

THE 90 DAY

CHALLENGE

THE BODYWEIGHT MASTER

READ THIS FIRST

We are Stan Bruininck and Arjen Albers better known as Browney (and the guy in the blue shirt). After having done multiple 90 day transformations with family and friends we came up with the idea of making such transformations possible for more people. Because it would be impossible to guide everybody personally, we designed this course. In this course, we've put all of the information you would get from us if you were doing a 90 day transformation. From diet to workout tips, everything will be explained in detail. But some things are better to show rather than explaining, this is why we've recorded lots of videos to show you how exercises should be done and to provide even more detailed information.

Lastly, we would like to ask you to keep yourself to the calisthenics code of not sharing this workout and being honest with the calisthenics community. This means not reproducing or transmitting this course in any form whatsoever, electronic, or mechanical. This includes not photocopying, recording, or any form of duplicating without expressed written, dated, and signed permission from the authors. All copyrights are reserved.



DISCLAIMER

Always consult your doctor or other health care professionals prior to beginning this workout course and diet plan, we are not responsible or liable for any injuries sustained in the process of using the workout routines or possible medical effects of the diet plan contained in this workout course.

Please keep in mind that everything in this workout course is based on our experience and our opinion. Although we have extensive experience with bodyweight training and have helped many others with their own journey, we are not physicians, nutritionists, or registered dietitians. All information is intended for your general knowledge and should not be taken as strict advice.

START HERE

DAY 0 OF THE 90 DAY CHALLENGE

HOW TO BEFORE PICTURE

Keypoints:

- Light needs to be consistent for every picture
- Angle needs to be the same for every picture
- Make the photos on the same moment of the day

HOW TO WEIGH IN AND TRACK YOUR WEIGHT

Keypoints:

- Choose a scale of your liking
- Pick the same moment of the day
- Weigh in every 5 days
- Write your weight in the weight tracker sheet

HOW TO MEASURE YOUR BODY PARTS

Keypoints:

- Measure all the key areas
- Make sure you're not flexing
- Pick the same moment of the day

HOW TO TRACK CALORIES

Keypoints:

- Use an app like MyFitnessPal
- Track every calorie you consume
- Be honest with yourself

HOW TO DETERMINE AND TRACK YOUR LEVEL

Keypoints:

- Use the most important exercises
- Pick your progression based on your current level
- Go for your max reps on each of the exercises

HOW TO TRACK WORKOUTS

Keypoints:

- For each exercise you can track your progression, reps and weight
- It's not necessary to track this, it's completely optional

FINAL NOTE

Keypoints:

- Make sure to use this day to read the expectations and the diet section to have all the info you'll need to start your 90 day challenge!
- Good luck!

EXPECTATIONS

WHAT PROGRESS YOU CAN EXPECT

Keypoints:

- ⚡ In the first 30 days you build your foundations
- ⚡ From 30 to 60 days your progress rate will become a lot higher
- ⚡ From 60 to 90 days your progress will be more gradual

WHAT IF YOU MISS A DAY?

Keypoints:

- ⚡ Try to focus on hitting the 3 workouts each week
- ⚡ If you miss a workout on a workout day don't worry. Try to still do this workout later in the week.
- ⚡ Missing a challenge is not a big deal. But, we do recommend doing them cause they are a lot of fun and a good way to track your progress

THE DIET

TRACKING

Keypoints:

- Use day 0 as a test day to track your calories
- Eat like you normally would do, so don't try to eat extra clean
- Be honest with yourself and make sure to track every calorie you're consuming
- Use an app like MyFitnessPal

MAINTENANCE

Keypoints:

- Maintenance is the amount of calories you need to stay at the same weight
- Have you stayed the same weight with the amount of calories you ate on day 0 or have you gained (or lose) weight?
- This is a good indication for your maintenance

CALCULATING MAINTENANCE

Keypoints:

- Just as an extra check calculate your maintenance with this BMR calculator
- Fill in your height, weight and age
- Choose the activity level that is suitable for you

DIET GOALS

Keypoints:

- Next up choose your diet goals
- Do you want to lose weight or gain weight?
- Or do you want to maintain and lose a bit of fat while gaining muscle?

