60-Day Ultimate U Challenge

Everybody wants a beautiful toned body with lean, sexy, well defined abs that make you feel good and look great!

I've created this "**60 Day Ultimate U Challenge**" specifically to help you shed off extra pounds and get a "head turning" physique in as little as 60 days!

The program combines 2 of my best body transforming systems "***Lord of the Abs"*** and "***Ultimate Body Sculpt***" designed to work your entire body while paying special attention to the core.

By following the progressive 60 day workout schedule, along with the ***Eat Right Now nutritional plan***, you will experience amazing results no matter what your age, no matter what your current shape!

The progressive training schedule is broken down into **six, 10 day cycles** with each cycle getting more challenging. The first two 10 day cycles suggest one workout per day with the 5th day being a rest day. Starting on the third cycle we will incorporate a second workout on some of the days (they can be done consecutively or split into two different times of the day)

The 60 day progressive workout plan is designed to balance perfectly between the different workouts and between strength, cardio, and core. Based on your individual needs you may want to have more or perhaps less rest days. Regardless, for best results always follow the sequence of workouts as I outline in the program as it is well balanced.

Keep in mind that following an intense daily program will require commitment and determination on your part, but the payoff will be well worth it! so lets get to it!

60-Day Ultimate U Challenge

CYCLE 1		CYCLE 2	
Day 1 ☐	**Phenomenal Abs**	Day 11 ☐	Max Abs
Day 2 ☐	**Cuts and Curves**	Day 12 ☐	Core Challenge
Day 3 ☐	**Core Challenge**	Day 13 ☐	Cuts & Curves
Day 4 ☐	**Maximum Abs**	Day 14 ☐	Phenomenal Abs
Day 5 ☐	**REST**	Day 15 ☐	**REST**
Day 6 ☐	**Core & More**	Day 16 ☐	Power & Grace
Day 7 ☐	**Abs on Fire**	Day 17 ☐	Core & More
Day 8 ☐	**Hard Core**	Day 18 ☐	Abs on Fire
Day 9 ☐	**Power & Grace**	Day 19 ☐	Hard Core
Day 10 ☐	**REST**	Day 20 ☐	**REST**

CYCLE 3		CYCLE 4	
Day 21 ☐	**Maximum Abs**	Day 31 ☐	**Maximum Abs**
Day 22 ☐	**Phenomenal Abs**	Day 32 ☐	**Phenomenal Abs**
Day 23 ☐	**Cuts & Curves**	Day 33 ☐	**Cuts & Curves**
Day 24 ☐	**Core Challenge + Abs on Fire**	Day 34 ☐	**Core Challenge + Abs on Fire**
Day 25 ☐	**REST**	Day 35 ☐	**REST**
Day 26 ☐	**Power & Grace**	Day 36 ☐	**Power & Grace**
Day 27 ☐	**Core & More**	Day 37 ☐	**Core & More**
Day 28 ☐	**Abs on Fire**	Day 38 ☐	**Abs on Fire**
Day 29 ☐	**Hard Core**	Day 39 ☐	**Hard Core**
Day 30 ☐	**REST**	Day 40 ☐	**REST**

CYCLE 5		CYCLE 6	
Day 41 ☐	**Maximum Abs**	Day 51 ☐	**Maximum Abs**
Day 42 ☐	**Phenomenal Abs**	Day 52 ☐	**Phenomenal Abs**
Day 43 ☐	**Cuts & Curves**	Day 53 ☐	**Cuts & Curves**
Day 44 ☐	**Core Challenge + Abs on Fire**	Day 54 ☐	**Core Challenge + Abs on Fire**
Day 45 ☐	**REST**	Day 55 ☐	**REST**
Day 46 ☐	**Core & More**	Day 56 ☐	**Core & More**
Day 47 ☐	**Abs on Fire + Cuts & Curves**	Day 57 ☐	**Abs on Fire + Cuts & Curves**
Day 48 ☐	**Power & Grace + Core Challenge**	Day 58 ☐	**Power & Grace + Core Challenge**
Day 49 ☐	**Hard Core**	Day 59 ☐	**Hard Core**
Day 50 ☐	**REST**	Day 60 ☐	**REST**

60-Day Ultimate U Challenge

Maintenance Option 1

CYCLE 1		CYCLE 2	
Day 1	**Phenomenal Abs**	Day 11	**Max Abs**
Day 2	**Cuts and Curves**	Day 12	**Core Challenge**
Day 3	**Core Challenge**	Day 13	**Cuts & Curves**
Day 4	**Maximum Abs**	Day 14	**Phenomenal Abs**
Day 5	**REST**	Day 15	**REST**
Day 6	**Core & More**	Day 16	**Power & Grace**
Day 7	**Abs on Fire**	Day 17	**Core & More**
Day 8	**Hard Core**	Day 18	**Abs on Fire**
Day 9	**Power & Grace**	Day 19	**Hard Core**
Day 10	**REST**	Day 20	**REST**

Option1 - For those saying, "I've worked hard up to this point, I'm satisfied with my results and wish to maintain what I have accomplished".

For those choosing option 1:
My recommendation is that you alternate between cycles 1 and 2 from the original challenge. This will give you one workout per day with every 4th day being a rest day and you will have completed all 8 DVD workouts every 10 days.

60-Day Ultimate U Challenge

CYCLE 2		CYCLE 4		CYCLE 6	
Day 1	Max Abs	Day 11	Maximum Abs	Day 21	Maximum Abs
Day 2	Core Challenge	Day 12	Phenomenal Abs	Day 22	Phenomenal Abs
Day 3	Cuts & Curves	Day 13	Cuts & Curves	Day 23	Cuts & Curves
Day 4	Phenomenal Abs	Day 14	Core Challenge + Abs on Fire	Day 24	Core Challenge + Abs on Fire
Day 5	REST	Day 15	REST	Day 25	REST
Day 6	Power & Grace	Day 16	Power & Grace	Day 26	Core & More
Day 7	Core & More	Day 17	Core & More	Day 27	Abs on Fire + Cuts & Curves
Day 8	Abs on Fire	Day 18	Abs on Fire + Cuts & Curves	Day 28	Power & Grace + Core Challenge
Day 9	Hard Core	Day 19	Hard Core	Day 29	Hard Core
Day 10	REST	Day 10	REST	Day 30	REST

Maintenance Option 2

Option 2 - For those saying, "I like my results and would like to continue improving".

For those choosing option 2:
You will be using the 10-day cycles 2, 4 and 6 from the original challenge, completing the 3 cycles in 30 days. You will notice that I've added one more workout ('Cuts and Curves') in cycle #4.

In this program we step up to the next level every 10 days instead of every 20 days as we did in the original challenge. This type of training is progressive in the sense that in every 10-day cycle you will increase the number of workouts for 3 consecutive cycles (30 days total) and then start over. In essence you are going from first gear to second gear to third gear every 30 days and then starting over. This type of training will give your body a chance to recoup, adjust and grow. I used to do this type of progressive training when I ran track and it really works!