



WORKOUT SCHEDULE

(Intermediate)

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Sculpt 1-2 Take before photos/stats – enter BB Challenge	Sweat 1-2 Ab Ripper 100	Sculpt 1-2	Sweat 1-2 Ab Ripper 100	Sculpt 1-2	Sweat 1-2 Ab Ripper 100	Rest/Stretch/ **Ho'Alake Kino
2	Sculpt 1-2	Sweat 1-2 Ab Ripper 100	Sculpt 1-2	Sweat 1-2 Ab Ripper 100	Sculpt 1-2	Sweat 1-2 Ab Ripper 100	Rest/Stretch/ **Ho'Alake Kino
3	Sculpt 1-2	Sweat 1-2	Sculpt 1-2	Sweat 1-2	Sculpt 1-2	Sweat 1-2	Rest/Stretch/ **Ho'Alake Kino
4	Sculpt 1-2	Sweat 1-2 Ab Ripper 100	Sculpt 1-2	Sweat 1-2 Ab Ripper 100	Sculpt 1-2	Sweat 1-2 Ab Ripper 100	Rest/Stretch/ **Ho'Alake Kino Take photos/stats
5	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	Sweat 1-2 Ab Ripper 100	Sculpt 3-4	*Sweat 3-4 Ab Ripper 100	Rest/Stretch/ **Ho'Alake Kino
6	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	Sweat 1-2 Ab Ripper 100	Sculpt 3-4	*Sweat 3-4 Ab Ripper 100	Rest/Stretch/ **Ho'Alake Kino
7	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Rest/Stretch/ **Ho'Alake Kino
8	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Rest/Stretch/ **Ho'Alake Kino Take photos/stats
9	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Rest/Stretch/ **Ho'Alake Kino
10	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Rest/Stretch/ **Ho'Alake Kino
11	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Rest/Stretch/ **Ho'Alake Kino
12	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Sculpt 3-4	*Sweat 3-4 Ab Ripper 200	Rest/Stretch Take final photos/stats – Finish BB Challenge

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BE SURE TO ENTER THE BEACHBODY CHALLENGE AT WWW.CHALLENGE.ZILLAFITNESS.COM BEFORE YOU START POWER 90!

*You can replace Sweat 3-4 with the bonus *Fat Burning Express* DVD once per week.

**I highly recommend using the 25 min. *Ho'Alake Kino* yoga workout from Tony Horton several times during your 90 day journey. You can get it at <http://yoga995.zillafitness.com> for only \$9.95

Power 90 Supplements

SHAKEOLOGY: <http://shakeology.com/zillafitness> | RECOVERY DRINK: <http://p90x.drink.zillafitness.com>