MACROS

Keypoints:

- Three different types: Carbohydrates, fats and protein
- Play an important role in providing energy and other biological processes

TYPES OF FOOD

Keypoints:

- Calories in vs calories out is very important
- But the right types of food does matter as well!
- If you want to get an idea of some healthy recipes see the recipe section right here

YOU

VS

YOU

DAY IN THE LIFE

WHAT A DAY IN THIS 90 DAY JOURNEY LOOKS LIKE

— VIDEO

WARM UP

Keypoints:

- Really important!
- Prevents injury
- Gets your blood flowing

FULL WARM UP (VIDEO)

Keypoints:

- Exercise #1
- Exercise #2
- Exercise #3
- Exercise #4
- Exercise #5
- Exercise #6
- Exercise #7
- Exercise #8
- Exercise #9
- Exercise #10
- Exercise #11

WORKOUT

— ANY WORKOUT IN THIS PDF

FULL COOLDOWN (VIDEO)

Keypoints:

- Reduces muscle soreness
- Prevents injury
- Slows down heartrate

FULL COOLDOWN

- Exercise #1
- Exercise #2
- Exercise #3
- Exercise #4
- Exercise #5
- Exercise #6

RECOVERY

FOUR PILLARS

SLEEP



LIGHT EXERCISE



STRETCHING



DIET



WORK OUT.

EAT WELL.

BE PATIENT.

YOU WILL

SEE RESULTS!

TIME CHALLENGES

CHALLENGES	DAY 1-30	DAY 31-60	DAY 61-90
IMPOSSIBLE SQUAT			
IMPOSSIBLE PULL UP			
IMPOSSIBLE PUSH UP			
HANG CHALLENGE			

REP CHALLENGES

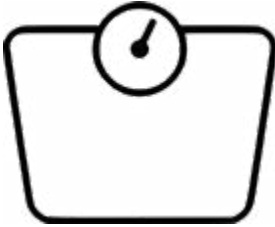
CHALLENGES	DAY 1-30	DAY 31-60	DAY 61-90
MAX PULL UPS			
MAX PUSH UPS			

BRING IT UP CHALLENGES

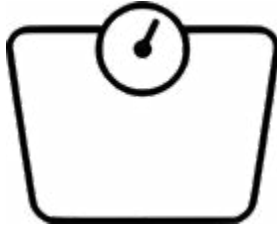
CHALLENGES	DAY 1-30	DAY 31-60	DAY 61-90
BRING IT UP PUSH UPS			
BRING IT UP SQUATS			

WEIGHT TRACKER

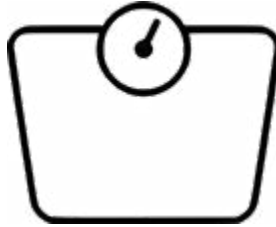
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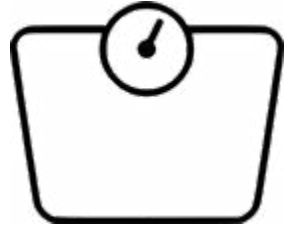
DAY 5



