

## Ript90 Workout Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Minute by Minute	Chest Shredder	Metabolic Mania	Stretch	Dirty Dozen	Shoulder Pressure	Stretch
<b>Week 2</b>	Legs Overhaul + Ript Abs	Ups and Downs	Back Breaker	Death by Thruster	Minute by Minute	Arm Annihilator	Stretch
<b>Week 3</b>	Total Body Tamer	Metabolic Mania	Deadlift Killer	Shoulder Pressure + Ript Abs	Dirty Dozen	Leg Overhaul	Stretch
<b>Week 4</b>	Minute by Minute	Death by Thruster	Back Breaker	Ups and Downs	Chest Shredder	Deadlift Killer	Stretch
<b>Week 5</b>	Total Body Tamer	Shoulder Pressure + Ript Abs	Deadlift Killer	Death by Thruster	Leg Overhaul	Minute by Minute	Stretch
<b>Week 6</b>	Arm Annihilator + Ript Abs	Chest Shredder	Dirty Dozen	Back Breaker + Ript Abs	Shoulder Pressure	Metabolic Mania	Stretch
<b>Week 7</b>	Deadlift Killer	Death by Thruster	Arm Annihilator + Ript Abs	Minute by Minute	Chest Shredder	Leg Overhaul	Stretch
<b>Week 8</b>	Ups and Downs	Deadlift Killer	Shoulder Pressure + Ript Abs	Dirty Dozen	Deadlift Killer	Back Breaker	Stretch
<b>Week 9</b>	Metabolic Mania	Chest Shredder	Arm Annihilator + Ript Abs	Leg Overhaul	Minute by Minute	Shoulder Pressure	Stretch
<b>Week 10</b>	Dirty Dozen	Ups and Downs	Chest Shredder	Deadlift Killer + Ript Abs	Back Breaker	Leg Overhaul	Stretch
<b>Week 11</b>	Death by Thruster	Shoulder Pressure + Ript Abs	Metabolic Mania	Chest Shredder	Arm Annihilator + Ript Abs	Dirty Dozen	Stretch
<b>Week 12</b>	Deadlift Killer	Shoulder Pressure + Ript Abs	Ups and Downs	Minute by Minute	Stretch	FINISHED	