



90-DAY WORKOUT CALENDAR

	Weeks	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PHASE 1	1	PUMP CHALLENGE (20 minutes)	REST	PUMP CHALLENGE (20 minutes)	FLOW (20 minutes) WALK (45 minutes)	PUMP CHALLENGE (20 minutes)	HARDCORE ABS (20 minutes) WALK (45 minutes)	REST
	2	PUMP & BURN (30 minutes)	WALK (30 minutes)	PUMP CHALLENGE (20 minutes) HARDCORE ABS (20 minutes)	FLOW (20 minutes)	PUMP & BURN (30 minutes)	REST	HARDCORE ABS (20 minutes) WALK (45 minutes)
	3	PUMP & BURN (30 minutes)	HARDCORE ABS (20 minutes) WALK (45 minutes)	PUMP & BURN (30 minutes)	FLOW (20 minutes) HARDCORE ABS (20 minutes)	REST	PUMP & BURN (30 minutes)	HARDCORE ABS (20 minutes) WALK (45 minutes)
	4	PUMP & BURN (30 minutes)	REST	PUMP & BURN (30 minutes)	HARDCORE ABS (20 minutes) WALK (45 minutes)	PUMP & BURN (30 minutes)	PUMP & BURN (30 minutes)	FLOW (20 minutes)
	5	PUMP & SHRED (45 minutes)	HARDCORE ABS (20 minutes) WALK (45 minutes)	PUMP & BURN (30 minutes)	FLOW (20 minutes) HARDCORE ABS (20 minutes)	REST	PUMP & SHRED (45 minutes)	HARDCORE ABS (20 minutes) WALK (45 minutes)
PHASE 2	6	PUMP & SHRED (45 minutes)	HARDCORE ABS (20 minutes) WALK (45 minutes)	PUMP & SHRED (45 minutes)	FLOW (20 minutes) HARDCORE ABS (20 minutes)	WALK (45 minutes)	PUMP & SHRED (45 minutes)	REST
	7	PUMP & BURN (30 minutes) HARDCORE ABS (20 minutes)	REST	PUMP REVOLUTION (55 minutes)	HARDCORE ABS (20 minutes) WALK (60 minutes)	PUMP & SHRED (45 minutes)	FLOW (20 minutes) HARDCORE ABS (20 minutes)	WALK (60 minutes)
	8	PUMP EXTREME (55 minutes)	HARDCORE ABS (20 minutes) WALK (45 minutes)	PUMP & SHRED (45 minutes)	REST	FLOW (20 minutes) HARDCORE ABS (20 minutes)	PUMP EXTREME (55 minutes)	WALK (60 minutes)
	9	PUMP REVOLUTION (55 minutes)	REST	PUMP EXTREME (55 minutes)	FLOW (20 minutes) HARDCORE ABS (20 minutes)	REST	PUMP REVOLUTION (55 minutes)	WALK (60 minutes)
PHASE 3	10	PUMP EXTREME (55 minutes)	FLOW (20 minutes)	REST	PUMP REVOLUTION (55 minutes)	FLOW (20 minutes) HARDCORE ABS (20 minutes)	PUMP EXTREME (55 minutes)	WALK (60 minutes)
	11	PUMP REVOLUTION (55 minutes)	WALK (60 minutes)	REST	PUMP EXTREME (55 minutes)	FLOW (20 minutes)	WALK (60 minutes)	PUMP REVOLUTION (55 minutes)
	12	WALK (60 minutes)	PUMP EXTREME (55 minutes)	FLOW (20 minutes)	REST	PUMP REVOLUTION (55 minutes)	WALK (60 minutes)	PUMP EXTREME (55 minutes)
	13	FLOW (20 minutes) HARDCORE ABS (20 minutes)	PUMP REVOLUTION (55 minutes)	REST	WALK (60 minutes)	REST	PUMP EXTREME (55 minutes)	