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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.

www.Supreme90Day.com

Max Workouts 9day Fitness Program

John Cissik, Jay Dawes



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