

aloves

TOTAL TRUE STRENGTH

90-DAY CHALLENGE

ADVANCED TRACK



WELCOME

Congrats on joining the Total True Strength 90-Day Challenge! This is the first step to getting in the best shape of your life. This advanced track is the most challenging level of the program, perfect for those who have a regular strength routine and want to push themselves to the max. This track ramps up the intensity and challenge with higher reps, longer holds, and more difficult movement. Below, you'll find a calendar for each month that shows which strength practice you'll be doing each day. We'll see you on the mat!

MONTH 1

1	2	3	4	5	6
TRUE STRENGTH BUILDER 1 SP1	TRUE STRENGTH BUILDER 1 SP2	TRUE STRENGTH BUILDER 1 SP3	TRUE STRENGTH BUILDER 1 SP4	TRUE STRENGTH BUILDER 1 SP5	REST DAY
7	8	9	10	11	12
TRUE STRENGTH EVOLUTION 1 SP1	TRUE STRENGTH EVOLUTION 1 SP2	TRUE STRENGTH EVOLUTION 1 SP3	TRUE STRENGTH EVOLUTION 1 SP4	TRUE STRENGTH EVOLUTION 1 SP5	REST DAY
13	14	15	16	17	18
TRUE STRENGTH EVOLUTION 2 SP1	TRUE STRENGTH EVOLUTION 2 SP2	TRUE STRENGTH EVOLUTION 2 SP3	TRUE STRENGTH EVOLUTION 2 SP4	TRUE STRENGTH EVOLUTION 2 SP5	REST DAY
19	20	21	22	23	24
TRUE STRENGTH BUILDER 2 SP1	TRUE STRENGTH BUILDER 2 SP2	TRUE STRENGTH BUILDER 2 SP3	TRUE STRENGTH BUILDER 2 SP4	TRUE STRENGTH BUILDER 2 SP5	REST DAY
25	26	27	28	29	30
TRUE STRENGTH EVOLUTION 3 SP1	TRUE STRENGTH EVOLUTION 3 SP2	TRUE STRENGTH EVOLUTION 3 SP3	TRUE STRENGTH EVOLUTION 3 SP4	TRUE STRENGTH EVOLUTION 3 SP5	REST DAY

MONTH 2

1	2	3	4	5	6
REST DAY	TRUE STRENGTH BUILDER 2 SP1	TRUE STRENGTH EVOLUTION 3 SP2	TRUE STRENGTH BUILDER 2 SP3	TRUE STRENGTH EVOLUTION 3 SP4	TRUE STRENGTH BUILDER 2 SP5
7	8	9	10	11	12
REST DAY	TRUE STRENGTH EVOLUTION 3 SP1	TRUE STRENGTH BUILDER 2 SP2	TRUE STRENGTH EVOLUTION 3 SP3	TRUE STRENGTH BUILDER 2 SP4	TRUE STRENGTH EVOLUTION 3 SP5
13	14	15	16	17	18
REST DAY	TRUE STRENGTH BUILDER 1 SP1	TRUE STRENGTH BUILDER 1 SP2	TRUE STRENGTH BUILDER 1 SP3	TRUE STRENGTH BUILDER 1 SP4	TRUE STRENGTH BUILDER 1 SP5
	TRUE STRENGTH EVOLUTION 2 SP1	TRUE STRENGTH EVOLUTION 2 SP2	TRUE STRENGTH EVOLUTION 2 SP3	TRUE STRENGTH EVOLUTION 2 SP4	TRUE STRENGTH EVOLUTION 2 SP5
19	20	21	22	23	24
REST DAY	TRUE STRENGTH BUILDER 1 SP1	TRUE STRENGTH BUILDER 1 SP2	TRUE STRENGTH BUILDER 1 SP3	TRUE STRENGTH BUILDER 1 SP4	TRUE STRENGTH BUILDER 1 SP5
	TRUE STRENGTH EVOLUTION 2 SP1	TRUE STRENGTH EVOLUTION 2 SP2	TRUE STRENGTH EVOLUTION 2 SP3	TRUE STRENGTH EVOLUTION 2 SP4	TRUE STRENGTH EVOLUTION 2 SP5
25	26	27	28	29	30
REST DAY	TRUE STRENGTH BUILDER 2 SP1	TRUE STRENGTH BUILDER 2 SP2	TRUE STRENGTH BUILDER 2 SP3	TRUE STRENGTH BUILDER 2 SP4	TRUE STRENGTH BUILDER 2 SP5
	TRUE STRENGTH EVOLUTION 2 SP1	TRUE STRENGTH EVOLUTION 2 SP2	TRUE STRENGTH EVOLUTION 2 SP3	TRUE STRENGTH EVOLUTION 2 SP4	TRUE STRENGTH EVOLUTION 2 SP5

