

Start Date:

**BLOCK 1** BF%: \_\_\_\_\_ Weight: \_\_\_\_\_

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

**BLOCK 2** BF%: \_\_\_\_\_ Weight: \_\_\_\_\_

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

**BLOCK 3** BF%: \_\_\_\_\_ Weight: \_\_\_\_\_

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