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# SUPREME 90 DAY SYSTEM

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

### DAYS 31-60

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

### DAYS 61-90

|                          |                           |                        |                           |                        |                           |                           |                      |                           |                           |
|--------------------------|---------------------------|------------------------|---------------------------|------------------------|---------------------------|---------------------------|----------------------|---------------------------|---------------------------|
| 61<br>Chest/<br>Back     | 62<br>Cardio<br>Challenge | 63<br>Legs             | 64<br>Shoulders/<br>Arms  | 65<br>Ultimate<br>Ball | 66<br>Rest                | 67<br>Tabata<br>Inferno   | 68<br>Chest/<br>Back | 69<br>Cardio<br>Challenge | 70<br>Legs                |
| 71<br>Shoulders/<br>Arms | 72<br>Ultimate<br>Ball    | 73<br>Rest             | 74<br>Tabata<br>Inferno   | 75<br>Chest/<br>Back   | 76<br>Cardio<br>Challenge | 77<br>Legs                | 78<br>Total<br>Body  | 79<br>Core<br>Dynamics    | 80<br>Cardio<br>Challenge |
| 81<br>Rest               | 82<br>Total<br>Body       | 83<br>Core<br>Dynamics | 84<br>Cardio<br>Challenge | 85<br>Total<br>Body    | 86<br>Core<br>Dynamics    | 87<br>Cardio<br>Challenge | 88<br>Total<br>Body  | 89<br>Core<br>Dynamics    | 90<br>Cardio<br>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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# Max Workouts 9day Fitness Program

**M Planty**



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