

POWER 90 SCHEDULE

Month 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest	Sculpt 5-6	Plyo Legs	Cardio Intervals Ab Ripper	Sculpt 5-6	Sweat 5-6	UML
Rest	UML	Plyo Legs	Core Cardio	Sculpt 5-6	Sweat 5-6 Ab Ripper	Plyo Legs
Rest	Sculpt 5-6	Plyo Legs	Cardio Intervals Ab Ripper	Sculpt 5-6	Sweat 5-6	UML
Rest/Stretch	UML	Plyo Legs	Core Cardio	Sculpt 5-6	Sweat 5-6 Ab Ripper	Plyo Legs

Power 90 Fitness Guide

SA Adler

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the SA Adler text.

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