

# POWER 90 SCHEDULE

Month 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest	Sculpt 5-8	Sweat 5-8 Ab Ripper	Sculpt 5-8	FBE Ab Ripper	Sculpt 5-8	Sweat 5-8 Ab Ripper
Rest	Sculpt 5-8	Sweat 5-8 Ab Ripper	Sculpt 5-8	FBE Ab Ripper	Sculpt 5-8	Sweat 5-8 Ab Ripper
Rest	Sculpt 5-8	Sweat 5-8 Ab Ripper	Sculpt 5-8	FBE Ab Ripper	Sculpt 5-8	Sweat 5-8 Ab Ripper
Rest/Stretch	Core Cardio	Cardio Intervals	UML	Plyo Legs	Core Cardio	UML