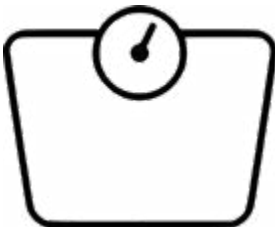
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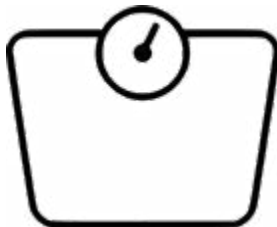
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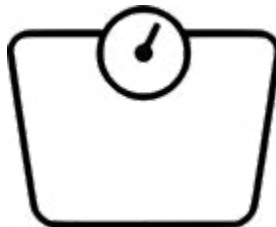
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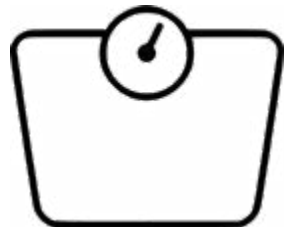
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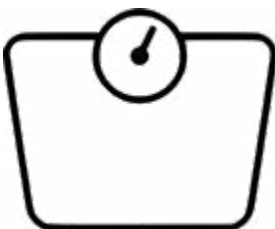
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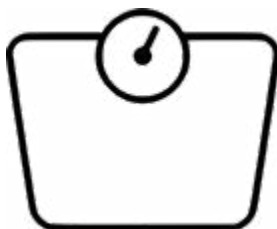
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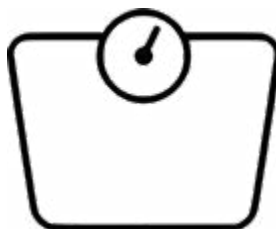
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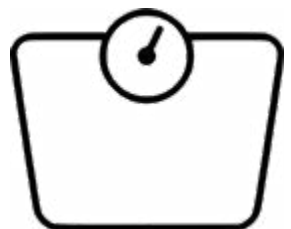
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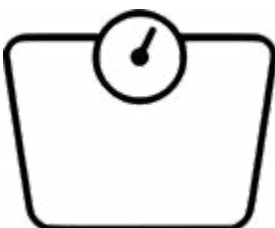
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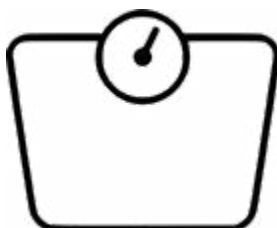
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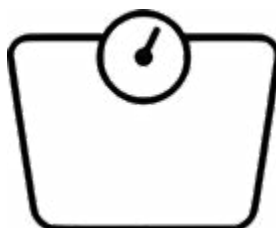
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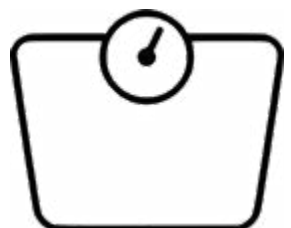
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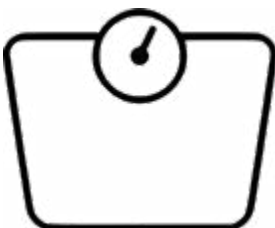
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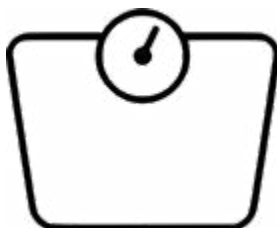
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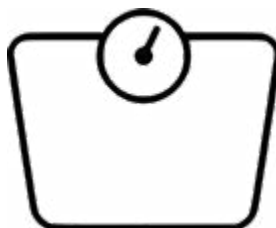
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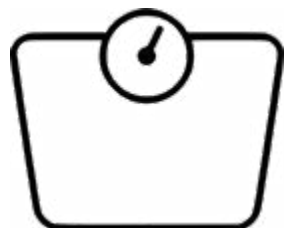
DAY 85



DAY 90



DAY 120



MEASUREMENT TRACKER

MEASUREMENTS	DAY 1	DAY 30	DAY 60	DAY 90
NECK				
SHOULDERS				
CHEST				
UPPER ARM				
FLEXED UPPER ARM				
FOREARM				
WAIST				
BELLY				
HIPS				
BUTT				
THIGHS				
CALVES				

EXTRA MEASUREMENTS:

