

P90

SCULPT

RESISTANCE-BASED SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	1 TAKE YOUR DAY-1 PHOTOS + SCULPT A	2 SWEAT A AB RIPPER A	3 SCULPT A	4 SWEAT A AB RIPPER A	5 SCULPT A	6 SATURDAY SPECIAL	7 REST
2	8 SCULPT A	9 SWEAT A AB RIPPER A	10 SCULPT A	11 SWEAT A AB RIPPER A	12 SCULPT A	13 SATURDAY SPECIAL	14 REST
3	15 SWEAT A AB RIPPER A	16 SWEAT A AB RIPPER A	17 SCULPT A	18 SWEAT A AB RIPPER A	19 SCULPT A	20 SATURDAY SPECIAL	21 REST
4	22 SWEAT A AB RIPPER A	23 SWEAT A AB RIPPER A	24 SCULPT A	25 SWEAT A AB RIPPER A	26 SCULPT A	27 SATURDAY SPECIAL	28 REST
5	29 SCULPT B	30 TAKE YOUR DAY-30 PHOTOS + SWEAT B AB RIPPER B	31 SCULPT B	32 SWEAT B AB RIPPER B	33 SCULPT B	34 SATURDAY SPECIAL	35 REST
6	36 SCULPT B	37 SWEAT B AB RIPPER B	38 SCULPT B	39 SWEAT B AB RIPPER B	40 SCULPT B	41 SATURDAY SPECIAL	42 REST
7	43 SCULPT B	44 SWEAT B AB RIPPER B	45 SCULPT B	46 SWEAT B AB RIPPER B	47 SCULPT B	48 SATURDAY SPECIAL	49 REST
8	50 SCULPT B	51 SWEAT B AB RIPPER B	52 SCULPT B	53 SWEAT B AB RIPPER B	54 SCULPT B	55 SATURDAY SPECIAL	56 REST
9	57 SCULPT C	58 SWEAT C AB RIPPER C	59 SCULPT C	60 TAKE YOUR DAY-60 PHOTOS + SWEAT C AB RIPPER C	61 SCULPT C	62 SATURDAY SPECIAL	63 REST
10	64 SCULPT C	65 SWEAT C AB RIPPER C	66 SCULPT C	67 SWEAT C AB RIPPER C	68 SCULPT C	69 SATURDAY SPECIAL	70 REST
11	71 SCULPT C	72 SWEAT C AB RIPPER C	73 SCULPT C	74 SWEAT C AB RIPPER C	75 SCULPT C	76 SATURDAY SPECIAL	77 REST
12	78 SCULPT C	79 SWEAT C AB RIPPER C	80 SCULPT C	81 SWEAT C AB RIPPER C	82 SCULPT C	83 SATURDAY SPECIAL	84 REST
HIT IT!	85 SCULPT A	86 SWEAT A AB RIPPER A	87 SCULPT B	88 SWEAT B AB RIPPER B	89 SCULPT C	90 TAKE YOUR DAY-90 PHOTOS + SWEAT C AB RIPPER C	Congratulations! Submit your results to TakeBBChallenge.com and prepare to start your next program

TIPS: P90* Speed Sculpt, Speed Sweat, Speed Abs, and Horton's Greatest Hits can be substituted for any of the B and C workouts, as long as they are the same type of routine. For example: If you want to use P90 Speed Sculpt, you would use it on a Sculpt day, and not a Sweat day. If you don't feel you've mastered either A or B after completion, consider doing another round before moving on to B or C.

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NO EXCUSES!

