

Everyday you'll want to start with your Morning Devo (Training Journal) that you'll find on page 164 of the book. Days 1-45 are printed in the book, days 46-90 you can access via your download page. After spending some time with your King, you'll workout using the routines you see outlined below. All of these can be downloaded from your download page. In the evening, you'll want to set some time aside to read through the "Muscular Christianity: 90 Day Workout Plan." You can read more than what's suggested below, but you do want to stay on point so you will have read through the material and answered the questions in time to be prepared for your Group Bible Study that you'll do either on Saturday or Sunday.

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Go get 'em!

Semester / Week / Day	Morning Devo (Training Journal)	Workout	Evening Study "Muscular Christianity: 90 Day Workout Plan" book	Diet Worksheet (✓)
Semester One - What Do You Believe and Why?				
Week One - What Did He Look Like Part I -> When you take into consideration the fact that Christ was without sin, His vocation as a carpenter and the physical demands of Calvary – do the math.				
Memory Verse: ¹⁵ but honor the Messiah as Lord in your hearts. Always be ready to give a defense to anyone who asks you for a reason for the hope that is in you. (1 Pet 3:15 [HCSB])				
Day 1	What's the Difference? (Jas 2:19)	Iron Mike	Just In Case, Introduction	
Day 2	Explain it to Me (Romans 10:9-10)	1775	14-15	
Day 3	Are You Out of Your Mind	Lejeune	16-17	
Day 4	Betelgeuse (pronounced "Beetle-juice")	Ammo Cans	18-19	
Day 5	The Empty Tomb (Matt 12:39-40)	Puller	20	
Day 6	It Works (Ps 139:13-16; Jn 14:2-3; Eph 2:10)	n/a	Either Saturday or Sunday Group Excercise session	
Day 7	Profound Thinking (Rom 12:1-2)	n/a	and Bible Study	
Week Two - What Did He Look Like Part II -> If Christ is our example, that means fitness is more than just aesthetics and wellness – it's part of the command to imitate Him!				
Memory Verse: ¹⁶ All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness, ¹⁷ so that the man of God may be complete, equipped for every good work. (2 Tim 3:16-17 [HCSB])				
Day 8	How Do You Know? (2 Tim 3:16-17)	The Pit	21-22	
Day 9	All Scripture (Ps 19:7)	Cardio	23-24	
Day 10	Unwelcome and Foolish (1 Cor 1:18)	T-Shirts	25-26	
Day 11	The Wisdom of the Wise (1 Cor 1:19)	Iron Mike	27-28	
Day 12	They Deserted Him and Fled Part I (Matt 26:56)	Daly	29	
Day 13	They Deserted Him and Fled Part II (Matt 26:56)	n/a	Either Saturday or Sunday Group Excercise session	
Day 14	The Canon (2 Pet 1:21)	n/a	and Bible Study	
Week Three - The Top Button Part I -> Your relationship with Christ is your top priority - it's the top button of the shirt of your life!				
Memory Verse: "Is not my word like fire" – the Lord's declaration – "and like a sledgehammer that pulverizes rock?" (Jer 23:29)				
Day 15	Ask a Canaanite Part I (1 Jn 3:1)	Devildogs	31-32	
Day 16	Ask a Canaanite Part II (1 Jn 3:1)	Lejeune	33-34	
Day 17	Ask a Canaanite Part III (1 Jn 3:1)	Cardio	35-36	
Day 18	Where Did You Get Your Gravity From? Part I (Rom 1:20)	Iron Mike	37	
Day 19	Where Did You Get Your Gravity From? Part II (Rom 1:20)	The Henderson	38	
Day 20	Where Did You Get Your Gravity From? Part III (Rom 1:20)	n/a	Either Saturday or Sunday Group Excercise session	
Day 21	That You May Know (1 Jn 5:13)	n/a	and Bible Study	

