

# 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!

CYCLE 1		CYCLE 2		CYCLE 3		CYCLE 4		CYCLE 5		CYCLE 6	
Day 1 ☐	<b>Phenomenal Abs</b>	Day 11 ☐	Max Abs	Day 21 ☐	<b>Max Abs</b>	Day 31 ☐	<b>Max Abs</b>	Day 41 ☐	<b>Max Abs</b>	Day 51 ☐	<b>Max Abs</b>
Day 2 ☐	<b>Cuts and Curves</b>	Day 12 ☐	Core Challenge	Day 22 ☐	<b>Phenomenal Abs</b>	Day 32 ☐	<b>Phenomenal Abs</b>	Day 42 ☐	<b>Phenomenal Abs</b>	Day 52 ☐	<b>Phenomenal Abs</b>
Day 3 ☐	<b>Core Challenge</b>	Day 13 ☐	Cuts & Curves	Day 23 ☐	<b>Cuts &amp; Curves</b>	Day 33 ☐	<b>Cuts &amp; Curves</b>	Day 43 ☐	<b>Cuts &amp; Curves</b>	Day 53 ☐	<b>Cuts &amp; Curves</b>
Day 4 ☐	<b>Maximum Abs</b>	Day 14 ☐	Phenomenal Abs	Day 24 ☐	<b>Chore Challenge + Abs on Fire</b>	Day 34 ☐	<b>Chore Challenge + Abs on Fire</b>	Day 44 ☐	<b>Chore Challenge + Abs on Fire</b>	Day 54 ☐	<b>Chore Challenge + Abs on Fire</b>
Day 5 ☐	<b>REST</b>	Day 15 ☐	<b>REST</b>	Day 25 ☐	<b>REST</b>	Day 35 ☐	<b>REST</b>	Day 45 ☐	<b>REST</b>	Day 55 ☐	<b>REST</b>
Day 6 ☐	<b>Core &amp; More</b>	Day 16 ☐	Power & Grace	Day 26 ☐	<b>Power &amp; Grace</b>	Day 36 ☐	<b>Power &amp; Grace</b>	Day 46 ☐	<b>Core &amp; More</b>	Day 56 ☐	<b>Core &amp; More</b>
Day 7 ☐	<b>Abs on Fire</b>	Day 17 ☐	Core & More	Day 27 ☐	<b>Core &amp; More</b>	Day 37 ☐	<b>Core &amp; More</b>	Day 47 ☐	<b>Abs on Fire + Cuts &amp; Curves</b>	Day 57 ☐	<b>Abs on Fire + Cuts &amp; Curves</b>
Day 8 ☐	<b>Hard Core</b>	Day 18 ☐	Abs on Fire	Day 28 ☐	<b>Abs on Fire</b>	Day 38 ☐	<b>Abs on Fire</b>	Day 48 ☐	<b>Power &amp; Grace + Core Challenge</b>	Day 58 ☐	<b>Power &amp; Grace + Core Challenge</b>
Day 9 ☐	<b>Power &amp; Grace</b>	Day 19 ☐	Hard Core	Day 29 ☐	<b>Hard Core</b>	Day 39 ☐	<b>Hard Core</b>	Day 49 ☐	<b>Hard Core</b>	Day 59 ☐	<b>Hard Core</b>
Day 10 ☐	<b>REST</b>	Day 20 ☐	<b>REST</b>	Day 30 ☐	<b>REST</b>	Day 40 ☐	<b>REST</b>	Day 50 ☐	<b>REST</b>	Day 60 ☐	<b>REST</b>