



# SWEAT

CARDIO-BASED SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	1 Take your Day 1 photos + measurements Sweat A Ab Ripper A	2 Sculpt A	3 Sweat A Ab Ripper A	4 Sculpt A	5 Sweat A Ab Ripper A	6 Saturday Special	7 Rest
<b>2</b>	8 Sweat A Ab Ripper A	9 Sculpt A	10 Sweat A Ab Ripper A	11 Sculpt A	12 Sweat A Ab Ripper A	13 Saturday Special	14 Rest
<b>3</b>	15 Sweat A Ab Ripper A	16 Sculpt A	17 Sweat A Ab Ripper A	18 Sculpt A	19 Sweat A Ab Ripper A	20 Saturday Special	21 Rest
<b>4</b>	22 Sweat A Ab Ripper A	23 Sculpt A	24 Sweat A Ab Ripper A	25 Sculpt A	26 Sweat A Ab Ripper A	27 Saturday Special	28 Rest
<b>5</b>	29 Sweat B Ab Ripper B	30 Take your Day 30 photos + measurements Sculpt B	31 Sweat B Ab Ripper B	32 Sculpt B	33 Sweat B Ab Ripper B	34 Saturday Special	35 Rest
<b>6</b>	36 Sweat B Ab Ripper B	37 Sculpt B	38 Sweat B Ab Ripper B	39 Sculpt B	40 Sweat B Ab Ripper B	41 Saturday Special	42 Rest
<b>7</b>	43 Sweat B Ab Ripper B	44 Sculpt B	45 Sweat B Ab Ripper B	46 Sculpt B	47 Sweat B Ab Ripper B	48 Saturday Special	49 Rest
<b>8</b>	50 Sweat B Ab Ripper B	51 Sculpt B	52 Sweat B Ab Ripper B	53 Sculpt B	54 Sweat B Ab Ripper B	55 Saturday Special	56 Rest
<b>9</b>	57 Sweat C Ab Ripper C	58 Sculpt C	59 Sweat C Ab Ripper C	60 Take your Day 60 photos + measurements Sculpt C	61 Sweat C Ab Ripper C	62 Saturday Special	63 Rest
<b>10</b>	64 Sweat C Ab Ripper C	65 Sculpt C	66 Sweat C Ab Ripper C	67 Sculpt C	68 Sweat C Ab Ripper C	69 Saturday Special	70 Rest
<b>11</b>	71 Sweat C Ab Ripper C	72 Sculpt C	73 Sweat C Ab Ripper C	74 Sculpt C	75 Sweat C Ab Ripper C	76 Saturday Special	77 Rest Decide which program to do next
<b>12</b>	78 Sweat C Ab Ripper C	79 Sculpt C	80 Sweat C Ab Ripper C	81 Sculpt C	82 Sweat C Ab Ripper C	83 Saturday Special	84 Rest
<b>HIT IT!</b>	85 Sweat A Ab Ripper A	86 Sculpt A	87 Sweat B Ab Ripper B	88 Sculpt B	89 Sweat C Ab Ripper C	90 Take your Day 90 photos + measurements Sculpt C	<b>Congratulations!</b> Submit your results to <a href="http://TakeBBChallenge.com">TakeBBChallenge.com</a> and prepare to start your next program.

**TIPS: P90® Speed Sculpt, Speed Sweat, Speed Abs, and Horton's Greatest Hits** can be substituted for any of the B and C workouts, as long as they are the same *type* of routine. For example: If you want to use **P90 Speed Sculpt**, you would use it on a Sculpt day, and not a Sweat day. If you don't feel you've mastered either A or B after completion, consider doing another round before moving on to B or C.

For a FREE P90 T-shirt and a chance to win \$100,000, enter your results in the Beachbody Challenge® at [TAKEBBCHALLENGE.COM](http://TAKEBBCHALLENGE.COM)  
Consult your physician and follow all safety instructions before beginning this or any exercise program.





# SCULPT

RESISTANCE-BASED SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	1 Take your Day 1 photos + measurements Sculpt A	2 Sweat A Ab Ripper A	3 Sculpt A	4 Sweat A Ab Ripper A	5 Sculpt A	6 Saturday Special	7 Rest
<b>2</b>	8 Sculpt A	9 Sweat A Ab Ripper A	10 Sculpt A	11 Sweat A Ab Ripper A	12 Sculpt A	13 Saturday Special	14 Rest
<b>3</b>	15 Sculpt A	16 Sweat A Ab Ripper A	17 Sculpt A	18 Sweat A Ab Ripper A	19 Sculpt A	20 Saturday Special	21 Rest
<b>4</b>	22 Sculpt A	23 Sweat A Ab Ripper A	24 Sculpt A	25 Sweat A Ab Ripper A	26 Sculpt A	27 Saturday Special	28 Rest

<b>5</b>	29 Sculpt B	30 Take your Day 30 photos + measurements Sweat B Ab Ripper B	31 Sculpt B	32 Sweat B Ab Ripper B	33 Sculpt B	34 Saturday Special	35 Rest
<b>6</b>	36 Sculpt B	37 Sweat B Ab Ripper B	38 Sculpt B	39 Sweat B Ab Ripper B	40 Sculpt B	41 Saturday Special	42 Rest
<b>7</b>	43 Sculpt B	44 Sweat B Ab Ripper B	45 Sculpt B	46 Sweat B Ab Ripper B	47 Sculpt B	48 Saturday Special	49 Rest
<b>8</b>	50 Sculpt B	51 Sweat B Ab Ripper B	52 Sculpt B	53 Sweat B Ab Ripper B	54 Sculpt B	55 Saturday Special	56 Rest

<b>9</b>	57 Sculpt C	58 Sweat C Ab Ripper C	59 Sculpt C	60 Take your Day 60 photos + measurements Sweat C Ab Ripper C	61 Sculpt C	62 Saturday Special	63 Rest
<b>10</b>	64 Sculpt C	65 Sweat C Ab Ripper C	66 Sculpt C	67 Sweat C Ab Ripper C	68 Sculpt C	69 Saturday Special	70 Rest
<b>11</b>	71 Sculpt C	72 Sweat C Ab Ripper C	73 Sculpt C	74 Sweat C Ab Ripper C	75 Sculpt C	76 Saturday Special	77 Rest Decide which program to do next
<b>12</b>	78 Sculpt C	79 Sweat C Ab Ripper C	80 Sculpt C	81 Sweat C Ab Ripper C	82 Sculpt C	83 Saturday Special	84 Rest

<b>HIT IT!</b>	85 Sculpt A	86 Sweat A Ab Ripper A	87 Sculpt B	88 Sweat B Ab Ripper B	89 Sculpt C	90 Take your Day 90 photos + measurements Sweat C Ab Ripper C	<b>Congratulations!</b> Submit your results to <a href="http://TakeBBChallenge.com">TakeBBChallenge.com</a> and prepare to start your next program.
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**TIPS:** P90® Speed Sculpt, Speed Sweat, Speed Abs, and Horton's Greatest Hits can be substituted for any of the B and C workouts, as long as they are the same *type* of routine. For example: If you want to use **P90 Speed Sculpt**, you would use it on a Sculpt day, and not a Sweat day. If you don't feel you've mastered either A or B after completion, consider doing another round before moving on to B or C.

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