

ROTATION CALENDAR

Be sure to watch *Abcentrics* before you start. Track your workouts and progress below.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PHASE 1	● TOTAL STRENGTH ● MERCY ABS	● FIRE UP YOUR ABS	● POWER INTERVALS	● TOTAL STRENGTH ● MERCY ABS	● FIRE UP YOUR ABS	● POWER INTERVALS	DAY OFF
	● POWER INTERVALS	● FIRE UP YOUR ABS	● TOTAL STRENGTH ● MERCY ABS	● POWER INTERVALS	● FIRE UP YOUR ABS	● POWER INTERVALS	DAY OFF
	● TOTAL STRENGTH ● MERCY ABS	● FIRE UP YOUR ABS	● POWER INTERVALS	● TOTAL STRENGTH ● MERCY ABS	● FIRE UP YOUR ABS	● POWER INTERVALS	DAY OFF
	● POWER INTERVALS	● FIRE UP YOUR ABS	● TOTAL STRENGTH ● MERCY ABS	● POWER INTERVALS	● FIRE UP YOUR ABS	● POWER INTERVALS	DAY OFF
	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
	● TOTAL STRENGTH ● MERCY ABS	● FIRE UP YOUR ABS	PHASE 2 ● FAT-BURNING ABS	● POWER INTERVALS 2	● STRENGTH & ENDURANCE ● MERCILESS ABS	● FAT-BURNING ABS	DAY OFF
	DAY 36	DAY 37		DAY 38	DAY 39	DAY 40	DAY 41
	● STRENGTH & ENDURANCE ● MERCILESS ABS	● REV IT UP	● POWER INTERVALS 2	● STRENGTH & ENDURANCE ● MERCILESS ABS	● REV IT UP	● FAT-BURNING ABS	DAY OFF
	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
	● FAT-BURNING ABS	● POWER INTERVALS 2	● STRENGTH & ENDURANCE ● MERCILESS ABS	● FAT-BURNING ABS	● POWER INTERVALS 2	● REV IT UP	DAY OFF
	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
	● STRENGTH & ENDURANCE ● MERCILESS ABS	● REV IT UP	● POWER INTERVALS II	● STRENGTH & ENDURANCE ● MERCILESS ABS	● REV IT UP	● FAT-BURNING ABS	DAY OFF
	DAY 57	DAY 58	DAY 59	DAY 60	PHASE 3 ● FULL THROTTLE INTERVALS	DAY 62	DAY 63
	● FAT-BURNING ABS	● POWER INTERVALS II	● STRENGTH & ENDURANCE ● MERCILESS ABS	● FAT-BURNING ABS		● REV IT UP	DAY OFF
	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
	● STRENGTH & ENDURANCE ● AB ADDICTION	● REV IT UP	● FULL THROTTLE INTERVALS	● ULTIMATE 8 PACK ● MERCILESS ABS	● FULL THROTTLE ABS	● STRENGTH & ENDURANCE ● AB ADDICTION	DAY OFF
	DAY 71	DAY 72	DAY 73	DAY 74	DAY 75	DAY 76	DAY 77
	● FULL THROTTLE INTERVALS	● ULTIMATE 8 PACK ● MERCILESS ABS	● REV IT UP	● STRENGTH & ENDURANCE ● AB ADDICTION	● FULL THROTTLE ABS	● FULL THROTTLE INTERVALS	DAY OFF
	DAY 78	DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
	● FULL THROTTLE ABS	● REV IT UP	● STRENGTH & ENDURANCE ● AB ADDICTION	● FULL THROTTLE ABS	● FULL THROTTLE INTERVALS	● ULTIMATE 8 PACK ● MERCILESS ABS	DAY OFF
	DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90	END
	● STRENGTH & ENDURANCE ● AB ADDICTION	● REV IT UP	● FULL THROTTLE INTERVALS	● ULTIMATE 8 PACK ● MERCILESS ABS	● FULL THROTTLE ABS	● STRENGTH & ENDURANCE ● AB ADDICTION	

Progress TRACKER:

DAY 1	DAY 30	DAY 60	DAY 90	RESULTS
WEIGHT: _____	WEIGHT: _____	WEIGHT: _____	WEIGHT: _____	TOTAL WEIGHT LOSS: _____
BODY FAT: _____%	BODY FAT: _____%	BODY FAT: _____%	BODY FAT: _____%	TOTAL FAT LOSS: _____%
INCHES/WAIST: _____"	INCHES/WAIST: _____"	INCHES/WAIST: _____"	INCHES/WAIST: _____"	TOTAL INCHES LOST: _____"