



**ULTABAND**  
BY BODY FX

# 100 DAY SCHEDULE

DAY 1	Intro + Basics + Glutes Pump
DAY 2	Abs Pump
DAY 3	Lower Pump + Standing Core
DAY 4	Upper Pump
DAY 5	Abs Pump + Glutes Pump
DAY 6	Upper Pump + Booty
DAY 7	Stretch
DAY 8	Abs Pump
DAY 9	Lower Pump + Arms & Abs
DAY 10	Upper Pump
DAY 11	Glutes Pump + Legs
DAY 12	Upper Pump + Lower Pump
DAY 13	Abs Pump + Total Body
DAY 14	Stretch
DAY 15	Legs



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DAY 16	Arms & Abs
DAY 17	Booty
DAY 18	Abs Pump + Upper Pump
DAY 19	Total Body
DAY 20	Standing Core
DAY 21	Stretch
DAY 22	Booty
DAY 23	Total Body
DAY 24	Standing Core
DAY 25	Lower Pump + Glutes Pump + Abs Pump
DAY 26	Arms & Abs
DAY 27	Legs
DAY 28	Stretch
DAY 29	Standing Core
DAY 30	Legs



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DAY 31	Arms & Abs
DAY 32	Total Body
DAY 33	Upper Pump + Lower Pump + Abs Pump
DAY 34	Booty
DAY 35	Stretch
DAY 36	Total Body
DAY 37	Arms & Abs
DAY 38	Legs
DAY 39	Booty
DAY 40	Standing Core
DAY 41	Abs Pump + Lower Pump + Glutes Pump + Upper Pump
DAY 42	Stretch
DAY 43	Ultimate Lower Body
DAY 44	Ultimate Upper Body
DAY 45	Booty



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DAY 46	Ultimate Core
DAY 47	Arms & Abs
DAY 48	Ultimate Full Body
DAY 49	Stretch
DAY 50	Total Body
DAY 51	Ultimate Core
DAY 52	Ultimate Lower Body
DAY 53	Standing Core
DAY 54	Ultimate Full Body
DAY 55	Ultimate Upper Body
DAY 56	Stretch
DAY 57	Ultimate Full Body
DAY 58	Legs
DAY 59	Ultimate Upper Body
DAY 60	Ultimate Lower Body



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DAY 61	Total Body
DAY 62	Ultimate Core
DAY 63	Stretch
DAY 64	Booty
DAY 65	Ultimate Upper Body
DAY 66	Ultimate Core
DAY 67	Arms & Abs
DAY 68	Ultimate Lower Body
DAY 69	Ultimate Full Body
DAY 70	Stretch
DAY 71	Standing Core + Upper Pump
DAY 72	Legs
DAY 73	Arms & Abs + Glutes Pump
DAY 74	Total Body
DAY 75	Ultimate Core



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DAY 76	Booty
DAY 77	Stretch
DAY 78	Ultimate Full Body
DAY 79	Legs + Abs Pump
DAY 80	Ultimate Upper Body
DAY 81	Ultimate Lower Body
DAY 82	Total Body
DAY 83	Standing Core + Lower Pump
DAY 84	Stretch
DAY 85	Legs
DAY 86	Arms & Abs
DAY 87	Booty + Upper Pump
DAY 88	Ultimate Full Body
DAY 89	Ultimate Core
DAY 90	Total Body



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<b>DAY 91</b>	Stretch
<b>DAY 92</b>	Ultimate Lower Body
<b>DAY 93</b>	Ultimate Upper Body
<b>DAY 94</b>	Booty + Abs Pump
<b>DAY 95</b>	Standing Core
<b>DAY 96</b>	Arms & Abs + Glutes Pump
<b>DAY 97</b>	Legs + Upper Pump
<b>DAY 98</b>	Stretch
<b>DAY 99</b>	Ultimate Core + Lower Pump
<b>DAY 100</b>	Ultimate Full Body + Abs Pump