

P90 Sculpt Calendar- Resistance Based Schedule- A Block

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A-1	Sculpt A	Sweat B- Ab Ripper A	Sculpt A	Sweat A- Ab Ripper A	Sculpt A	Saturday Special	Rest
2	Sculpt A	Sweat A- Ab Ripper A	Sculpt A	Sweat A- Ab Ripper	Sculpt A	Saturday Special	Rest
3	Sculpt A	Sweat A- Ab Ripper A	Sculpt A	Sweat A- Ab Ripper	Sculpt A	Saturday Special	Rest
4	Sculpt A	Sweat A- Ab Ripper A	Sculpt A	Sweat A- Ab Ripper A	Sculpt A	Saturday Special	Rest

P90 Sculpt Calendar- B Block

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B-5	Sculpt B	Sweat B- Ab Ripper B	Sculpt B	Sweat B- Ab Ripper B	Sculpt B	Saturday Special	Rest
6	Sculpt B	Sweat B- Ab Ripper	Sculpt B	Sweat B- Ab Ripper	Sculpt B	Saturday Special	Rest
7	Sculpt B	Sweat B	Sculpt B	Sweat B- Ab Ripper	Sculpt B	Saturday Special	Rest
8	Sculpt B	Sweat B- Ab Ripper	Sculpt B	Sweat B- Ab Ripper	Sculpt B	Saturday Special	Rest

P90 Sculpt Calendar- C Block

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
C-9	Sculpt C	Sweat C- Ab Ripper C	Sculpt C	Sweat C- Ab Ripper C	Sculpt C	Saturday Special	Rest
10	Sculpt C	Sweat C- ab Ripper C	Sculpt C	Sweat C- Ab Ripper C	Sculpt C	Saturday Special	Rest
11	Sculpt C	Sweat C- Ab Ripper C	Sculpt C	Sweat C- Ab Ripper C	Sculpt C	Saturday Special	Rest

12	Sculpt C	Sweat C- Ab Ripper C	Sculpt C	Sweat C- Ab Ripper C	Sculpt C	Saturday Special	Rest
HIT IT!	Sculpt A	Sweat A- Ab Ripper A	Sculpt B	Sweat B- Ab Ripper B	Sculpt C	Sweat C- Ab Ripper C`	Congrats!

For more information about P90 and other BeachBody products visit [WorkoutScheduleKing.com!](http://WorkoutScheduleKing.com)