



Commit.

Com•mit [kuh-mit]: *verb*

To bind or obligate, as by pledge or assurance; pledge: *to commit oneself to a promise; to be committed to a course of action.*

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My Goal

I want to achieve: _____

By the date: _____

I will measure this by: _____

You are responsible for YOU!

Always talking about Yoga? Then sign up for a class and go. Do you want to give up doughnuts? Then stay out of the office kitchen on “Doughnut Fridays”. Committing is that simple. Whatever your goal is, make a note of it in this section and COMMIT TO IT. Just make sure your goals are realistic to avoid becoming discouraged. After all, you know your weaknesses and only you can make a change.

So plan on trading that weakness for a new strength, **starting now**.



You...Before and After

Starting Fitness Evaluation				Ending Fitness Evaluation			
Resting Heart Rate				Resting Heart Rate			
Sit-Ups				Sit-Ups			
Pushups				Pushups			
Burpees				Burpees			
Baseline				Achievement			
Weight				Weight			
Body Fat %				Body Fat %			
Chest				Chest			
Waist				Waist			
Hips				Hips			
Right Arm		Left Arm		Right Arm		Left Arm	
Right Leg		Left Leg		Right Leg		Left Leg	



Introduction

Congratulations!! You are among a select few who have taken this step and committed yourself to 60 days of intense athletic training!



This program is not for the faint of heart. If you are ready for change, if you are ready to work for it, if you are ready to ditch the excuses and get real with yourself to see real results then this program is for you!

Have you ever said to yourself *“this is it”*? Or *“this is my year to finally lose this belly!”* only to de-rail yourself 2 or 3 weeks later? Or, pinned a photograph of a younger, leaner version of yourself to the fridge to try to motivate yourself to stay out of it? Or, have you found yourself searching high and low for pills, programs, diets, and secrets to find the ever-elusive six-pack without any luck? If any of these examples apply to you, good news, you are among hundreds of thousands of people wishing, dreaming, and fighting for the same goals.

The good news is that you do not have to wish and dream anymore. That six-pack need not elude you and this book is going to tell you how. The bad news is that you are going to have to fight for it. I will not be among those who try and convince you that you will not have to work for it. You will never hear me say “earn the body of your dreams in one simple workout a week” or “Take this pill and think yourself thin!” I am here to tell you that you will have to push yourself. You may push harder than you ever have before. You will have to dig down deep and find dedication within yourself that you did not know was there.

That “bad news” has the power to change your life forever, in more ways than slimming your waistline and returning your confidence. When you push yourself you have the opportunity to learn about yourself, to see yourself in a different light. You have the opportunity to achieve excellence. You can empower yourself to live a better, fuller life both in and out of the gym. It



is not about perfection it is about progress.

About This Book

This book is intended to be your guide through the blood, sweat and tears of achieving your goals. False starts end now. Within these pages you will learn the Elite method of how to fuel your body, boost your metabolism, eat cleaner, live healthier, and set your fitness and health goals.

Included, you will find a full program guide, a daily log book and a weight training tracking tool to help keep you both accountable and succeeding.

It will not always be easy! What separates those who will conquer this challenge and those who will not are those who do it, no excuses. On those days where it is tough. On those days where you do not think you can possibly fit in an hour to workout. You know you have what it takes to do this. It will take effort. It will take courage. It will take teamwork. It will take your 100% commitment.

Why Elite Body Shaping Works

You might be asking yourself, why will this program work when so many others have failed? Or, what makes this one so different? I have three words for you; experience, commitment and accountability.

This program combines the Elite approach to personal training, meal planning, nutritional coaching, and our combined 20 + years of research and experience to produce a program that guarantees results.

This program targets all the major muscle groups, challenges the smaller muscle groups and pushes your body to perform at a level that demands results. Your body will have no choice but to burn its fat stores for energy and build long, lean, toned muscles.



With your commitment, to this program you will soon see how, Elite Fitness has developed both a program and an environment that lives and breathes the support and accountability that is required for SUCCESS! - And this is where other programs fail.

Elite Body Shaping is the sum of three key parts: FUEL, FIRE, and TRACKING!



80% fuel + 20% fire = 100% SUCCESS! You heard it right! How you fuel your body, that is, what you put in your mouth, is 80% of the results you will see. The other 20% comes from hard work in the gym.