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Week Four - The Top Button Part II -> You represent Christ not just in what you abstain from, but in the way you abstain from it.				
Memory Verse: And God is able to make every grace overflow to you, so that in every way, always having everything you need, you may excel in every good work. (2 Cor 9:8 [HCSB])				
Day 22	True Agenda (Phil 2:13)	Iron Mike	38	
Day 23	The Good Works of Tim Tebow (Jn 15:16)	Cardio	39	
Day 24	When Things Are Going South Part I (2 Cor 1:8-9)	Raider Hall	40	
Day 25	When Things Are Going South Part II (2 Cor 1:8-9)	Ammo Cans	41	
Day 26	Put Some Offense on the Field! (2 Cor 9:8)	T-Shirts	42	
Day 27	What Would Your Billboard Say? (Phil 3:14)	n/a	Either Saturday or Sunday Group Excercise session	
Day 28	Perpetually Poised on the Threshold of Great Things (2 Cor 3:18)	n/a	and Bible Study	
Semester Two - All Things at All Times				
Week Five - For This Reason Part I -> I follow Christ because...I can, I should and I genuinely want to. Why? Paul answers that question in the book of Ephesians. It's "for this reason..."				
Memory Verse: And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him. (Col 3:17 [HCSB])				
Day 29	The Office (Col 3:22)	Devildogs	44-47	
Day 30	The Office Part II (Col 3:22)	Cardio	48-50	
Day 31	The Kitchen (1 Pet 3:7)	Puller	51-54	
Day 32	The Playroom (Eph 6:4)	Iron Mike	55-58	
Day 33	The Living Room (Phil 1:27)	The Henderson	59-61	
Day 34	The Living Room Part II (Romans 14:22)	n/a	Either Saturday or Sunday Group Excercise session	
Day 35	The Garage (Hos 4:6)	n/a	and Bible Study	
Week Six - For This Reason Part II -> It is a perpetual pursuit of excellence in all things that results from a True desire to honor Him - and that includes physical fitness.				
Memory Verse: Therefore do not let sin reign in your mortal body, so that you obey its desires. ¹³ And do not offer any parts of it to sin as weapons for unrighteousness. But as those who are alive from the dead, offer yourselves to God, and all the parts of yourselves to God as weapons for righteousness. (Rom 6:12-13 [HCSB])				
Day 36	All Your Strength (Ecc 9:10)	The Pit	62	
Day 37	All Your Strength Part II (Ecc 9:10)	Cardio	63	
Day 38	Money, Money, Money (Ecc 7:18)	Daly	64	
Day 39	Competition, Ambition and Aggressiveness (1 Cor 9:24-27)	Iron Mike	65	
Day 40	A Position of Strength (Acts 16:7)	The Pit	66	
Day 41	You Asked for Us, Sir? Part I (1 Chron 12:32)	n/a	Either Saturday or Sunday Group Excercise session	
Day 42	You Asked for Us, Sir? Part II (1 Chron 12:32)	n/a	and Bible Study	

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Week Seven - Fearfully and Wonderfully Made Part I -> Every mouthful of food means something.				
Memory Verse: Instead, I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified. (1 Cor 9:27 [HCSB])				
Day 43	It's Easier to Succeed Than it is to Fail (Jn 8:31-32)	Iron Mike	68-71	
Day 44	We Don't Keep Any Swords in this House! (Col 1:16)	Ammo Cans	72-75	
Day 45	Uniform Appearance (Prov 24:30-34)	Puller	76-80	
Day 46	Satan Loves Stragglers (Heb 10:24-25)	Cardio	81-85	
Day 47	A Muffin Making Machine (1 Cor 3:15)	Lejeune	86-91	
Day 48	Own It! (Jas 4:6)	n/a	Either Saturday or Sunday Group Excercise session	
Day 49	Focus on the Milk (Matt 6:33)	n/a	and Bible Study	
Week Eight - Fearfully and Wonderfully Made Part I -> Seriously. Every mouthful of food means something.				
Memory Verse: For it is God who is working in you, enabling you both to desire and to work out His good purpose. (Phil 2:13 [HCSB])				
Day 50	Slave to Sin Part I (Jn 8:34)	The Henderson	95-98	
Day 51	Slave to Sin Part II (Rom 6:6)	Ammo Cans	99-102	
Day 52	Make Your Own Weather Part I (Rom 12:2)	Lejeune	103-106	
Day 53	Make Your Own Weather Part II (Rom 12:2)	Cardio	107-110	
Day 54	Go! Fight! Win! (2 Cor 1:20)	Devildogs	111-114	
Day 55	It Ain't That Hard (Is 26:3)	n/a	Either Saturday or Sunday Group Excercise session	
Day 56	Adult in Your Thinking (1 Cor 14:20)	n/a	and Bible Study	
Semester Three - It's Not About You				
Week Nine - Don't Be SAD Part I -> Standards, Accountability and Discipline made all the difference when you're pursuing a goal.				
Memory Verse: and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave Himself for me. (Gal 2:20 [HCSB])				
Day 57	Two Kinds of Popularity Part I (Mk 10:45)	1775 (4x)	123	
Day 58	Two Kinds of Popularity Part II (Mk 10:45)	Daly	124	
Day 59	The Greatest Hardcharger Ever Part I (Is 33:22)	Iron Mike	125	
Day 60	The Greatest Hardcharger Ever Part II (Is 33:22)	Cardio	126	
Day 61	JJ DID TIE BUCKLE	Ammo Cans	127	
Day 62	90 Day Tour (Gen 6-8)	n/a	Either Saturday or Sunday Group Excercise session	
Day 63	90 day Tour (Ex 7-12)	n/a	and Bible Study	

