

which

HOME WORKOUT



P90 WORKOUT CALENDAR

| Phase 1 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|----------|------------------------|-----------|------------------------|----------|---------------------|--------|
| Week 1 | Sculpt A | Sweat A Ab Ripper A | Sculpt A | Sweat A Ab Ripper A | Sculpt A | Saturday Special | Rest |
| Week 2 | Sculpt A | Sweat A Ab Ripper A | Sculpt A | Sweat A Ab Ripper A | Sculpt A | Saturday Special | Rest |
| Week 3 | Sculpt A | Sweat A Ab Ripper A | Sculpt A | Sweat A Ab Ripper A | Sculpt A | Saturday Special | Rest |
| Week 4 | Sculpt A | Sweat A Ab Ripper A | Sculpt A | Sweat A Ab Ripper A | Sculpt A | Saturday Special | Rest |
| Phase 2 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 | Sculpt B | Sweat B Ab Ripper B | Sculpt B | Sweat B Ab Ripper B | Sculpt B | Saturday Special | Rest |
| Week 2 | Sculpt B | Sweat B Ab Ripper B | Sculpt B | Sweat B Ab Ripper B | Sculpt B | Saturday Special | Rest |
| Week 3 | Sculpt B | Sweat B Ab Ripper B | Sculpt B | Sweat B Ab Ripper B | Sculpt B | Saturday Special | Rest |
| Week 4 | Sculpt B | Sweat B Ab Ripper B | Sculpt B | Sweat B Ab Ripper B | Sculpt B | Saturday Special | Rest |
| Phase 3 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 | Sculpt C | Sweat C Ab Ripper C | Sculpt C | Sweat C Ab Ripper C | Sculpt C | Saturday Special | Rest |
| Week 2 | Sculpt C | Sweat C Ab Ripper C | Sculpt C | Sweat C Ab Ripper C | Sculpt C | Saturday Special | Rest |
| Week 3 | Sculpt C | Sweat C Ab Ripper C | Sculpt C | Sweat C Ab Ripper C | Sculpt C | Saturday Special | Rest |
| Week 4 | Sculpt C | Sweat C Ab Ripper C | Sculpt C | Sweat C Ab Ripper C | Sculpt C | Saturday Special | Rest |

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