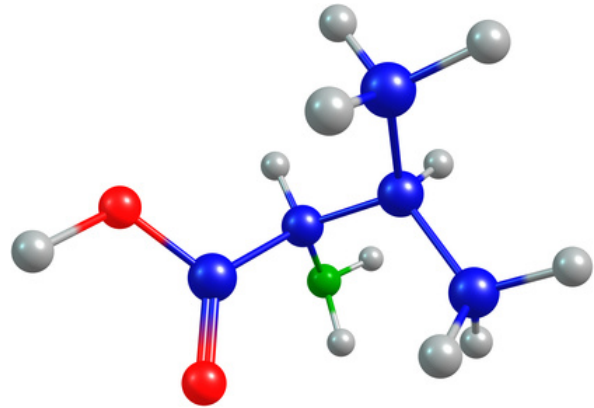
The Fuel

Proteins, carbohydrates and fats are the building blocks of our bodies! We refer to these as the macronutrients.

Proteins

Often times we hear people discussing their post workout protein bars or protein shakes while diving into their gigantic tubs of flavoured protein powders. The reason is simple - our bodies need adequate amounts of protein to build muscle.

Protein consists of 22 biological compounds called amino acids. Amino Acids provide the building materials for the basic cell structure of our muscles - in fact for every living cell in our body. Protein builds the muscle mass we need to burn fat.



Proteins are broken down into two groups, complete and incomplete. Complete proteins are those that are found in animal products, such as beef. Incomplete proteins are found in plant sources, such as beans and legumes. There are different schools of thought on which is better. Some researchers suggest that the protein that comes from plant sources does not offer our bodies the required amounts of amino acids for cell building. While others disagree and maintain that we can build healthy muscle tissue without eating complete proteins. For the purposes of this program let's treat these proteins equally and agree that one thing is for sure; the more active you are, the more protein you need. And you are about to get very active.



Carbohydrates

We live in a day and age where carbs have been made out to be the first thing to avoid when trying to lose weight.

All carbs, however, are not created equal. For the sake of this program let's place carbs into two categories, "the good" and "the bad". Bad carbs or "refined" are those that contain refined sugars, those that are highly processed. Bad carbs send our blood glucose levels skyrocketing very quickly. This leads to rapid drops in blood sugar causing cravings, fatigue and even leaving us feeling hungry.

Good carbs are those that are digested more slowly, and assist in maintaining consistent blood glucose levels that help to keep us satiated and avoid cravings and over eating. Good carbs are fiber-rich and made of whole grains.

Largely, the difference between good and bad carbs becomes a matter of eating clean or not eating clean.

Fats

We need to eat fat to burn fat. That is a very scary concept for a lot of people. I once read an article that suggested avocados were a food to AVOID because of their high fat content. Obviously, there was no thought put into the type of fat that avocados are dense with. That fat, when consumed in moderation, will actually assist us in dropping weight, burning fat AND giving us healthier skin, hair and nails. Who does not want that? I am sure even the author of that article does!

Saturated fats are those that we often find in baked goods, margarines, and animal products such as red meat. These fats are known to increase our risk of coronary heart disease. While too much saturated fat is not a good thing we do need some in our diet. Saturated fats assist in our body's ability to absorb the healthy fats, like omega-3!



Healthy fats, called polyunsaturated and monounsaturated fats, are found in plant oils, nuts, seeds and fish.

Our body requires fat to facilitate hormone production. And, it is the hormones which make the magic happen.



Hormones

Testosterone:

Testosterone levels are important for building & maintaining muscle, as well as influencing fat loss. You can help to maintain ideal levels by consuming sufficient fats, getting enough rest, and by using certain nutritional supplements.

Insulin:

Insulin is essential for protein synthesis and facilitating the uptake of nutrients into muscle cells, among many other things. High levels at certain times are desirable. A low/moderate, constant level is desirable most of the time. On the other hand, high levels at the wrong times can lead to increased fat storage. Nutrient timing is key to having optimal levels of insulin at the right times.

Cortisol:

Cortisol is a catabolic hormone that helps to break down fat and muscle into glucose. High levels trigger muscle breakdown much more than fat. Certain levels are necessary for health & balance. High levels can be triggered by physical stress (after intense exercise), or by psychological stress.

