



100 DAYS WITH DOUBLES AND REST DAYS

1 Cardio Meltdown	2 Upbeat Strength	3 Core Inferno	4 Total Body Badass & Freestyle Flow	5 Rest Day	6 LIT Cardio	7 Downbeat Strength	8 Fight Club	9 MeltCon & Re-Vibe	10 Rest Day
11 Cardio Meltdown	12 Upbeat Strength	13 Core Inferno	14 Total Body Badass & Freestyle Flow	15 Rest Day	16 LIT Cardio	17 Downbeat Strength	18 Fight Club	19 MeltCon & Re-Vibe	20 Rest Day
21 Cardio Meltdown	22 Upbeat Strength	23 Core Inferno	24 Total Body Badass & Freestyle Flow	25 Rest Day	26 LIT Cardio	27 Downbeat Strength	28 Fight Club	29 MeltCon & Re-Vibe	30 Rest Day
31 Cardio Meltdown	32 Upbeat Strength	33 Core Inferno	34 Total Body Badass & Freestyle Flow	35 Rest Day	36 LIT Cardio	37 Downbeat Strength	38 Fight Club	39 MeltCon & Re-Vibe	40 Rest Day
41 Cardio Meltdown	42 Upbeat Strength	43 Core Inferno	44 Total Body Badass & Freestyle Flow	45 Rest Day	46 LIT Cardio	47 Downbeat Strength	48 Fight Club	49 MeltCon & Re-Vibe	50 Rest Day
51 Cardio Meltdown	52 Upbeat Strength	53 Core Inferno	54 Total Body Badass & Freestyle Flow	55 Rest Day	56 LIT Cardio	57 Downbeat Strength	58 Fight Club	59 MeltCon & Re-Vibe	60 Rest Day
61 Cardio Meltdown	62 Upbeat Strength	63 Core Inferno	64 Total Body Badass & Freestyle Flow	65 Rest Day	66 LIT Cardio	67 Downbeat Strength	68 Fight Club	69 MeltCon & Re-Vibe	70 Rest Day
71 Cardio Meltdown	72 Upbeat Strength	73 Core Inferno	74 Total Body Badass & Freestyle Flow	75 Rest Day	76 LIT Cardio	77 Downbeat Strength	78 Fight Club	79 MeltCon & Re-Vibe	80 Rest Day
81 Cardio Meltdown	82 Upbeat Strength	83 Core Inferno	84 Total Body Badass & Freestyle Flow	85 Rest Day	86 LIT Cardio	87 Downbeat Strength	88 Fight Club	89 MeltCon & Re-Vibe	90 Rest Day
91 Cardio Meltdown	92 Upbeat Strength	93 Core Inferno	94 Total Body Badass & Freestyle Flow	95 Rest Day	96 LIT Cardio	97 Downbeat Strength	98 Fight Club	99 MeltCon	100 Melt Mix 100

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program.



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