

90 DAYS WORKOUT

1 chest / back	2 ultimate ball	3 rest	4 tabata inferno	5 shoulders / arms	6 cardio challenge	7 legs	8 chest / back	9 ultimate ball	10 rest
11 tabata inferno	12 shoulders / arms	13 cardio challenge	14 legs	15 chest / back	16 ultimate ball	17 rest	18 tabata inferno	19 shoulders / arms	20 cardio challenge
21 legs	22 total body	23 core dynamics	24 cardio challenge	25 rest	26 total body	27 core dynamics	28 cardio challenge	29 rest	30 total body
31 back / bis	32 ultimate ball	33 rest	34 chest / shoulders / tris	35 legs	36 tabata inferno	37 cardio challenge	38 back / bis	39 ultimate ball	40 rest
41 shoulders / arms	42 legs	43 cardio challenge	44 chest / shoulders / tris	45 back / bis	46 ultimate ball	47 rest	48 tabata inferno	49 shoulders / arms	50 cardio challenge
51 legs	52 total body	53 core dynamics	54 cardio challenge	55 rest	56 total body	57 core dynamics	58 cardio challenge	59 rest	60 total body
61 back / bis	62 cardio challenge	63 rest	64 chest / shoulders / arms	65 legs	66 tabata inferno	67 cardio challenge	68 back / bis	69 ultimate ball	70 rest
71 shoulders / arms	72 legs	73 cardio challenge	74 chest / shoulders / arms	75 back / bis	76 ultimate ball	77 rest	78 tabata inferno	79 shoulders / arms	80 cardio challenge
81 legs	82 total body	83 core dynamics	84 cardio challenge	85 rest	86 total body	87 core dynamics	88 cardio challenge	89 rest	90 total body