Glucagon:

Glucagon is a catabolic hormone which triggers liver glycogen breakdown, and in some cases, protein breakdown. It can also stimulate the breakdown of fat. The regular consumption of protein can raise glucagon levels. Maintaining glycogen stores is an important part of minimizing protein conversion into glucose.



Supplements

Protein

Some may find it difficult to eat the required amounts of protein in their meals alone and as such rely on supplements. There are countless amounts of products on the market today which claim to offer us muscle building, bulking, or slimming, protein.

When selecting a supplement, be it a bar, a powder, or a pre-made shake select those that are not littered with artificial sweeteners, fillers, chemicals, and other unneeded ingredients. Keep in mind, the protein itself is what we are looking for, not chocolate covered peanuts drenched in caramel sauce with 48 grams of carbohydrates and 25 grams of protein.



There are three major players in the protein supplement market whey, soy and casein. The mass of the research leans towards whey protein being the protein of choice. It is fast-releasing and biologically the most complete protein supplement. Soy protein also has some advantages, for example it has more glutamine (a non essential amino acid which aids in muscle growth) per 100g than whey protein does. Casein protein is a very slow releasing protein that also has its benefits.



Essential Fatty Acids, CLAs

Essential fatty acids and certain other types of fatty acids can have significant effects on health, training, recovery, muscle accretion and fat loss. EFAs are useful in improving body composition and exercise performance. CLA supplementation decreases body fat and increases lean muscle mass. The increase in lean muscle mass is most pronounced in individuals who are exercising regularly.



Multivitamins

Adjusting to a new diet can have periods where we may not give our bodies all the vitamins and minerals it requires. To ensure our bodies get an adequate supply of vitamins and minerals it is good practice to take a good multivitamin, daily.



Common mistakes

We all make them from time to time. Even the most seasoned body builders and professional athletes do too. We are only human. We have all been on diets at some point or another in our lives and some people are even lucky enough to see decent results with sub-optimal nutrition and training. While many, many others get no results at all.

This section will help us understand some of the most common mistakes that people make with their nutrition or some of the pitfalls that other diet programs have lead us to believe should work. We will correct these common mistakes to ensure you achieve optimal results for all your hard work.

1. Not eating enough

Not consuming enough food, or enough of the right foods will hinder your fat loss in two key ways; reducing your overall muscle mass and reducing your metabolism. The fewer calories you consume, the more efficient your metabolism becomes. In most cases, efficiency is a good thing. In this case, it is not.



A more efficient metabolism basically means that your body burns fewer total calories, and **less** total fat as a result. When our calorie consumption levels become too low, our muscle tissue becomes next in line for being burned for energy, as opposed to our body burning its fat for energy. If that was not enough, eating too few calories can significantly reduce performance in the gym.



2. Eating too much

Most people know that in order to lose weight you must burn more calories than you consume. Unfortunately, this information does not cover near enough ground to shed any clarity on the “how” and the “what”. How many calories and what we should eat? Frequently, people fall into a common trend of working out and feeling this earns them the ability to eat “whatever they want”. The truth of the matter is nutrition, how we eat is 80% of our results. 80%! That’s a LARGE portion of the big picture. The issue, plain and simple, is people often don’t want to face the simple truth that **you cannot out-train a bad diet.**

3. Not eating often enough

I know what you are expecting to see here – eat 5 small meals a day to lose weight! You have heard it time and time again, yet, for some reason we ignore it. The premise behind this approach is to provide your body with a steady supply of the required macronutrients to perform well, build muscle, and burn fat. The reason there is confusion is that we are constantly lead in a direction of viewing our energy needs in terms of “daily caloric requirements” (maximum calories per day), as opposed to our body’s energy requirements. What is the difference? Our bodies do not have a daily requirement for how many calories we should be eating – they require a balance of nutrients throughout the day. This is why the “skipping lunch so I can go out to eat tonight and have a couple drinks with my friends” approach, does not work. Depriving your body of its energy requirements actually has the opposite effect. Despite being within your “1300” calorie range for the day, you do not lose weight.