MEASUREMENTS	DAY 1	DAY 30	DAY 60	DAY 90

**DRINK
YOUR
WATER**

90 DAY OVERVIEW

DAY 1
WORKOUT

DAY 2
CHALLENGE

DAY 3
WORKOUT

DAY 4
REST

DAY 5
WORKOUT

DAY 6
CHALLENGE

DAY 7
REST

DAY 12
WORKOUT

DAY 11
REST

DAY 10
WORKOUT

DAY 9
CHALLENGE

DAY 8
WORKOUT

DAY 13
CHALLENGE

DAY 14
REST

DAY 15
WORKOUT

DAY 16
CHALLENGE

DAY 17
WORKOUT

DAY 18
REST

DAY 24
WORKOUT

DAY 23
CHALLENGE

DAY 22
WORKOUT

DAY 21
REST

DAY 20
CHALLENGE

DAY 19
WORKOUT

DAY 25
REST

DAY 26
WORKOUT

DAY 27
CHALLENGE

DAY 28
REST

DAY 29
REST

DAY 30
CHALLENGE

DAY 31
WORKOUT

DAY 32
CHALLENGE

DAY 33
WORKOUT

DAY 34
REST

DAY 35
WORKOUT

DAY 36
CHALLENGE

DAY 37
REST

DAY 38
WORKOUT

DAY 39
CHALLENGE

DAY 40
WORKOUT

DAY 41
REST

DAY 42
WORKOUT

DAY 43
CHALLENGE

DAY 44
REST

DAY 45
WORKOUT

DAY 46
CHALLENGE

DAY 47
WORKOUT

DAY 48
REST

DAY 49
WORKOUT

DAY 50
CHALLENGE

DAY 51
REST

DAY 52
WORKOUT

DAY 53
CHALLENGE

DAY 54
WORKOUT

DAY 55
REST

DAY 56
WORKOUT

DAY 57
CHALLENGE

DAY 58
REST

DAY 59
REST

DAY 60
CHALLENGE

**DAY 61
WORKOUT**

**DAY 62
CHALLENGE**

**DAY 63
WORKOUT**

**DAY 64
REST**

**DAY 65
WORKOUT**

**DAY 66
CHALLENGE**

**DAY 67
REST**

**DAY 72
WORKOUT**

**DAY 71
REST**

**DAY 70
WORKOUT**

**DAY 69
CHALLENGE**

**DAY 68
WORKOUT**

**DAY 73
CHALLENGE**

**DAY 74
REST**

**DAY 75
WORKOUT**

**DAY 76
CHALLENGE**

**DAY 77
WORKOUT**

**DAY 78
REST**

**DAY 84
WORKOUT**

**DAY 83
CHALLENGE**

**DAY 82
WORKOUT**

**DAY 81
REST**

**DAY 80
CHALLENGE**

**DAY 79
WORKOUT**

**DAY 85
REST**

**DAY 86
WORKOUT**

**DAY 87
CHALLENGE**

**DAY 88
REST**

**DAY 89
REST**

**DAY 90
CHALLENGE**

DAY 1-30





WORKOUT STRUCTURE



VIDEO

DAY 30: PROGRESS

Keypoints:

-  Weight in
-  Measurements
-  Photos
-  Pump up challenge

DAY 1

*Click here for
the video*

1. PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 2 MAX PUSH UPS



CHALLENGE

DAY 3

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 4

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 5

1. DECLINE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 6 MAX PULL UPS



CHALLENGE

DAY 7

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**

LEVEL 1

**THE
SIXPACK
SECRETS
COURSE**

DAY 8

1. PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 9 IMPOSSIBLE PUSH UP



CHALLENGE

DAY 10

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 11

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 12

1. DECLINE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH EXERCISE)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 13 IMPOSSIBLE SQUAT



CHALLENGE

DAY 14

*Take care of
your body*



THE REST DAY

CHECK OUT
SIX PACK
SECRETS



DAY 15

1. PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 16

HANG CHALLENGE

CHALLENGE



DAY 17

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 18

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 19

1. DECLINE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 20
BRING IT UP
PUSH UPS



CHALLENGE

DAY 21

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 22

1. PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 23
BRING IT UP
SQUATS



CHALLENGE

DAY 24

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 25

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 26

1. DECLINE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH EXERCISE)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 27

IMPOSSIBLE PULL UP



CHALLENGE

DAY 28

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 29

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 30

Take a picture

Keypoints:

- ⚡ Weight in
- ⚡ Measurements
- ⚡ Photos
- ⚡ Pump up challenge

PUMP UP CHALLENGE

- 50 push ups
- 25 pull ups
- 50 Squats
- Push ups max (lower progression)

DAY 31-60





NEW WORKOUT CHAPTER



VIDEO

DAY 60: PROGRESS

Keypoints:

-  Weight in
-  Measurements
-  Photos
-  Pump up challenge

DAY 31

1. EXPLOSIVE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. EXPLOSIVE SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



