

MC3 Printable Calendars

3 Days a Week ~ Countdown Calendar

Intervals can be performed up to four times a week. In this sample I suggest a 30:30 on the day after a Maximum Melt 50:10 Circuit. I also mix up ITs on the final week of the challenge to keep your body guessing and challenged!

Results Day ~ Kick it off with a Core Sizzler or an Intervals workout of your choice.

DAY 28 TANTALIZING TABATAS 30:30 IT	DAY 27 WALK	DAY 26 SCINTILLATING SUPERSETS 60:30 IT	DAY 25 STRETCH FOAM ROLL	DAY 24 MAXMELT CIRCUITS CORE SIZZLER	DAY 23 30:30 IT	DAY 22 REST
DAY 21 TANTALIZING TABATAS 30:30 IT	DAY 20 WALK	DAY 19 SCINTILLATING SUPERSETS 60:30 IT	DAY 18 STRETCH FOAM ROLL	DAY 17 MAXMELT CIRCUITS CORE SIZZLER	DAY 16 30:30 IT	DAY 15 REST
DAY 14 TANTALIZING TABATAS 30:30 IT	DAY 13 WALK	DAY 12 SCINTILLATING SUPERSETS 60:30 IT	DAY 11 STRETCH FOAM ROLL	DAY 10 MAXMELT CIRCUITS CORE SIZZLER	DAY 9 30:30 IT	DAY 8 REST
DAY 7 TANTALIZING TABATAS 60:30 IT	DAY 6 WALK	DAY 5 SCINTILLATING SUPERSETS 30:30 IT	DAY 4 STRETCH FOAM ROLL	DAY 3 MAXMELT CIRCUITS CORE SIZZLER	DAY 2 30:30 IT	DAY 1 IT OF YOUR CHOICE OR A CORE SIZZLER RESULTS DAY

6 Days a Week ~ Countdown Calendar

Intervals can be performed up to four times a week. In this sample I suggest rotating when to perform your core sizzlers.

Results Day ~ Kick it off with a Core Sizzler or an Intervals workout of your choice.

DAY 28 TANTALIZING TABATAS	DAY 27 30:30 IT CORE SIZZLER	DAY 26 SCINTILLATING SUPERSETS	DAY 25 60:30 IT	DAY 24 MAXMELT CIRCUITS	DAY 23 30:30 IT	DAY 22 REST
DAY 21 TANTALIZING TABATAS	DAY 20 30:30 IT	DAY 19 SCINTILLATING SUPERSETS	DAY 18 60:30 IT	DAY 17 MAXMELT CIRCUITS	DAY 16 30:30 IT CORE SIZZLER	DAY 15 REST
DAY 14 TANTALIZING TABATAS	DAY 13 30:30 IT CORE SIZZLER	DAY 12 SCINTILLATING SUPERSETS	DAY 11 60:30 IT	DAY 10 MAXMELT CIRCUITS	DAY 9 30:30 IT	DAY 8 REST
DAY 7 TANTALIZING TABATAS	DAY 6 30:30 IT	DAY 5 SCINTILLATING SUPERSETS	DAY 4 60:30 IT CORE SIZZLER	DAY 3 MAXMELT CIRCUITS	DAY 2 30:30 IT	DAY 1 IT OF YOUR CHOICE OR A CORE SIZZLER RESULTS DAY

MC3 Printable Workout Logs

You will follow three workouts during this 28 Day Meltdown Challenge.

Please review the Getting Started Guidelines, How to Schedule and your Countdown Calendar in your Meltdown Challenge Success Guide order to properly implement your workout routine.

Tantalizing Tabata Circuits – MC3 WorkOut A

You will need: Your Own Body Weight

Warm Up: 30 Jumping Jacks, 10x ea Toe Touches, 5x ea spiderman crawl.			
Exercise	Repetitions/Notes		
	Circuit 1	Circuit 2	Circuit 3
1. Lunge Combo			
2. Plank Row Push Up			
3. Prisoner Drop Squats			
4. Wall Sit			
5. Lunge Combo			
6. Plank Row Push Up			
7. Prisoner Drop Squat			
8. Wall Sit			
<i>Complete 3 times to 20:10 circuit</i>			
Sizzler:			
Cool Down:			

Scintillating 2x4 Super Sets – MC3 WorkOut B

You will need: Two 10+ lbs Dumbbells

Warm Up: 10x Each ~ Toy Soldiers, Duck Unders, Band X-Walk, Spiderman Crawl				
		Weight	Reps	Notes
A1	RDL - Row		8-15	
A2	Swing – Clean – Push Press		10-15	
<i>Complete 4x</i>				
B1	Offset Reverse Lunge		6-8 ea	
B2	Halo		8-10 ea	
<i>Complete 4x</i>				
<p>Sizzler:</p> <p>Cool Down:</p>				

Maximum Melt 50-10 Circuits – MC3 WorkOut C

You will need: Mat, Band and a Stability Ball

Warm Up: 10x Each ~ Toy Soldiers, Band Pull Aparts, Band X-Walk				
Exercise	Repetitions/Notes			
	Round 1	Round 2	Round 3	Round 4
1. ½ Split Squat				
2. Band Row				
3. Glute Raise March				
4. Bird Dog Crunch				
5. Stability Ball Plank				
<i>Complete 2-4 times to 50:10 circuit</i>				
Sizzler:				
Cool Down:				