



60 DAYS WITH DOUBLES AND REST DAYS

1 Cardio Meltdown & Upbeat Strength	2 Core Inferno & Total Body Badass	3 LIT Cardio & Freestyle Flow	4 Downbeat Strength & Fight Club	5 MeltCon & Re-Vibe	6 Rest Day
7 Cardio Meltdown & Upbeat Strength	8 Core Inferno & Total Body Badass	9 LIT Cardio & Freestyle Flow	10 Downbeat Strength & Fight Club	11 MeltCon & Re-Vibe	12 Rest Day
13 Cardio Meltdown & Upbeat Strength	14 Core Inferno & Total Body Badass	15 LIT Cardio & Freestyle Flow	16 Downbeat Strength & Fight Club	17 MeltCon & Re-Vibe	18 Rest Day
19 Cardio Meltdown & Upbeat Strength	20 Core Inferno & Total Body Badass	21 LIT Cardio & Freestyle Flow	22 Downbeat Strength & Fight Club	23 MeltCon & Re-Vibe	24 Rest Day
25 Cardio Meltdown & Upbeat Strength	26 Core Inferno & Total Body Badass	27 LIT Cardio & Freestyle Flow	28 Downbeat Strength & Fight Club	29 MeltCon & Re-Vibe	30 Rest Day
31 Cardio Meltdown & Upbeat Strength	32 Core Inferno & Total Body Badass	33 LIT Cardio & Freestyle Flow	34 Downbeat Strength & Fight Club	35 MeltCon & Re-Vibe	36 Rest Day
37 Cardio Meltdown & Upbeat Strength	38 Core Inferno & Total Body Badass	39 LIT Cardio & Freestyle Flow	40 Downbeat Strength & Fight Club	41 MeltCon & Re-Vibe	42 Rest Day
43 Cardio Meltdown & Upbeat Strength	44 Core Inferno & Total Body Badass	45 LIT Cardio & Freestyle Flow	46 Downbeat Strength & Fight Club	47 MeltCon & Re-Vibe	48 Rest Day
49 Cardio Meltdown & Upbeat Strength	50 Core Inferno & Total Body Badass	51 LIT Cardio & Freestyle Flow	52 Downbeat Strength & Fight Club	53 MeltCon & Re-Vibe	54 Rest Day
55 Cardio Meltdown & Upbeat Strength	56 Core Inferno & Total Body Badass	57 LIT Cardio & Freestyle Flow	58 Downbeat Strength & Fight Club	59 MeltCon	60 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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