4. Not eating enough carbohydrates

Carbs are NOT the enemy that so many people would have us believe. Low carb and no carb diets typically have one thing in common; they offer a jump-start period in the beginning of the diet plan which limits your carb intake to a low level. This jump-start period can show huge losses on the scale, which is what makes these diet plans so popular. You can lose 10 pounds or more in the first two weeks alone. However, this restriction of carbs is not burning fat or helping you build muscle (a fat burning machine). This carb restriction is forcing your body to burn its carbohydrate stores and actually puts your body into what is called ketosis. It has been debated that putting your body into ketosis is a dangerous state that stresses the liver. Whether or not this is true, the weight loss seen at this stage of a low carb diet is more likely to be muscle tissue and water as opposed to fat loss. Muscle loss is not smart weight loss nor is it aesthetically pleasing.



Remember: Skinny people look good in clothes, fit people look GREAT naked.

5. Not eating enough protein

When it comes to fueling our bodies for efficient fat loss we tend to see a deficiency in both the amount of protein a person should eat and the appropriate types. Our skin, muscle, bones, hair and nails are made of mostly protein! So it is no surprise that our bodies require an adequate amount of protein to be healthy. When we do not give ourselves enough protein it causes our bodies to break down tissue which, among other



issues, includes reducing muscle mass. Reducing our muscle mass is counterproductive when we are trying to burn fat.

6. Not eating enough fat

In order to understand why fats are so important we need to understand that they are essential for the production of nearly every hormone and critical for fat loss.

Testosterone, insulin, cortisol, and glucagon are necessary for building and maintaining muscle and aiding in fat loss, more on that later. So it stands to reason that reducing our fat intake too much, rather, consuming too few of the right kinds of fat is detrimental to our success. In other words, no fat means no fat loss!



7. Not drinking enough water

People often seem to forget that water is the single most important ingredient in fat loss there is! Water lubricates joints, removes wastes, relieves constipation, flushes out excess sodium, improves your metabolism, aids in circulation, mobilizes fat, prevents dehydration, maintains muscle tone, hydrates skin and organs, aids in digestion, transports nutrients, maintains body temperature, and lessens water retention... just to name a few benefits.



The Program

Let us get right to it. This plan is intended for those people who are currently active. Active to the pace and level of Elite Body Shaping; those who are taking part in strength training exercises and power cardio circuits on a regular basis.

CAUTION: *This nutritional plan should not be put in place for a sedentary lifestyle.*

It does not matter if you are a man or a woman or if you weigh 200 pounds or 125 pounds. If you are trying to lose weight or build muscle mass you need to fuel your body properly in order to see results. The aim is to continually feed your body the right nutrients at the right time to keep your metabolism high and your muscles fed.

Simply put, this plan requires you to eat 5 - 6 smaller meals a day. I said meals - not snacks. From when you wake in the morning to when you sleep at night - you will consume more food than you likely ever have and yes, you will lose weight, you will tone up.

It is what those meals are made up of that makes all the difference! On this program we are focusing entirely on eating “clean”. Like anything there are many different schools of thought on what “eating clean” means. For some the rules are rigid and the lengths extreme. Others feel that reducing the amount of preservatives ingested and refined sugars is “clean enough”.



One of the benefits of this program is its ease of application to your life style. To keep this program adaptable we have chosen to lessen the rigid focus of eating clean and focus on whole grains, lean proteins, and limited pre-packaged foods. This allows us a wide variety of clean foods to select from which will not only fit with our goals but our family life as well.



Keeping in line with our “keeping it simple” approach, you will notice we are not counting calories, we are not measuring (too much), weighing, counting points, or determining net carbs! That is right, we are going to push all of these complicated measurement systems off to the side for the next eight weeks and focus on the nutritional needs of our bodies.

The first four weeks focus on finding a balance of good carbs, and good proteins, being the building phase. The last four weeks start refining how we utilize our carbs and pushes us into our “cutting phase” to accelerate our results.



What to eat?

Clean proteins, carbohydrates and fats. It is just that simple. Pair your understanding of these macronutrients with the “rules” of the program and you have the winning formula. Your formula for success.

In order to make this as simple as possible we are going to work from an approved foods list. The list will be organized into our macronutrients to make it easy to build your meals off of.

