



# 60-DAY CALENDAR

You are AWESOME So You Also Get!

## MY BONUSES

FREE 1 DAY MEAL PLAN DOWNLOAD – [>>>CLICK HERE <<](#)

& Don't FORGET!

FREE 24 Min Metabolism Boost Workout! - [>>>CLICK HERE<<](#)

+

Read Up On The 30 DAY FF30X Workout For Men Over 40! [>>>CLICK HERE<<](#)

Hammer & Chisel 60 Day Calendar Below



# 60-DAY CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	CHISEL BALANCE	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL	DAY OFF	ISO SPEED HAMMER	CHISEL ENDURANCE	TOTAL BODY HAMMER <i>and</i> 10 MIN AB HAMMER
<b>2</b>	CHISEL CARDIO	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	HAMMER POWER	CHISEL BALANCE <i>or optional:</i> POWER CHISEL* <i>and</i> 10 MIN AB CHISEL	HAMMER CONDITIONING <i>and optional:</i> 15 MIN LEG HAMMER*
<b>3</b>	TOTAL BODY HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO**	MAX HAMMER STRENGTH <i>and</i> 10 MIN AB HAMMER	DAY OFF	TOTAL BODY CHISEL <i>and</i> 10 MIN AB CHISEL	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	ISO STRENGTH CHISEL <i>and optional:</i> 15 MIN GLUTE CHISEL*
<b>4</b>	CHISEL BALANCE <i>or optional:</i> POWER CHISEL* <i>and</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	ISO SPEED HAMMER <i>or optional:</i> HAMMER BUILD UP* <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO**	HAMMER POWER <i>and</i> 10 MIN AB HAMMER
<b>5</b>	TOTAL BODY CHISEL <i>and</i> 10 MIN AB CHISEL	HAMMER POWER <i>and</i> 10 MIN AB HAMMER	CHISEL BALANCE <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	ISO SPEED HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL ENDURANCE <i>or optional:</i> POWER CHISEL*	TOTAL BODY HAMMER <i>or optional:</i> HAMMER BUILD UP*
<b>6</b>	CHISEL AGILITY <i>or optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN GLUTE CHISEL*	HAMMER CONDITIONING <i>and</i> 10 MIN AB HAMMER	CHISEL CARDIO <i>or optional:</i> POWER CHISEL*	DAY OFF	HAMMER POWER	CHISEL BALANCE <i>and</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP* <i>and optional:</i> 15 MIN LEG HAMMER*
<b>7</b>	TOTAL BODY CHISEL <i>and</i> 10 MIN AB CHISEL	ISO SPEED HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	ISO STRENGTH CHISEL	DAY OFF	HAMMER CONDITIONING	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	TOTAL BODY HAMMER <i>and</i> 10 MIN AB HAMMER
<b>8</b>	CHISEL ENDURANCE <i>and</i> 10 MIN AB CHISEL	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP* <i>and optional:</i> 15 MIN LEG HAMMER*	CHISEL CARDIO <i>and optional:</i> 15 MIN GLUTE CHISEL*	DAY OFF	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN LEG HAMMER*	TOTAL BODY CHISEL <i>or optional:</i> POWER CHISEL* <i>and optional:</i> 15 MIN GLUTE CHISEL*	HAMMER POWER <i>and</i> 10 MIN AB HAMMER

\*HAMMER BUILD UP, POWER CHISEL, 15 MIN LEG HAMMER, and 15 MIN GLUTE CHISEL are part of the DELUXE KIT. If you purchased a DELUXE KIT, you can incorporate these workouts on the specified days.

\*\*THE MASTER'S CARDIO is a TEAM BEACHBODY® EXCLUSIVE WORKOUT and can be used to replace HAMMER PLYOMETRICS and/or CHISEL AGILITY on their scheduled days, if you have limited time.