



SWEAT

CARDIO-BASED SCHEDULE

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