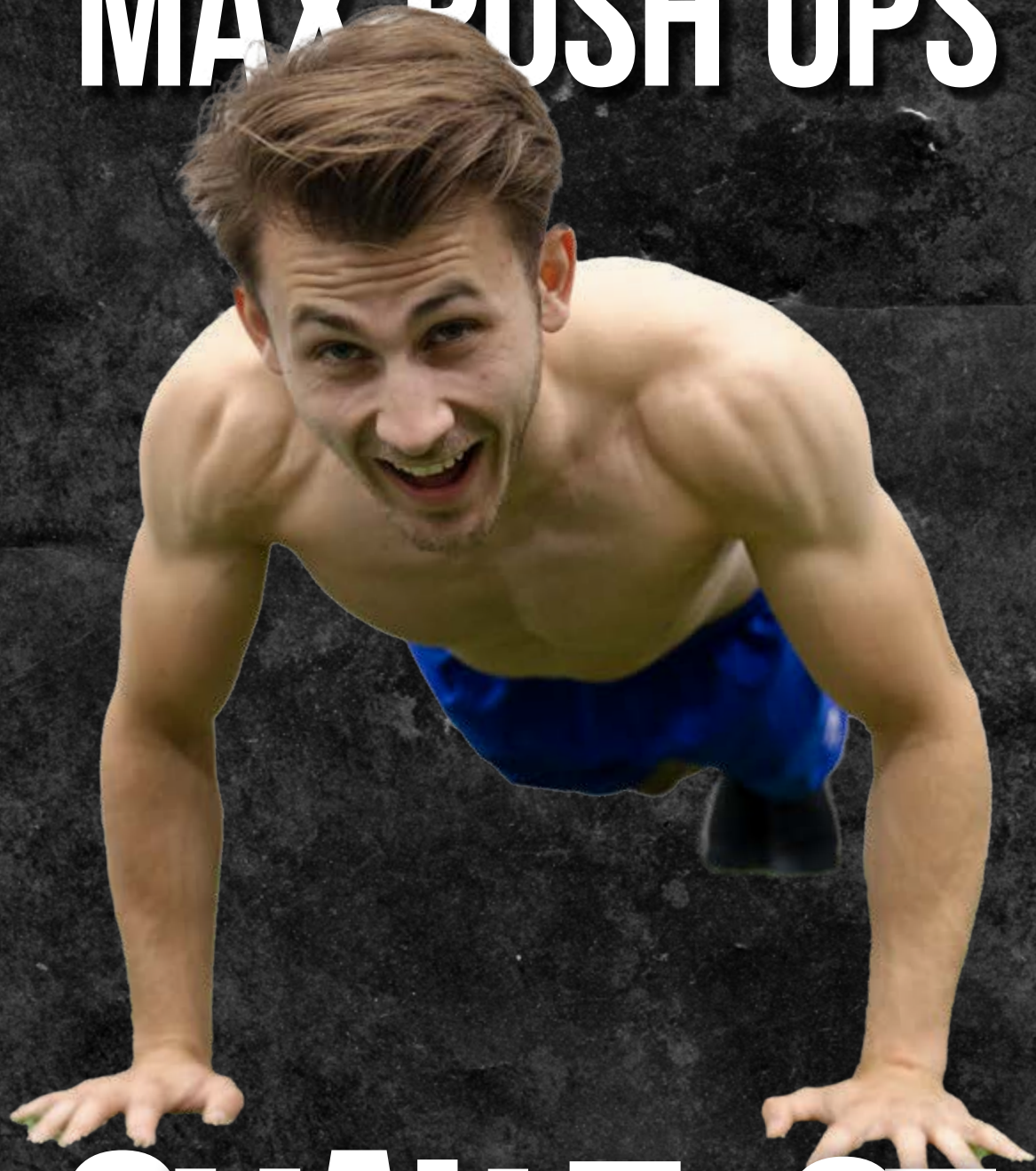
90 SECOND REST

6. EXPLOSIVE LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 32 MAX PUSH UPS



CHALLENGE

DAY 33

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH EXERCISE)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 34

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 35

1. DECLINE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 36 MAX PULL UPS



CHALLENGE

DAY 37

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 38

1. EXPLOSIVE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. EXPLOSIVE SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. EXPLOSIVE LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 39

IMPOSSIBLE PUSH UP



CHALLENGE

DAY 40

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 41

*Take care of
your body*



THE REST DAY

CHECK OUT
SIX PACK
SECRETS



DAY 42

1. DECLINE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 43 IMPOSSIBLE SQUAT



CHALLENGE

DAY 44

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 45

1. EXPLOSIVE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. EXPLOSIVE SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 46

HANG CHALLENGE

CHALLENGE



DAY 47

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 48

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**

LEVEL 1

**THE
SIXPACK
SECRETS
COURSE**

DAY 49

1. DECLINE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN SUPERSETS)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 50
BRING IT UP
PUSH UPS



CHALLENGE

DAY 51

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 52

1. EXPLOSIVE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. EXPLOSIVE SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. EXPLOSIVE LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 53
BRING IT UP
SQUATS



