

80 Day Obsession

Start date _____

Goal _____

3-Phase Workout Calendar

You'll work out 6 days a week with 1 rest day. The schedule rotates through the same six workouts, but the order changes each phase to keep challenging your muscles.

Phase 1 31-60 min	Phase 2 38-60 min	Phase 3 41-60 min
Mon Total Body Core	Mon Booty	Mon AAA
Tue Booty	Tue Cardio Core	Tue Cardio Flow
Wed Cardio Core	Wed Total Body Core	Wed Legs
Thu AAA	Thu Legs	Thu Total Body Core
Fri Legs	Fri AAA	Fri Cardio Core
Sat Cardio Flow	Sat Cardio Flow	Sat Booty
Sun Rest	Sun Rest	Sun Rest
No refeed days this phase	Refeed Days on Day 35 & 47 (both Wednesdays)	Refeed Days on Day 58 & 70 (both Tuesdays)

Peak Week

The final week mixes workouts from all three phases for maximum results. You can also follow the optional **Deplete Eating Plan** this week for a more shredded look.

The 6 Workouts

Total Body Core, Booty, Cardio Core, AAA (Abs, Arms & Legs), Legs, and Cardio Flow — each one filmed live, so every day is a new class.

What You'll Need

A set of dumbbells (adjustable ones are ideal), workout sliders, and resistance loops. Energize and Recover are optional add-ons.

Work out 6 days a week, rest on Sunday, and repeat each phase's schedule until you move to the next.

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