



90 DAY CALENDAR

1 TAKE BEFORE PHOTO Minute by Minute Redux	2 HARD CORE CHEST	3 LUNG BURNER	4 ARMS AND SHOULDERS	5 STRETCH	6 BODY FAT BREAKDOWN	7 LEGS AND GLUTES
8 BACK AND SHOULDERS	9 MORE METABOLIC MANIA	10 REST	n CHEST AND ARMS	ABS + STRETCH	13 BACK AND QUADS	14 LEGS AND ABS
15 MINUTE BY MINUTE REDUX	16 REST	17 BACK AND SHOULDERS	18 LEGS AND GLUTES	19 CHEST AND ARMS	20 LUNG BURNER + ABS	21 BACK AND QUADS
22 HARD CORE CHEST	23 BODY FAT BREAKDOWN	24 STRETCH	25 ARMS AND SHOULDERS	26 LEGS AND ABS	27 MORE METABOLIC MANIA	28 REST
29 BACK AND SHOULDERS	30 MINUTE BY MINUTE REDUX	31 HARD CORE CHEST	32 BACK AND QUADS	33 STRETCH	34 LUNG BURNER	35 LEGS AND GLUTES
36 BACK AND SHOULDERS	37 BODY FAT BREAKDOWN	38 REST	39 CHEST AND ARMS	40 MORE METABOLIC MANIA	41 ABS	42 ARMS AND SHOULDERS
43 LEGS AND ABS	44 STRETCH	45 MINUTE BY MINUTE REDUX	46 LEGS AND GLUTES	47 BACK AND SHOULDERS	48 REST	49 BODY FAT BREAKDOWN
50 HARD CORE CHEST	51 MORE METABOLIC MANIA	<sub>52</sub> ABS	53 ARMS AND SHOULDERS	54 LUNG BURNER	55 STRETCH	56 CHEST AND ARMS
57 LEGS AND GLUTES	58 BACK AND SHOULDERS	59 HARD CORE CHEST	60 MINUTE BY MINUTE REDUX	61 REST	62 BODY FAT BREAKDOWN	63 ARMS AND SHOULDERS
64 LEGS AND ABS	65 MORE METABOLIC MANIA	66 ABS	67 CHEST AND ARMS	68 BACK AND QUADS	63 LEGS AND GLUTES	70 REST
ח HARD CORE CHEST	72 LUNG BURNER	73 BACK AND SHOULDERS	74 CHEST AND ARMS	75 MINUTE BY MINUTE REDUX	76 ABS	77 BODY FAT BREAKDOWN
78 ARMS AND SHOULDERS	79 REST	80 STRETCH+ ABS	81 LEGS AND GLUTES	82 MORE METABOLIC MANIA	83 ARMS AND SHOULDERS	84 ABS
85 BACK AND QUADS	86 LUNG BURNER	87 HARD CORE CHEST	88 LEGS AND ABS	89 REST	90 MINUTE BY MINUTE REDUX	- SUBMIT BEFORE AND AFTER Photo at Xtrainfit.com/freegear



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