CHALLENGE

DAY 54

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 55

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 56

1. DECLINE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 57

IMPOSSIBLE PULL UP



CHALLENGE

DAY 58

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**

LEVEL 1

**THE
SIXPACK
SECRETS
COURSE**

DAY 59

*Take care of
your body*



THE REST DAY

CHECK OUT
SIX PACK
SECRETS



DAY 60

Take a picture

Keypoints:

- ⚡ Weight in
- ⚡ Measurements
- ⚡ Photos
- ⚡ Pump up challenge

PUMP UP CHALLENGE

- 50 push ups
- 25 pull ups
- 50 Squats
- Push ups max (lower progression)

DAY 61-90





NEW WORKOUT CHAPTER



VIDEO

DAY 90: PROGRESS

Keypoints:

-  Weight in
-  Measurements
-  Photos
-  Pump up challenge

DAY 61

1. WEIGHTED PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. WEIGHTED TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. WEIGHTED PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. WEIGHTED ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. WEIGHTED SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. WEIGHTED LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 62
MAX PUSH UPS



CHALLENGE

DAY 63

1. EXPLOSIVE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. EXPLOSIVE SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. EXPLOSIVE LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 64

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 65

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 66 MAX PULL UPS



CHALLENGE

DAY 67

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**

LEVEL 1

**THE
SIXPACK
SECRETS
COURSE**

DAY 68

1. WEIGHTED PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. WEIGHTED TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. WEIGHTED PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. WEIGHTED ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. WEIGHTED SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. WEIGHTED LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 69

IMPOSSIBLE PUSH UP



CHALLENGE

DAY 70

1. EXPLOSIVE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. EXPLOSIVE SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETW



90 SECOND REST

6. EXPLOSIVE LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 71

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 72

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 73

IMPOSSIBLE SQUAT



CHALLENGE

DAY 74

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 75

1. WEIGHTED PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. WEIGHTED TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. WEIGHTED PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. WEIGHTED ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. WEIGHTED SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. WEIGHTED LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 76

HANG CHALLENGE

CHALLENGE



DAY 77

1. EXPLOSIVE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. EXPLOSIVE SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. EXPLOSIVE LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 78

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 79

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 80
BRING IT UP
PUSH UPS



CHALLENGE

DAY 81

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 82

1. WEIGHTED PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. WEIGHTED TRICEP BENCH DIPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. WEIGHTED PULL UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. WEIGHTED ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. WEIGHTED SQUATS + CRUNCHES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. WEIGHTED LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 83
BRING IT UP
SQUATS



CHALLENGE

DAY 84

1. EXPLOSIVE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. EXPLOSIVE SQUATS + LEG RAISES (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH EXERCISE)



90 SECOND REST

6. EXPLOSIVE LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 85

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 86

1. WIDE PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

2. DIAMOND PUSH UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

3. CHIN UPS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

4. UNDERHAND ROWS

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

5. SQUATS + RUSSIAN TWISTS (SUPERSET)

3 X 12-15 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



90 SECOND REST

6. LUNGES

3 X 10-12 REPS (REST FOR 90 SECONDS BETWEEN EACH SET)



DAY 87

IMPOSSIBLE PULL UP



CHALLENGE

DAY 88

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 89

*Take care of
your body*



THE REST DAY

**CHECK OUT
SIX PACK
SECRETS**



DAY 90

Take a picture

Keypoints:

- ⚡ Weight in
- ⚡ Measurements
- ⚡ Photos
- ⚡ Pump up challenge

PUMP UP CHALLENGE

- 50 push ups
- 25 pull ups
- 50 Squats
- Push ups max (lower progression)

WORKOUT NOTE

Every exercise in each workout has its own instructional video.

To see the videos you can click on the play buttons next to the exercises.

**BUY
NOW**



FINAL NOTE

YOU DID IT!

YOU FINISHED THE 90-DAY WORKOUT CHALLENGE!

We hope you enjoyed it and that this has been a lifestyle change for you. Of course, you can continue using the workouts of this workout course but if you feel like the workouts get too easy for you, don't worry we have another 90-day workout course for intermediates!

In this intermediate workout course, you will be using harder exercises. Besides that, you will be trying out some calisthenics skills such as the handstand, the muscle-up, and many more!

Also, make sure you take a look at our shredded cookbook. Here you can find lots of healthy recipes to incorporate into your diet.

Lastly, you can check out our YouTube channel in the link below where we do all sorts of challenges and fun stuff related to bodyweight training!

