

RIPT90 (ORIGINAL)

90 DAY CALENDAR

1 TAKE BEFORE PHOTO Minute by Minute	2 CHEST SHREDDER	3 METABOLIC MANIA	4 STRETCH	5 DIRTY DOZEN	6 SHOULDER PRESSURE	7 LEG OVERHAUL + RIPT ABS
8 REST DAY + STRETCH	g UPS AND DOWNS	10 BACK BREAKER	11 DEATH BY THRUSTER	12 STRETCH	13 MINUTE BY MINUTE	14 ARMS
15 TOTAL BODY TAMER	16 STRETCH	17 METABOLIC MANIA	18 DEAD-LIFT KILLER	19 SHOULDER PRESSURE + RIPT ABS	₂₀ STRETCH	21 DIRTY DOZEN
22 LEG OVERHAUL	23 MINUTE BY MINUTE	24 STRETCH	25 DEATH BY THRUSTER	26 BACK BREAKER	27 UPS AND DOWNS	28 STRETCH
29 CHEST SHREDDER	30 DEAD-LIFT KILLER	31 TOTAL BODY TAMER	32 STRETCH	33 SHOULDER PRESSURE + RIPT ABS	34 DEAD-LIFT KILLER	35 DEATH BY THRUSTER
36 STRETCH	37 LEG OVERHAUL	38 MINUTE BY MINUTE	39 ARMS + RIPT ABS	40 STRETCH	41 CHEST SHREDDER	42 DIRTY DOZEN
43 BACK BREAKER + RIPT ABS	44 STRETCH	45 SHOULDER PRESSURE	46 METABOLIC MANIA	47 DEADLIFT KILLER	48 STRETCH	49 DEATH BY THRUSTER
50 ARMS + RIPT ABS	51 MINUTE BY MINUTE	52 STRETCH	53 CHEST SHREDDER	54 LEG OVERHAUL	55 UPS AND DOWNS	56 STRETCH
57 DEAD-LIFT KILLER	SHOULDER PRESSURE + RIPT ABS	59 DIRTY DOZEN	60 STRETCH	61 DEAD-LIFT KILLER	62 BACK BREAKER	63 METABOLIC MANIA
64 CHEST SHREDDER	65 STRETCH	66 ARMS + RIPT ABS	67 LEG OVERHAUL	68 MINUTE BY MINUTE	69 SHOULDER PRESSURE	70 STRETCH
71 DIRTY DOZEN	72 UPS AND DOWNS	73 CHEST SHREDDER	74 DEAD-LIFT KILLER + RIPT ABS	75 STRETCH	76 BACK BREAKER	77 LEG OVERHAUL
78 DEATH BY THRUSTER	79 SHOULDER PRESSURE + RIPT ABS	80 STRETCH	81 METABOLIC MANIA	82 CHEST SHREDDER	ARMS + RIPT ABS	84 DIRTY DOZEN
85 STRETCH	86 DEAD-LIFT KILLER	87 SHOULDER PRESSURE + RIPT ABS	88 STRETCH	89 UPS AND DOWNS	90 MINUTE BY MINUTE	SUBMIT BEFORE AND AFTER PHOTO AT XTRAINFIT.COM/FREEGEAR



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