

MONTH 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK

1

MAX OUT
CARDIO

MAX
OUT:

min sec

MAX OUT
POWER

MAX
OUT:

min sec

MAX OUT
SWEAT

MAX
OUT:

min sec

MAX OUT
STRENGTH

MAX
OUT:

min sec

FRIDAY
FIGHT:
ROUND 2

MAX
OUT:

min sec

REST OR
PULSE
(OPTIONAL)

MAX
OUT:

min sec

REST

WEEK

2

MAX OUT
CARDIO

MAX
OUT:

min sec

MAX OUT
POWER

MAX
OUT:

min sec

MAX OUT
SWEAT

MAX
OUT:

min sec

MAX OUT
STRENGTH

MAX
OUT:

min sec

FRIDAY
FIGHT:
ROUND 2

MAX
OUT:

min sec

REST OR
PULSE
(OPTIONAL)

MAX
OUT:

min sec

REST

WEEK

3

MAX OUT
CARDIO

MAX
OUT:

min sec

MAX OUT
POWER

MAX
OUT:

min sec

MAX OUT
SWEAT

MAX
OUT:

min sec

MAX OUT
STRENGTH

MAX
OUT:

min sec

FRIDAY
FIGHT:
ROUND 2

MAX
OUT:

min sec

REST OR
PULSE
(OPTIONAL)

MAX
OUT:

min sec

REST

WEEK

4

MAX OUT
CARDIO

MAX
OUT:

min sec

MAX OUT
POWER

MAX
OUT:

min sec

MAX OUT
SWEAT

MAX
OUT:

min sec

MAX OUT
STRENGTH

MAX
OUT:

min sec

FRIDAY
FIGHT:
ROUND 2

MAX
OUT:

min sec

CARDIO
CHALLENGE
(OPTIONAL)

MAX
OUT:

min sec

REST

Take your "Day 60"
pics & stats