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90 DAY SUCCESS CHART

The names of the workouts on the chart below correspond to the workouts on the DVDs.
Just choose the matching DVD to start your workout for the day.

DAYS 1-30

| | | | | | | | | | |
|-------------------------|--------------------------|---------------------------|---------------------------|-------------------------|--------------------------|------------------------|---------------------------|--------------------------|---------------------------|
| 1 Chest/ Back | 2 Ultimate Ball | 3 Rest | 4 Tabata Inferno | 5 Shoulders/ Arms | 6 Cardio Challenge | 7 Legs | 8 Chest/ Back | 9 Ultimate Ball | 10 Rest |
| 11 Tabata Inferno | 12 Shoulders/ Arms | 13 Cardio Challenge | 14 Legs | 15 Chest/ Back | 16 Ultimate Ball | 17 Rest | 18 Tabata Inferno | 19 Shoulders/ Arms | 20 Cardio Challenge |
| 21 Legs | 22 Total Body | 23 Core Dynamics | 24 Cardio Challenge | 25 Rest | 26 Total Body | 27 Core Dynamics | 28 Cardio Challenge | 29 Legs | 30 Cardio Challenge |

DAYS 31-60

| | | | | | | | | | |
|------------------------------------|---------------------------|-------------------------|------------------------------------|---------------------------|------------------------|---------------------------|------------------------------------|------------------------|-------------------------|
| 31 Back/ Bi's | 32 Ultimate Ball | 33 Tabata Inferno | 34 Chest/ Shoulders Tri's | 35 Rest | 36 Legs | 37 Cardio Challenge | 38 Back/ Bi's | 39 Ultimate Ball | 40 Tabata Inferno |
| 41 Chest/ Shoulders Tri's | 42 Rest | 43 Legs | 44 Cardio Challenge | 45 Back/ Bi's | 46 Ultimate Ball | 47 Tabata Inferno | 48 Chest/ Shoulders Tri's | 49 Rest | 50 Total Body |
| 51 Core Dynamics | 52 Cardio Challenge | 53 Total Body | 54 Core Dynamics | 55 Cardio Challenge | 56 Rest | 57 Shoulders/ Arms | 58 Ultimate Ball | 59 Rest | 60 Tabata Inferno |

DAYS 61-90

| | | | | | | | | | |
|--------------------------|---------------------------|------------------------|---------------------------|------------------------|---------------------------|---------------------------|----------------------|---------------------------|---------------------------|
| 61 Chest/ Back | 62 Cardio Challenge | 63 Legs | 64 Shoulders/ Arms | 65 Ultimate Ball | 66 Rest | 67 Tabata Inferno | 68 Chest/ Back | 69 Cardio Challenge | 70 Legs |
| 71 Shoulders/ Arms | 72 Ultimate Ball | 73 Rest | 74 Tabata Inferno | 75 Chest/ Back | 76 Cardio Challenge | 77 Legs | 78 Total Body | 79 Core Dynamics | 80 Cardio Challenge |
| 81 Rest | 82 Total Body | 83 Core Dynamics | 84 Cardio Challenge | 85 Total Body | 86 Core Dynamics | 87 Cardio Challenge | 88 Total Body | 89 Core Dynamics | 90 Cardio Challenge |

Congratulations on your new body!

WARNING: Consult your physician prior to starting this or any exercise program. You will need hand weights and an exercise ball for some exercises. Use a fitness mat if exercising on a hard surface.

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JE Gale



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