



# P90 SWEAT WORKOUT SCHEDULE — PHASE A



[WWW.SMARTASSFITNESS.COM/P90](http://WWW.SMARTASSFITNESS.COM/P90)

|        | MONDAY              | TUESDAY | WEDNESDAY           | THURSDAY | FRIDAY              | SATURDAY            | SUNDAY |
|--------|---------------------|---------|---------------------|----------|---------------------|---------------------|--------|
| WEEK 1 | SWEATA<br>ABRIPPERA | SCULPTA | SWEATA<br>ABRIPPERA | SCULPTB  | SWEATA<br>ABRIPPERA | SATURDAY<br>SPECIAL | REST   |
| WEEK 2 | SWEATA<br>ABRIPPERA | SCULPTA | SWEATA<br>ABRIPPERA | SCULPTB  | SWEATA<br>ABRIPPERA | SATURDAY<br>SPECIAL | REST   |
| WEEK 3 | SWEATA<br>ABRIPPERA | SCULPTA | SWEATA<br>ABRIPPERA | SCULPTB  | SWEATA<br>ABRIPPERA | SATURDAY<br>SPECIAL | REST   |
| WEEK 4 | SWEATA<br>ABRIPPERA | SCULPTA | SWEATA<br>ABRIPPERA | SCULPTB  | SWEATA<br>ABRIPPERA | SATURDAY<br>SPECIAL | REST   |



# P90 SWEAT WORKOUT SCHEDULE – PHASE B



[WWW.SMARTASSFITNESS.COM/P90](http://WWW.SMARTASSFITNESS.COM/P90)

|           | MONDAY              | TUESDAY | WEDNESDAY           | THURSDAY | FRIDAY              | SATURDAY            | SUNDAY |
|-----------|---------------------|---------|---------------------|----------|---------------------|---------------------|--------|
| WEEK<br>5 | SWEATB<br>ABRIPPERB | SCULPTB | SWEATB<br>ABRIPPERB | SCULPTB  | SWEATB<br>ABRIPPERB | SATURDAY<br>SPECIAL | REST   |
| WEEK<br>6 | SWEATB<br>ABRIPPERB | SCULPTB | SWEATB<br>ABRIPPERB | SCULPTB  | SWEATB<br>ABRIPPERB | SATURDAY<br>SPECIAL | REST   |
| WEEK<br>7 | SWEATB<br>ABRIPPERB | SCULPTB | SWEATB<br>ABRIPPERB | SCULPTB  | SWEATB<br>ABRIPPERB | SATURDAY<br>SPECIAL | REST   |
| WEEK<br>8 | SWEATB<br>ABRIPPERB | SCULPTB | SWEATB<br>ABRIPPERB | SCULPTB  | SWEATB<br>ABRIPPERB | SATURDAY<br>SPECIAL | REST   |



# P90 SWEAT WORKOUT SCHEDULE – PHASE C



WWW.SMARTASSFITNESS.COM/P90

|                | MONDAY              | TUESDAY | WEDNESDAY           | THURSDAY | FRIDAY              | SATURDAY            | SUNDAY |
|----------------|---------------------|---------|---------------------|----------|---------------------|---------------------|--------|
| <b>WEEK 9</b>  | SWEATC<br>ABRIPPERC | SCULPTC | SWEATC<br>ABRIPPERC | SCULPTC  | SWEATC<br>ABRIPPERC | SATURDAY<br>SPECIAL | REST   |
| <b>WEEK 10</b> | SWEATC<br>ABRIPPERC | SCULPTC | SWEATC<br>ABRIPPERC | SCULPTC  | SWEATC<br>ABRIPPERC | SATURDAY<br>SPECIAL | REST   |
| <b>WEEK 11</b> | SWEATC<br>ABRIPPERC | SCULPTC | SWEATC<br>ABRIPPERC | SCULPTC  | SWEATC<br>ABRIPPERC | SATURDAY<br>SPECIAL | REST   |
| <b>WEEK 12</b> | SWEATC<br>ABRIPPERC | SCULPTC | SWEATC<br>ABRIPPERC | SCULPTC  | SWEATC<br>ABRIPPERC | SATURDAY<br>SPECIAL | REST   |
| <b>HIT IT!</b> | SWEATA<br>ABRIPPERA | SCULPTA | SWEATB<br>ABRIPPERB | SCULPTB  | SWEATC<br>ABRIPPERC | SCULPTC             | REST   |