



“MAX OUT” WORKOUT CALENDAR

FOR THE NEXT TWO MONTHS, FOLLOW THE DAILY WORKOUTS LISTED BELOW. BE SURE TO NOTE THE TIME YOU **MAX OUT** EACH DAY.

IF YOU’VE GOT A BIT OF EXTRA TIME IN YOUR DAY AND WANT TO FOCUS MORE ON YOUR CORE, THEN CHECK OUT THE AB MAXIMIZER WORKOUT CALENDAR.

MONTH 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO CHALLENGE Take your “Day 1” pics & stats MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST or PULSE (optional) MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 2	CARDIO CHALLENGE MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST or PULSE (optional) MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 3	CARDIO CHALLENGE MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST or PULSE (optional) MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 4	CARDIO CHALLENGE MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST or PULSE (optional) MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST Take your “Day 30” pics & stats

*IF YOU HAVE THE SWEAT FEST DVD, YOU CAN USE IT IN PLACE OF SWEAT INTERVALS ANYWHERE IT APPEARS ON THE CALENDAR.

MONTH 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	MAX OUT CARDIO MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT SWEAT MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST or PULSE (optional) MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 2	MAX OUT CARDIO MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT SWEAT MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST or PULSE (optional) MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 3	MAX OUT CARDIO MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT SWEAT MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST or PULSE (optional) MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 4	MAX OUT CARDIO MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT SWEAT MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST or PULSE (optional) MAX OUT: <input type="text"/> min. <input type="text"/> sec.	CHALLENGE COMPLETE! Take your “Day 60” pics & stats



“AB MAXIMIZER” WORKOUT CALENDAR

FOLLOW THIS CALENDAR IF YOU SERIOUSLY WANT SHAUN T’S SIX-PACK ABS AND ARE WILLING TO SPEND A BIT MORE TIME TO MAKE IT HAPPEN (WE’RE TALKING 10–15 MINUTES). BE SURE TO NOTE THE TIME YOU **MAX OUT** EACH DAY.

MONTH 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO CHALLENGE Take your “Day 1” pics & stats MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	PULSE MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 2	CARDIO CHALLENGE AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 3	CARDIO CHALLENGE MAX OUT ABS† MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* 360° ABS† MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 4	CARDIO CHALLENGE 360° ABS† MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	SWEAT INTERVALS* MAX OUT ABS† MAX OUT: <input type="text"/> min. <input type="text"/> sec.	TABATA STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST Take your “Day 30” pics & stats

†MAX OUT ABS AND 360° ABS ARE NOT INCLUDED IN THE BASE KIT. IF YOU DON’T HAVE THESE WORKOUTS, SIMPLY DO AB ATTACK:10 INSTEAD. GO TO BEACHBODY.COM OR TEAMBEACHBODY.COM FOR DETAILS ON HOW TO PURCHASE.

*IF YOU HAVE THE SWEAT FEST DVD, YOU CAN USE IT IN PLACE OF SWEAT INTERVALS ANYWHERE IT APPEARS ON THE CALENDAR.

MONTH 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	MAX OUT CARDIO MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT SWEAT MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	PULSE MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 2	MAX OUT CARDIO AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT SWEAT AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 3	MAX OUT CARDIO MAX OUT ABS† MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT SWEAT 360° ABS† MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	PULSE AB ATTACK:10 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	REST
WEEK 4	MAX OUT CARDIO 360° ABS† MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT POWER MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT SWEAT MAX OUT ABS† MAX OUT: <input type="text"/> min. <input type="text"/> sec.	MAX OUT STRENGTH MAX OUT: <input type="text"/> min. <input type="text"/> sec.	FRIDAY FIGHT: ROUND 2 MAX OUT: <input type="text"/> min. <input type="text"/> sec.	CARDIO CHALLENGE MAX OUT: <input type="text"/> min. <input type="text"/> sec.	CHALLENGE COMPLETE! Take your “Day 60” pics & stats