For the first 4 weeks, for each of your 6 smalls meals a day pick one from each column:

Proteins	Carbohydrates
<ul style="list-style-type: none">•Boneless, skinless chicken breast•Turkey breast•White fish (tilapia, halibut, haddock)•Tuna Steak•Solid, white albacore tuna (in water)•Pork tenderloin•Beef tenderloin•Tofu•Tempeh•Lentils•Cottage Cheese•0% fat, plain greek yogurt•Egg whites•Extra lean ground meats (beef, turkey, pork, etc.)•Shell fish•Scallops	<ul style="list-style-type: none">•Brown Rice•Bulgur•Barley•Quinoa•Plain Oatmeal•Fruit•Plain Rice Cakes•Sweet Potato•Carrots•Corn•Peas•Oat flour•Spelt Flour•Rice Flour•Small Whole Wheat Tortilla•Rice



For 1 - 2 of your meals, for all 8 weeks, select 1 - 2 from the following list:

Fats & Fatty Proteins
<ul style="list-style-type: none">•Almonds•Walnuts•Sunflower Seeds•Pumpkin Seeds•Extra Virgin Olive Oil•Coconut Oil•Avocado Oil•Grape Seed oil•Peanuts•Natural Peanut Butter•Almond Butter•Avocado•Low fat cheese•Flax Seeds

For the first 4 weeks, select 2 of the following to add in 1 – 2 meals. For the last 4 weeks, switch out 2 of your starchy carbs and replace with 2 of the following:

Vegetables
<ul style="list-style-type: none">•Red Pepper•Green Pepper•Lettuce (all kinds)•Spinach•Kale•Broccoli•Cauliflower•Artichoke•Turnip•Squash•Tomatoes•Shallots•Onions•Zucchini•Green Beans

With the exception of those vegetables listed in the carbohydrates column, please add TWO portions of vegetables to your day.

*A sure-fire way to ruin your fat-burning metabolism is going long hours between eating meals.
Make sure to eat every 2 – 3 hours to maintain proper blood sugar levels.*



The following are allowed to spice up your diet:

Condiments: Apple cider vinegar, balsamic or raspberry vinaigrette (made with Extra Virgin Olive Oil), red wine vinegar, white vinegar, rice vinegar, reduced sodium soy sauce, salsa or fresh Pico de Gallo, hot sauce, chili paste, herb pastes, yellow or Dijon mustard, low sodium broth, Worcestershire sauce, fat free cooking spray

Misc: Salt, dry herbs, spices, coffee, tea, vanilla and almond extract

How much to eat?

In a society full of grande, super-sizing and "make that venti a double", it is not a wonder why portion control eludes most of us. Also, the opposite might be true. Some people could be lacking in what their body requires nutritionally, over restricting their calories and under nourishing their body. Understanding portions is one of the most important aspects in healthy eating. Now that we understand the difference between good and bad carbs, proteins, and fats and their role in hormone production, lets imagine what this looks like on our plates.

When considering what a portion size should be, it is very important to keep it simple. If you start introducing weighing, measuring and calorie counting it may become too daunting. We tend to shy away from or not stick with something that is too difficult. Let's keep it simple using visual cues.



While not all foods will fit into a visual cue, using this method can help us be a better judge of what our serving sizes should be.



<http://happierhealthiermorefitme.com>

The picture above is not exhaustive, and is meant to begin to show you what proper portions should look like.



Sample Meal Plan

This is an example of what this nutritional program may look like, put into practice:

Meal	Female	Male
Meal #1	<ul style="list-style-type: none"> • 5 egg whites • ½ cup cooked, plain oatmeal 	<ul style="list-style-type: none"> • 8 egg whites • 1 cup cooked, plain oatmeal
Meal #2	<ul style="list-style-type: none"> • 1 rice cake • Protein Shake 	<ul style="list-style-type: none"> • 2 rice cake • Protein Shake
Meal #3	<ul style="list-style-type: none"> • Chicken Caesar salad (1 tbsp of light dressing or 1-2 tsp of olive oil based dressing, no parmesan or croutons) • 4oz of grilled chicken breast • 2 cups of romaine lettuce • ½ cup of green pepper sticks 	<ul style="list-style-type: none"> • Chicken Caesar salad (1 tbsp of light dressing or 1-2 tsp of olive oil based dressing, no parmesan or croutons) • 8oz of grilled chicken breast • 2 cups of romaine lettuce • ½ cup of green pepper sticks
Meal #4	<ul style="list-style-type: none"> • ½ cup cottage cheese • Banana 	<ul style="list-style-type: none"> • 1 cup cottage cheese • Banana
Meal #5	<ul style="list-style-type: none"> • 3.5 oz of Beef Tenderloin or Salmon • ½ cup steamed broccoli • ½ cup brown rice 	<ul style="list-style-type: none"> • 5.5 oz of Beef Tenderloin or Salmon • ½ cup steamed broccoli • ½ cup brown rice
Meal #6	<ul style="list-style-type: none"> • ½ cup 0% fat, plain greek yogurt • Small handful of walnuts • 4 whole strawberries 	<ul style="list-style-type: none"> • 1 cup 0% fat, plain greek yogurt • Small handful of walnuts • 10 whole strawberries



