

Start Date:

BLOCK 1 BF%: _____ Weight: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Sculpt A	Sweat A Ab Ripper A	Sculpt A	Sweat A Ab Ripper A	Sculpt A	Saturday Special	Rest
Week 2	Sculpt A	Sweat A Ab Ripper A	Sculpt A	Sweat A Ab Ripper A	Sculpt A	Saturday Special	Rest
Week 3	Sculpt A	Sweat A Ab Ripper A	Sculpt A	Sweat A Ab Ripper A	Sculpt A	Saturday Special	Rest
Week 4	Sculpt A	Sweat A Ab Ripper A	Sculpt A	Sweat A Ab Ripper A	Sculpt A	Saturday Special	Rest

BLOCK 2 BF%: _____ Weight: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Sculpt B	Sweat B Ab Ripper B	Sculpt B	Sweat B Ab Ripper B	Sculpt B	Saturday Special	Rest
Week 6	Sculpt B	Sweat B Ab Ripper B	Sculpt B	Sweat B Ab Ripper B	Sculpt B	Saturday Special	Rest
Week 7	Sculpt B	Sweat B Ab Ripper B	Sculpt B	Sweat B Ab Ripper B	Sculpt B	Saturday Special	Rest
Week 8	Sculpt B	Sweat B Ab Ripper B	Sculpt B	Sweat B Ab Ripper B	Sculpt B	Saturday Special	Rest

BLOCK 3 BF%: _____ Weight: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Sculpt C	Sweat C Ab Ripper C	Sculpt C	Sweat C Ab Ripper C	Sculpt C	Saturday Special	Rest
Week 10	Sculpt C	Sweat C Ab Ripper C	Sculpt C	Sweat C Ab Ripper C	Sculpt C	Saturday Special	Rest
Week 11	Sculpt C	Sweat C Ab Ripper C	Sculpt C	Sweat C Ab Ripper C	Sculpt C	Saturday Special	Rest
Week 12	Sculpt C	Sweat C Ab Ripper C	Sculpt C	Sweat C Ab Ripper C	Sculpt C	Saturday Special	Rest
Week 13	Sculpt A	Sweat A Ab Ripper A	Sculpt B	Sweat B Ab Ripper B	Sculpt C	Sweat C Ab Ripper C	Rest