MONTH 3

1	2	3	4	5	6
REST DAY	TRUE STRENGTH EVOLUTION 1 SP1	TRUE STRENGTH EVOLUTION 1 SP2	TRUE STRENGTH EVOLUTION 1 SP3	TRUE STRENGTH EVOLUTION 1 SP3	TRUE STRENGTH EVOLUTION 1 SP3
	TRUE STRENGTH EVOLUTION 3 SP1	TRUE STRENGTH EVOLUTION 3 SP2	TRUE STRENGTH EVOLUTION 3 SP3	TRUE STRENGTH EVOLUTION 3 SP3	TRUE STRENGTH EVOLUTION 3 SP3
7	8	9	10	11	12
REST DAY	TRUE STRENGTH BUILDER 1 SP1	TRUE STRENGTH BUILDER 1 SP2	TRUE STRENGTH BUILDER 1 SP3	TRUE STRENGTH BUILDER 1 SP4	TRUE STRENGTH BUILDER 1 SP5
	TRUE STRENGTH EVOLUTION 3 SP1	TRUE STRENGTH EVOLUTION 3 SP2	TRUE STRENGTH EVOLUTION 3 SP3	TRUE STRENGTH EVOLUTION 3 SP4	TRUE STRENGTH EVOLUTION 3 SP5
13	14	15	16	17	18
REST DAY	TRUE STRENGTH BUILDER 2 SP1	TRUE STRENGTH BUILDER 2 SP2	TRUE STRENGTH BUILDER 2 SP3	TRUE STRENGTH BUILDER 2 SP4	TRUE STRENGTH BUILDER 2 SP5
	TRUE STRENGTH EVOLUTION 3 SP1	TRUE STRENGTH EVOLUTION 3 SP2	TRUE STRENGTH EVOLUTION 3 SP3	TRUE STRENGTH EVOLUTION 3 SP4	TRUE STRENGTH EVOLUTION 3 SP5
19	20	21	22	23	24
REST DAY	TRUE STRENGTH BUILDER 2 SP1	TRUE STRENGTH BUILDER 2 SP2	TRUE STRENGTH BUILDER 2 SP3	TRUE STRENGTH BUILDER 2 SP4	TRUE STRENGTH BUILDER 2 SP5
	TRUE STRENGTH EVOLUTION 3 SP1	TRUE STRENGTH EVOLUTION 3 SP2	TRUE STRENGTH EVOLUTION 3 SP3	TRUE STRENGTH EVOLUTION 3 SP4	TRUE STRENGTH EVOLUTION 3 SP5
25	26	27	28	29	30
REST DAY	TRUE STRENGTH BUILDER 2 SP1	TRUE STRENGTH BUILDER 2 SP2	TRUE STRENGTH BUILDER 2 SP3	TRUE STRENGTH BUILDER 2 SP4	TRUE STRENGTH BUILDER 2 SP5
	TRUE STRENGTH EVOLUTION 3 SP1	TRUE STRENGTH EVOLUTION 3 SP2	TRUE STRENGTH EVOLUTION 3 SP3	TRUE STRENGTH EVOLUTION 3 SP4	TRUE STRENGTH EVOLUTION 3 SP5

FAQ

DO I HAVE TO BE IN GOOD SHAPE TO JOIN THE CHALLENGE?

No, this challenge is designed for every fitness level. Choose the track that is most appropriate for you. If you're new to bodyweight training or new to the True Strength series, go with the beginner track. Bump up to the next level if it feels too easy. If the beginner level feels too challenging to progress, stay on the first-week programming until you feel strong enough to move on. It's perfectly fine to jump from one track to another to find the level that best suits you!

I'M NOT FLEXIBLE. CAN I DO THIS?

Yes! Most of the strength exercises don't require a lot of flexibility. Being flexible will make certain movements more accessible, but modifications are always given for those who are less flexible.

WHAT IF I FEEL PHYSICALLY EXHAUSTED WHILE PRACTICING?

You will definitely be exhausted at times. Do your best to stay with the programming and continue even if you are tired or sore. If you feel that you won't benefit from continuing or that it could lead to injury, please take the rest you need and get back into the exercises as soon as possible. Staying consistent is one of the most important things, so it's better to replace a workout with an easier video than take an unscheduled rest day.

WHAT ARE THE MAIN BENEFITS OF THIS 90-DAY PROGRAM?

Committing to a training regimen like this will completely transform your body and mind and get you in the best shape of your life! You'll dramatically increase your strength, stamina, control, metabolism, and flexibility. This is incredibly challenging, but it's in that challenge where you will see true transformation and growth. It's really only through your effort and consistency that will make this program effective.

DO I HAVE TO COMPLETE ALL 90 DAYS TO SEE RESULTS?

You will probably start seeing results right away. But like anything, the more you put into it, the better the results will be. We recommend fully committing to the 90-day program.

WHAT KINDS OF EXERCISES ARE INCLUDED IN THE CHALLENGE?

The exercises are a progressive variability of bodyweight movement, mostly based off of yoga postures that range from static holds and slow, controlled movements to dynamic transitions.