

60 Day **U**ltimate **U** Challenge

Everybody wants a beautiful toned body with lean, sexy, well defined abs that make you feel good and look great!

I've created this "**60 Day Ultimate U Challenge**" specifically to help you shed off extra pounds and get a "head turning" physique in as little as 60 days!

The program combines 2 of my best body transforming systems "**Lord of the Abs**" and "**Ultimate Body Sculpt**" designed to work your entire body while paying special attention to the core.

By following the progressive 60 day workout schedule, along with the **Eat Right Now nutritional plan**, you will experience amazing results no matter what your age, no matter what your current shape!

The progressive training schedule is broken down into **six, 10 day cycles** with each cycle getting more challenging. The first two 10 day cycles suggest one workout per day with the 5th day being a rest day. Starting on the third cycle we will incorporate a second workout on some of the days (they can be done consecutively or split into two different times of the day)

This following 60 day progressive workout plan is designed to balance perfectly between the different workouts and between strength, cardio, and core. Based on your individual needs you may want to have more or perhaps less rest days. Regardless, for best results always follow the sequence of workouts as I outline in the program as it is well balanced.

Keep in mind that following an intense daily program will require commitment and determination on your part, but the payoff will be well worth it! so lets get to it!