MONTH 1

	MONDAY	TUEBDAY	WEDNEGDAY	THUREDAY	FRIDAY	SATURDAY	BUNDAY
WEEK	CARDIO CHALLENGE	TABATA POWER	SWEAT INTERVALS*	TABATA POWER	FRIDAY FIGHT:	REST OR PULSE	REST
SAECE!	Take your "Day 1"		Control of the Control	and the second	ROUND 1	(OPTIONAL)	
	pics & stats	Section of the			F # 202 7 T	k7 '-	
	MAX	MAX	MAX	MAX	MAX	MAX	
	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	
	CARDIO	TABATA	SWEAT	TABATA	FRIDAY	REST OR	REST
WEEK	CHALLENGE	POWER	INTERVALS*	POWER	FIGHT: ROUND 1	PULSE (OPTIONAL)	
			2000				
	MAX	MAX	MAX	MAX	MAX	MAX	
	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	
va vi ntana v	CARDIO CHALLENGE	TABATA STRENGTH	SWEAT	TABATA STRENGTH	FRIDAY FIGHT:	REST OR PULSE	REST
WEEK	CHALLENGE	SIRENGIA	INTERVALS*	SIRENGIA	ROUND 1	(OPTIONAL)	
		150 A					
	MAX	MAX	MAX	MAX	MAX	MAX	
	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	
Valente ac	CARDIO CHALLENGE	TABATA	SWEAT	TABATA STRENGTH	FRIDAY FIGHT:	REST OR PULSE	REST
WEEK	CHALLENGE	Ø SPECIOIN	INTERVALS*	SIRENGIA	ROUND 1	(OPTIONAL)	
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1							Take your "Day 30" pics & stats
	MAX	MAX	MAX	MAX	MAX	MAX	pics & stats
	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	OUT: min sec	

^{*}If you have the SWEAT FEST DVD, you can use it in place of SWEAT INTERVALS anywhere it appears on the calendar.