

RIPTENSITY

Get Ripped with Riptensity™!

For best results, do four workouts per week, choosing days that best fit your schedule. Select any workout you want, but a good approach is to perform the routines in the order we've provided in the green box below.

Simply use a different routine every session until you've cycled through all six workouts, and then repeat the process. Each time you finish a workout, use a pen or magic marker to place a big X on the calendar for that day.

Do the math and you'll find that to complete the 42-day transformation program, you'll perform each workout four times, for a total of 24 workouts—and 24 big Xs on your calendar!—in 42 days. That's your goal: Now make it happen!

Your 6 Fat-Torching Workouts:

- **Belly Fat Knockout**
- **Glutes and Gut Gauntlet**
- **Rip and Repeat**
- **7-Minute Shred Sets**
- **Sweat Stacks**
- **Total-Body Trifecta**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Take "before" photo						
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
						Take "after" photo