

80 Day Obsession Phase 1

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	Total Body Core	Booty	Cardio Core	AAA	Legs	Cardio Flow	Roll & Release
WEEK 02	Total Body Core	Booty	Cardio Core	AAA	Legs	Cardio Flow	Rest
WEEK 03	Total Body Core	Booty	Cardio Core	AAA	Legs	Cardio Flow	Stretch & Release
WEEK 04	Total Body Core	Booty	Cardio Core	AAA	Legs	Cardio Flow	Rest

BEGINNING MEASUREMENTS: CHEST: WAIST: HIPS: WEIGHT: FAT %:

80 Day Obsession Phase 2

WEEK
05

MONDAY	Booty	
TUESDAY	Cardio Core	
WEDNESDAY	Total Body Core	
THURSDAY	Legs	
FRIDAY	AAA	
SATURDAY	Cardio Flow	
SUNDAY	Rest	

WEEK
06

MONDAY	Booty	
TUESDAY	Cardio Core	
WEDNESDAY	Total Body Core	
THURSDAY	Legs	
FRIDAY	AAA	
SATURDAY	Cardio Flow	
SUNDAY	Rest	

WEEK
07

MONDAY	Booty	
TUESDAY	Cardio Core	
WEDNESDAY	Total Body Core	
THURSDAY	Legs	
FRIDAY	AAA	
SATURDAY	Cardio Flow	
SUNDAY	Rest	

WEEK
08

MONDAY	Booty	
TUESDAY	Cardio Core	
WEDNESDAY	Total Body Core	
THURSDAY	Legs	
FRIDAY	AAA	
SATURDAY	Cardio Flow	
SUNDAY	Rest	

BEGINNING MEASUREMENTS: CHEST:

WAIST :

HIPS:

WEIGHT:

FAT %:

80 Day Obsession Phase 3

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 09	AAA 	Cardio Flow 	Legs 	Total Body Core 	Cardio Core 	Booty 	Rest
WEEK 10	AAA 	Cardio Flow 	Legs 	Total Body Core 	Cardio Core 	Booty 	Rest
WEEK 11	AAA 	Cardio Flow 	Legs 	Total Body Core 	Cardio Core 	Booty 	Rest
WEEK 12	AAA 	Cardio Flow 	Legs 	Total Body Core 	Cardio Core 	Booty 	Rest

BEGINNING MEASUREMENTS: CHEST:

WAIST:

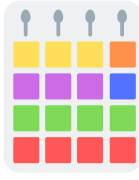
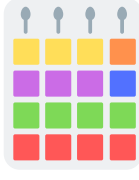
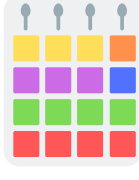
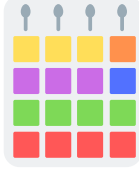
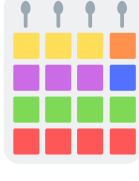
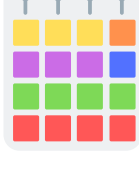
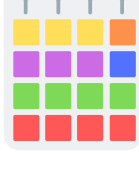
HIPS:

WEIGHT:

FAT %:

80 Day Obsession Phase 3

WEEK
13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AAA Phase 1 	Cardio Flow 	Legs Phase 1 	Total Body Core-3 	Cardio Core Phase 2 	Booty Phase 2 	Rest 

FINAL MEASUREMENTS

CHEST:

WAIST:

HIPS:

WEIGHT:

FAT %: