



RHYTHM
FIT

100 DAY SCHEDULE

DAY 1	Basics
DAY 2	Drills with Bodyweight
DAY 3	Core
DAY 4	Drills with Weights
DAY 5	Lower Body
DAY 6	Upper Body
DAY 7	Recovery or Dynamic Stretch
DAY 8	Drills with Weights
DAY 9	Full Body
DAY 10	Lower Body
DAY 11	Drills with Bodyweight
DAY 12	Upper Body
DAY 13	Core
DAY 14	Recovery or Dynamic Stretch
DAY 15	Drills with Bodyweight



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DAY 16	Lower Body
DAY 17	Core
DAY 18	Drills with Weights
DAY 19	Full Body
DAY 20	Upper Body
DAY 21	Recovery or Dynamic Stretch
DAY 22	Max Out Cardio
DAY 23	Drills with Weights
DAY 24	Full Body
DAY 25	Standing Abs
DAY 26	Lower Body
DAY 27	Total Body Bootcamp
DAY 28	Recovery or Dynamic Stretch
DAY 29	Upper Body
DAY 30	Drills with Bodyweight



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DAY 31	Total Body Bootcamp
DAY 32	Core
DAY 33	Full Body
DAY 34	Boom Speed
DAY 35	Recovery or Dynamic Stretch
DAY 36	Drills with Weights
DAY 37	Standing Abs
DAY 38	Upper Body
DAY 39	Max Out Cardio
DAY 40	Lower Body
DAY 41	Core
DAY 42	Recovery or Dynamic Stretch
DAY 43	Max Out Cardio
DAY 44	Lower Body + Standing Abs
DAY 45	Upper Body



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DAY 46	Core
DAY 47	Total Body Bootcamp
DAY 48	Boom Speed
DAY 49	Recovery or Dynamic Stretch
DAY 50	Full Body
DAY 51	Drills with Weights + Standing Abs
DAY 52	Boom Speed
DAY 53	Upper Body
DAY 54	Core
DAY 55	Max Out Cardio
DAY 56	Recovery or Dynamic Stretch
DAY 57	Drills with Bodyweight + Standing Abs
DAY 58	Total Body Bootcamp
DAY 59	Lower Body
DAY 60	Boom Speed



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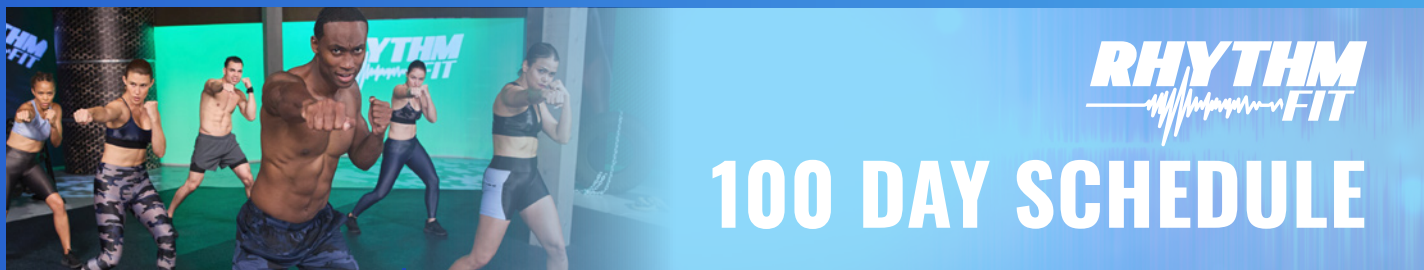
DAY 61	Upper Body
DAY 62	Full Body
DAY 63	Recovery or Dynamic Stretch
DAY 64	Core
DAY 65	Lower Body
DAY 66	Max Out Cardio
DAY 67	Upper Body + Standing Abs
DAY 68	Boom Speed
DAY 69	Total Body Bootcamp
DAY 70	Recovery or Dynamic Stretch
DAY 71	Max Out Cardio
DAY 72	Drills with Weights
DAY 73	Full Body
DAY 74	Standing Abs
DAY 75	Lower Body



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DAY 76	Total Body Bootcamp
DAY 77	Recovery or Dynamic Stretch
DAY 78	Drills with Bodyweight + Standing Abs
DAY 79	Total Body Bootcamp
DAY 80	Lower Body
DAY 81	Boom Speed
DAY 82	Upper Body
DAY 83	Full Body
DAY 84	Recovery or Dynamic Stretch
DAY 85	Core
DAY 86	Lower Body
DAY 87	Max Out Cardio
DAY 88	Upper Body + Standing Abs
DAY 89	Boom Speed
DAY 90	Total Body Bootcamp



DAY 91	Recovery or Dynamic Stretch
DAY 92	Upper Body
DAY 93	Drills with Bodyweight
DAY 94	Total Body Bootcamp
DAY 95	Core
DAY 96	Full Body + Standing Abs
DAY 97	Boom Speed
DAY 98	Recovery or Dynamic Stretch
DAY 99	Lower Body
DAY 100	Max Out Cardio