SWEAT CALENDAR

YourFitnessPath.com

| 1001116116 | מווינטווו | | | | | | |
|------------|------------------------|----------|--------------------------------|----------|------------------------|---------------------|--------|
| | 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%: | | | | |
| | 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 |
| | Coach Chris Cobu | rn | coachchris@yourfitnesspath.com | | | yourfitnesspath.com | |

Start Date: