

RIPT90 + RIPT90 FIT

90 DAY CALENDAR

TAKE BEFORE PHOTO Minute by Minute	2 HARD CORE CHEST	3 TOTAL BODY TAMER	4 RIPT90 FIT STRETCH	5 LUNG BURNER	G DEADLIFT KILLER + RIPT90 FIT ABS	7 MEATBOLIC MANAIA
8 ARMS AND SHOULDERS	9 LEGS AND GLUTES	10 BODY FAT BREAKDOWN	n REST	12 SHOULDER PRESSURE	13 MORE METABOLIC MANIA	14 LEG OVERHAUL
15 BACK AND SHOULDERS	16 ABS AND STRETCH	17 MINUTE BY MINUTE REDUX	18 CHEST AND ARMS	19 DEATH BY THRUSTER	20 BACK AND QUADS	21 UPS AND DOWNS
22 LEGS AND ABS	23 REST	24 DIRTY DOZEN	25 BACK BREAKER + ABS	26 CHEST SHREDDER	27 DEADLIFT KILLER	LUNGBURNER + ABS
29 LEGS AND GLUTES	30 RIPT90 ARMS	31 STRETCH	32 TOTAL BODY TAMER	33 MINUTE BY MINUTE	34 DEATH BY THRUSTER	35 DIRTY DOZEN
36 HARD CORE CHEST	37 REST	38 LEG OVERHAUL	39 CHEST AND ARMS	40 METABOLIC MANIA	41 ARMS AND SHOULDERS	42 BODY FAT BREAKDOWN
43 LEGS AND ABS	44 BACK BREAKER + ABS	45 UPS AND DOWNS	46 RIPT90 FIT STRETCJ	47 MINUTE BY MINUTE REDUX	48 DEAD-LIFT KILLER + RIPT90 FIT ABS	49 CHEST SHREDDER
50 BACK AND SHOULDERS	51 MORE METABOLIC MANIA	52 LEGS AND GLUTES	53 RIPT90 ARMS	54 TOTAL BODY TAMER	55 SHOULDER PRESSURE	56 DIRTY DOZEN
57 REST	58 HARD CORE CHEST	59 LEG VERHAUL	60 BODY FAT BREAKDOWN	61 BACK BREAKER + ABS	62 MINUTE BY MINUTE	ARMS AND SHOULDERS
64 LEGS AND GLUTES	65 METABOLIC MANIA	66 CHEST SHREDDER	67 LUNG BURNER + RIPT90 FIT ABS	68 BACK AND QUADS	69 RIPT90 FIT STRETCH	70 UPS AND DOWNS
71 OEAD-LIFT KILLER	72 RIPT90 ARMS	73 BACK AND SHOULDERS	74 MORE METABOLIC MANIZ	75 CHEST AND ARMS	76 DEATH BY THRUSTER	π ABS + STRETCH
78 SHOULDER PRESSURE	79 MINUTE BY MINUTE REDUX	80 LEGS AND ABS	81 TOTAL BODY TAMER	BACK BREAKER + ABS	83 ARMS AND SHOULDERS	B4 DIRTY DOZEN
85 REST	86 BODY FAT BREAKDOWN	87 MORE METABOLIC MANIA	88 LEG OVERHAUL	89 RIPT90 FIT STRETCH + RIPT 90 FIT ABS	90 MINUTE BY MINUTE	SUBMIT BEFORE AND AFTER PHOTO AT XTRAINFIT.COM/FREEGEAR



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