# ROTATION CALENDAR

**Be sure to watch Abcentrics before you start. Track your workouts and progress below.**

| | | | | | | |
|---|---|---|---|---|---|---|
| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| PHASE 1<br>TOTAL STRENGTH<br>MERCY ABS | FIRE UP YOUR ABS | POWER INTERVALS | TOTAL STRENGTH<br>MERCY ABS | FIRE UP YOUR ABS | POWER INTERVALS | DAY OFF |
| DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| POWER INTERVALS | FIRE UP YOUR ABS | TOTAL STRENGTH<br>MERCY ABS | POWER INTERVALS | FIRE UP YOUR ABS | POWER INTERVALS | DAY OFF |
| DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| TOTAL STRENGTH<br>MERCY ABS | FIRE UP YOUR ABS | POWER INTERVALS | TOTAL STRENGTH<br>MERCY ABS | FIRE UP YOUR ABS | POWER INTERVALS | DAY OFF |
| DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 |
| POWER INTERVALS | FIRE UP YOUR ABS | TOTAL STRENGTH<br>MERCY ABS | POWER INTERVALS | FIRE UP YOUR ABS | POWER INTERVALS | DAY OFF |
| DAY 29 | DAY 30 | DAY 31 | DAY 32 | DAY 33 | DAY 34 | DAY 35 |
| TOTAL STRENGTH<br>MERCY ABS | FIRE UP YOUR ABS | PHASE 2<br>FAT-BURNING ABS | POWER INTERVALS 2 | STRENGTH & ENDURANCE<br>MERCILESS ABS | FAT-BURNING ABS | DAY OFF |
| DAY 36 | DAY 37 | DAY 38 | DAY 39 | DAY 40 | DAY 41 | DAY 42 |
| STRENGTH & ENDURANCE<br>MERCILESS ABS | REV IT UP | POWER INTERVALS 2 | STRENGTH & ENDURANCE<br>MERCILESS ABS | REV IT UP | FAT-BURNING ABS | DAY OFF |
| DAY 43 | DAY 44 | DAY 45 | DAY 46 | DAY 47 | DAY 48 | DAY 49 |
| FAT-BURNING ABS | POWER INTERVALS 2 | STRENGTH & ENDURANCE<br>MERCILESS ABS | FAT-BURNING ABS | POWER INTERVALS 2 | REV IT UP | DAY OFF |
| DAY 50 | DAY 51 | DAY 52 | DAY 53 | DAY 54 | DAY 55 | DAY 56 |
| STRENGTH & ENDURANCE<br>MERCILESS ABS | REV IT UP | POWER INTERVALS II | STRENGTH & ENDURANCE<br>MERCILESS ABS | REV IT UP | FAT-BURNING ABS | DAY OFF |
| DAY 57 | DAY 58 | DAY 59 | DAY 60 | DAY 61 | DAY 62 | DAY 63 |
| FAT-BURNING ABS | POWER INTERVALS II | STRENGTH & ENDURANCE<br>MERCILESS ABS | FAT-BURNING ABS | PHASE 3<br>FULL THROTTLE INTERVALS | REV IT UP | DAY OFF |
| DAY 64 | DAY 65 | DAY 66 | DAY 67 | DAY 68 | DAY 69 | DAY 70 |
| STRENGTH & ENDURANCE<br>AB ADDICTION | REV IT UP | FULL THROTTLE INTERVALS | ULTIMATE 8 PACK<br>MERCILESS ABS | FULL THROTTLE ABS | STRENGTH & ENDURANCE<br>AB ADDICTION | DAY OFF |
| DAY 71 | DAY 72 | DAY 73 | DAY 74 | DAY 75 | DAY 76 | DAY 77 |
| FULL THROTTLE INTERVALS | ULTIMATE 8 PACK<br>MERCILESS ABS | REV IT UP | STRENGTH & ENDURANCE<br>AB ADDICTION | FULL THROTTLE ABS | FULL THROTTLE INTERVALS | DAY OFF |
| DAY 78 | DAY 79 | DAY 80 | DAY 81 | DAY 82 | DAY 83 | DAY 84 |
| FULL THROTTLE ABS | REV IT UP | STRENGTH & ENDURANCE<br>AB ADDICTION | FULL THROTTLE ABS | FULL THROTTLE INTERVALS | ULTIMATE 8 PACK<br>MERCILESS ABS | DAY OFF |
| DAY 85 | DAY 86 | DAY 87 | DAY 88 | DAY 89 | DAY 90 | |
| STRENGTH & ENDURANCE<br>AB ADDICTION | REV IT UP | FULL THROTTLE INTERVALS | ULTIMATE 8 PACK<br>MERCILESS ABS | FULL THROTTLE ABS | STRENGTH & ENDURANCE<br>AB ADDICTION | END |

## Progress TRACKER:

| DAY 1 | DAY 30 | DAY 60 | DAY 90 | RESULTS |
|---|---|---|---|---|
| WEIGHT: _____ | WEIGHT: _____ | WEIGHT: _____ | WEIGHT: _____ | TOTAL WEIGHT LOSS: _____ |
| BODY FAT: _____% | BODY FAT: _____% | BODY FAT: _____% | BODY FAT: _____% | TOTAL FAT LOSS: _____% |
| INCHES/WAIST: _____" | INCHES/WAIST: _____" | INCHES/WAIST: _____" | INCHES/WAIST: _____" | TOTAL INCHES LOST: _____" |