



## MONTHLY CHALLENGE



| SUNDAY                                                                                     | MONDAY                                                                                     | TUESDAY                                                                                    | WEDNESDAY                                                       | THURSDAY                              | FRIDAY                                                                                            | SATURDAY                                                                                          |
|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
|                                                                                            |                                                                                            |                                                                                            |                                                                 |                                       | 1<br>CLASSIC 57 MINUTE<br>(volume 1 or 2)                                                         | 2<br>EXPRESS 30 MINUTE<br>(volume 1 or 2)                                                         |
| 3<br>NEW!<br>PHYSIQUE STRONG & LEAN<br>(ONLINE WORKOUT)                                    | 4<br>DOUBLE BOOSTER<br>(arm&ab AND thigh&seat)                                             | 5<br>CLASSIC 57 MINUTE<br>(volume 1 or 2)                                                  | 6<br>EXPRESS 30 MINUTE<br>(volume 1 or 2)                       | 7<br>REST DAY                         | 8<br>CLASSIC 57 MINUTE<br>(volume 1 or 2)<br>-AND-<br>BOOSTER<br>(arm&ab or thigh&seat)           | 9<br>PHYSIQUE CARDIO SCULPT<br>-or-<br>PHYSIQUE CARDIO<br>(ONLINE WORKOUT)                        |
| 10<br>BOOSTER<br>(arm & ab or thigh&seat)<br>-AND-<br>EXPRESS 30 MINUTE<br>(volume 1 or 2) | 11<br>PHYSIQUE CARDIO SCULPT<br>-AND-<br>PHYSIQUE CARDIO<br>(ONLINE WORKOUT)               | 12<br>CLASSIC 57 MINUTE<br>(volume 1 or 2)                                                 | 13<br>EXPRESS 30 MINUTE<br>(volume 1 or 2)                      | 14<br>REST DAY                        | 15<br>CLASSIC 57 MINUTE<br>(volume 1 or 2)                                                        | 16<br>BOOSTER<br>(arm & ab or thigh&seat)<br>-AND-<br>ONLINE WORKOUT<br>OF CHOICE                 |
| 17<br>EXPRESS 30 MINUTE<br>(volume 1 or 2)                                                 | 18<br>CLASSIC 57 MINUTE<br>(volume 1 or 2)                                                 | 19<br>BOOSTER<br>(arm & ab or thigh&seat)<br>-AND-<br>EXPRESS 30 MINUTE<br>(volume 1 or 2) | 20<br>PHYSIQUE CARDIO SCULPT<br>-AND-<br>PHYSIQUE STRONG & LEAN | 21<br>REST DAY                        | 22<br>PHYSIQUE STRONG & LEAN<br>(ONLINE WORKOUT)<br>-AND-<br>EXPRESS 30 MINUTE<br>(volume 1 or 2) | 23<br>CLASSIC 57 MINUTE<br>(volume 1 or 2)                                                        |
| 24<br>BOOSTER<br>(arm&ab or thigh&seat)                                                    | 25<br>BOOSTER<br>(arm & ab or thigh&seat)<br>-AND-<br>EXPRESS 30 MINUTE<br>(volume 1 or 2) | 26<br>EXPRESS 30 MINUTE<br>(volume 1 or 2)                                                 | 27<br>CLASSIC 57 MINUTE<br>(volume 1 or 2)                      | 28<br>HAPPY THANKSGIVING!<br>REST DAY | 29<br>CLASSIC 57 MINUTE<br>(volume 1 or 2)<br>-AND-<br>PHYSIQUE STRONG & LEAN<br>(ONLINE WORKOUT) | 30<br>PHYSIQUE CARDIO SCULPT<br>(ONLINE WORKOUT)<br>-AND-<br>EXPRESS 30 MINUTE<br>(volume 1 or 2) |
| TRACK<br>your<br>PROGRESS                                                                  | DAY 1                                                                                      |                                                                                            | DAY 15                                                          |                                       | DAY 30                                                                                            |                                                                                                   |
|                                                                                            | Weight:                                                                                    |                                                                                            | Waist:                                                          | Weight:                               |                                                                                                   | Waist:                                                                                            |
|                                                                                            | Bust:                                                                                      |                                                                                            | Hips:                                                           | Bust:                                 |                                                                                                   | Hips:                                                                                             |
|                                                                                            | Arms:                                                                                      | L: R:                                                                                      | Arms:                                                           | L: R:                                 | Arms:                                                                                             | L: R:                                                                                             |
|                                                                                            | Thighs:                                                                                    | L: R:                                                                                      | Thighs:                                                         | L: R:                                 | Thighs:                                                                                           | L: R:                                                                                             |