	18 Sculpt A	19 Sweat A Ab Ripper A	20 Saturday Special	21 Rest
4	22 Sweat A Ab Ripper A	23 Sculpt A	24 Sweat A Ab Ripper A	25 Sculpt A	26 Sweat A Ab Ripper A	27 Saturday Special	28 Rest

For the extra support and motivation you need to succeed, get your FREE Coach at FreeP90Coach.com

STEP 3

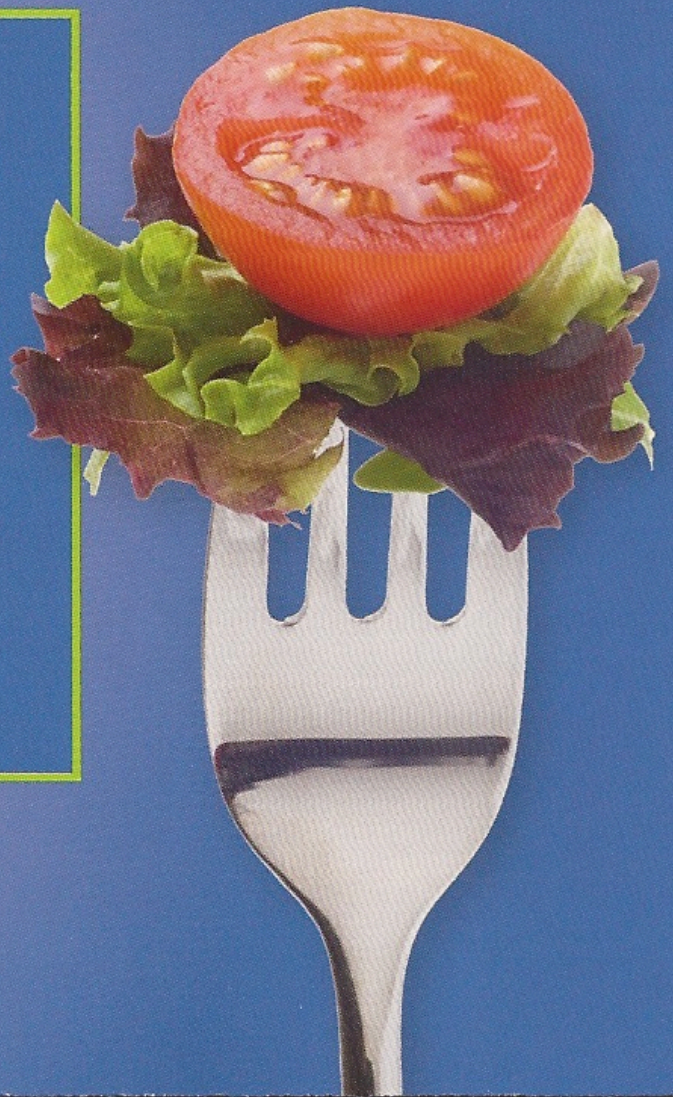
“IF YOU DON’T EAT ACCORDING TO YOUR GOALS, DON’T EXPECT TO REACH THEM.”

READ YOUR NUTRITION GUIDE.

As Tony likes to say:

“YOU CAN’T OUT-EXERCISE A BAD DIET.”

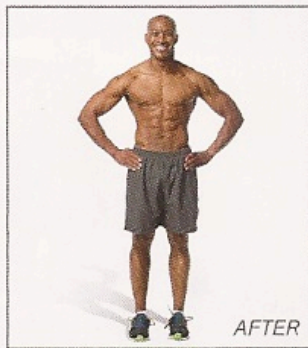
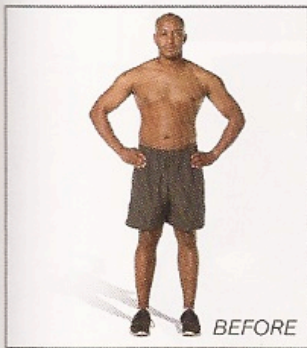
The sooner you read this guide and learn the simple steps that will make your diet healthy, the quicker your body will begin to change!



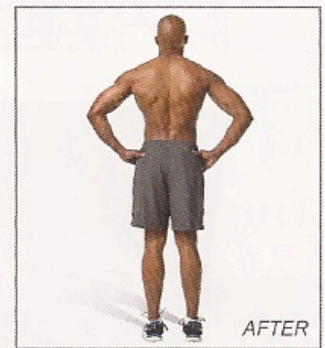
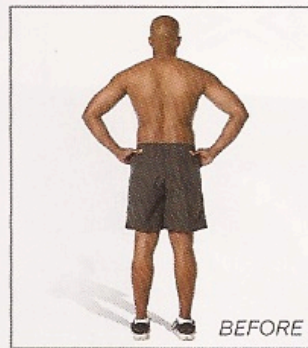
STEP 4 "GOOD THINGS COME TO THOSE WHO WORK."

On Day 90, take your "after" photos, weight, and measurements.
Don't forget to congratulate yourself on a job well-done!

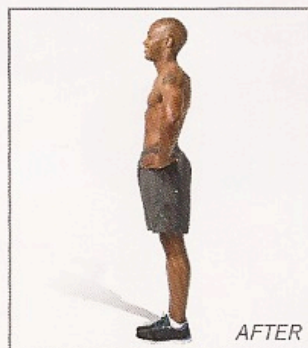
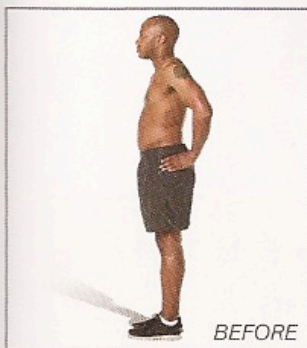
Examples of "Before" and "After" poses to include:



FRONT POSE



BACK POSE



SIDE POSE



To watch an instructional video on how to take your best "before" and "after" photos, use your smartphone to scan this QR code now.