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Week Ten				
Memory Verse: So he answered me, "This is the word of the Lord to Zerubbabel: 'Not by strength or by might, but by My Spirit,' says the Lord of Hosts. (Zec 4:6)				
Day 64	Get Your Strut Back (Is 40:31)	T-Shirts	127-131	
Day 65	James Madison - Changing Your Mind Wisely (Jas 1:5)	Cardio	132-136	
Day 66	Lots of Sweet Potatoes (Gal 6:9)	Devildogs	137-142	
Day 67	The Butterfly Effect Part I (Matt 25:40)	Puller	143-147	
Day 68	The Butterfly Effect Part II (Matt 25:40)	Daly	148-155	
Day 69	90 Day Tour (Leviticus 18:22; Numbers 11; 13:1-2, 16-33; 14)	n/a	Either Saturday or Sunday Group Excercise session	
Day 70	90 day Tour (Deuteronomy 6:5; 8:17-18, 34)	n/a	and Bible Study	
Week Eleven				
Memory Verse: Do nothing out of rivalry or conceit, but in humility consider others as more important than yourselves. ⁴ Everyone should look out not only for his own interests, but also for the interests of others. (Phil 2:3-4)				
Day 71	The God Gap (Jas 4:13-16)	Iron Mike	158	
Day 72	Lap of Gratitude (1 Thess 5:16-18)	Raider Hall	159	
Day 73	My Bride (1 Pet 3:7)	Cardio		
Day 74	Courage (Is 41:10)	The Pit	160	
Day 75	Marchin' In Circles	The Henderson		
Day 76	90 Day Tour (1 Chronicles 11, 29:10-13; Nehemiah 1-2, 4)	n/a	Either Saturday or Sunday Group Excercise session	
Day 77	90 Day Tour (Proverbs 1:1-7; 3; 4:20-27; 16; 31:10-31)	n/a	and Bible Study	
Week Twelve				
Memory Verse: When the Philistine started forward to attack him, David ran quickly to the battle line to meet the Philistine. (1 Sam 17:48 [HCSB])				
Day 78	Thomas Jefferson at Ten Years Old Part I (1 Sam 17:48)	Ammo Cans	160	
Day 79	Thomas Jefferson at Ten Years Old Part II (1 Sam 17:48)	Puller	161	
Day 80	Thomas Jefferson at Ten Years Old Part III (1 Sam 17:48)	Cardio	162	
Day 81	Costly Stones (1 Cor 3:10-15)	Lejeune	163	
Day 82	Piece by Piece (Eph 6:4)	1775 (4x)		
Day 83	90 Day Tour (Jeremiah 32; Ezekiel 11; Hosea 3; Amos 5; Obadiah; Jonah; Micah 5; Nahum 2)	n/a	Either Saturday or Sunday Group Excercise session	
Day 84	90 Day Tour (Habakkuk; Zephaniah, Haggai, Zechariah and Malachi / Zeph 1, 3:14-20; Haggai 1-2; Zech 4:6; 9:9; 13:7; Mal 2:10-16; 3:6-12)	n/a	and Bible Study	

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Week Thirteen				
Memory Verse: "Father, if You are willing, take this cup away from Me—nevertheless, not My will, but Yours, be done." (Lk 22:42 [HCSB])				
Day 85	Is God Your Target or is He Your Tactic? (1 Jn 5:14)	Cardio	You've finished the book. All you need to focus on this week are the last week's worth of devotionals and then get geared up for your final PFT!	
Day 86	Lose the Paper Towels Part I (Job 38:1-3)	Iron Mike		
Day 87	Lose the Paper Towels Part II (Job 38:1-3)	Raider Hall		
Day 88	Them and Theirs and Those (Phil 2:3-4)	T-Shirts		
Day 89	90 Day Tour (Matt 4; Luke 8; Jn 6-15; Acts 16; Rom 10:1-5; 1 Cor 4; 1 Tim 6:10; Heb 10; Rev 21)	n/a		
Day 90	The Strenuous Life	PFT		
Graduation!				