

WEIDER

RUTHLESS™

60-DAY WORKOUT CALENDAR



Day 1

Starting Point Fitness Test + #2 Lunatic Intervals

Day 2

#16 Rip 10s

Day 3

#1 Hardcore Circuit

Day 4

#4 Wicked Lower Body

Day 5

#10 Pure Willpower

Day 6

#14 Hardcore Abs & Arms

Day 7

#8 Core & Flex

Day 8

#3 Killer 100s

Day 9

#5 Fast-Slow Burn Circuit

Day 10

#15 Drip

Day 11

#12 Horizontal Circuit

Day 12

#6 Ruthless Ringside

Day 13

#7 Tabata Sweat

Day 14

#18 Performance Stretch & Yoga

Day 15

#17 Speed, Power, Sweat

Day 16

#11 Super Strength & Power

Day 17

#19 Total Body Circuit

Day 18

#20 Partner Training

Day 19

#9 Ruthless Gives Back

Day 20

#13 Nitro Burn

Day 21

#1 Hardcore Circuit

Day 22

#8 Core & Flex

Day 23

#3 Killer 100s

Day 24

#15 Drip

Day 25

#4 Wicked Lower Body

Day 26

#7 Tabata Sweat

Day 27

#10 Pure Willpower

Day 28

#9 Ruthless Gives Back

Day 29

#16 Rip 10s

Day 30

30-Day Fitness Test + #2 Lunatic Intervals

Day 31

#5 Fast-Slow Burn Circuit

Day 32

#6 Ruthless Ringside

Day 33

#12 Horizontal Circuit

Day 34

#17 Speed, Power, Sweat

Day 35

#20 Partner Training

Day 36

#11 Super Strength & Power

Day 37

#7 Tabata Sweat

Day 38

#8 Core & Flex

Day 39

#19 Total Body Circuit

Day 40

#1 Hardcore Circuit

Day 41

#9 Ruthless Gives Back

Day 42

#18 Performance Stretch & Yoga

Day 43

#3 Killer 100s

Day 44

#4 Wicked Lower Body

Day 45

#12 Horizontal Circuit

Day 46

#14 Hardcore Abs & Arms

Day 47

#13 Nitro Burn

Day 48

#8 Core & Flex

Day 49

#10 Pure Willpower

Day 50

#1 Hardcore Circuit

Day 51

#17 Speed, Power, Sweat

Day 52

#6 Ruthless Ringside

Day 53

#9 Ruthless Gives Back

Day 54

#20 Partner Training

Day 55

#19 Total Body Circuit

Day 56

#16 Rip 10s

Day 57

#4 Wicked Lower Body

Day 58

#15 Drip

Day 59

#2 Lunatic Intervals

Day 60

Fitness Test + #18 Performance Stretch & Yoga