The Rules



- ✓ Drink 10, 8oz glasses of water each day
- ✓ Eat your fats! We need them to burn fat and build muscle
- ✓ Eat BEFORE you get hungry
- ✓ Eat every 3 hours, at least
- ✓ Eat for fuel, not emotion



- ✗ Eat refined sugars
- ✗ Drink juices, pop/soda, flavoured waters
- ✗ Add creamers, non fat creamer, non dairy creamers to your coffee or tea
- ✗ Eat egg yolks
- ✗ Eat until you are full or let

How do I eat out?

For most of us, eating is not simply a method of fueling our bodies, it is a social event, a celebration and even a hobby. One way that many diets fail is by restricting so much that we cannot follow the diet plan. Slip-ups are bound to happen and they are more than a physical happening on our diets – they cause an emotional response in us as well, a feeling of failure. When we feel failure we are less likely to get back up and back on track. Eating out does not have to be a slip-up!

A simple dinner meeting, family outing or birthday party can throw us off course, if we are not prepared to handle it!



For those moments where we are not in “complete control” over what is being served or cooked here are a few simple guidelines to take with you:

Ask for added fats on the side. When they are “on the side” you can use them sparingly, if at all. This includes sauces, sour cream, butter, cheese, mayonnaise, and salad dressings.

Look for key words when ordering. Avoid the words crispy, fried, or breaded. Look for the words grilled, baked, or broiled.

Avoid calories from beverages. This includes soda, beer, wine, sweetened tea, juice, or specialty coffee drinks.

Substitute higher fat choices. When ordering, substitute an english muffin for a biscuit or croissant. Ask for extra vegetables instead of french fries or potatoes. Choose low fat salad dressings instead of the full-fat version.

Don't go on a diet. Instead, have a diet you can live with and enjoy for the rest of your life.



The Fire

The FIRE is broken up in to two parts: Power Cardio and Weight Training. At the end of this book you will find your weight training logs. These logs will be your map through your personal training sessions and the weight-training program.

The weight training sessions are designed to be approximately one hour in length with a combination of weight bearing exercises and 3 – 5 minute cardio intervals.

The format of the weight training sessions in weeks 1 - 4 will be as follows:

A full set is completed by alternating between the exercises labeled 1 and 2, 3 and 4, and so on. In this example you would perform your max reps of #1 Alternating curls, next your max reps in #2 Overhead Tricep Press. Then back to your second set of max reps on alternating curls, back to overhead press and then your third and final set. Once you've completed your 3 sets of max reps on both #1 and #2 exercises you move on to your first cardio interval. Then repeat these steps for exercises numbered 3 and 4. After #4 you complete your second cardio interval and after #6 you complete your third and final cardio interval. Once you've completed final cardio exercises make sure cool down and stretch.

Workout: Biceps & Triceps

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Alternating Curl						
2.Overhead Press						
Cardio	Globe Jumps /20		High Knees /50		Jump Squats /20	
3.Hammer Curl						
4.Dips						
Cardio	Pushups /30		Mountain climbers /50		Log Jumps /30	
5.EZ Curl						
6.Pull Downs						
Cardio	Jack Jumps /50		Shoulder Pushups /30		Tucks /20	



Weeks 5 – 8 are slightly different. Simply follow the sequence of exercises as listed. Ensure you stop for your cardio breaks in the correct sequence of your workout and always complete your full three sets of max reps before moving on to the next exercise.

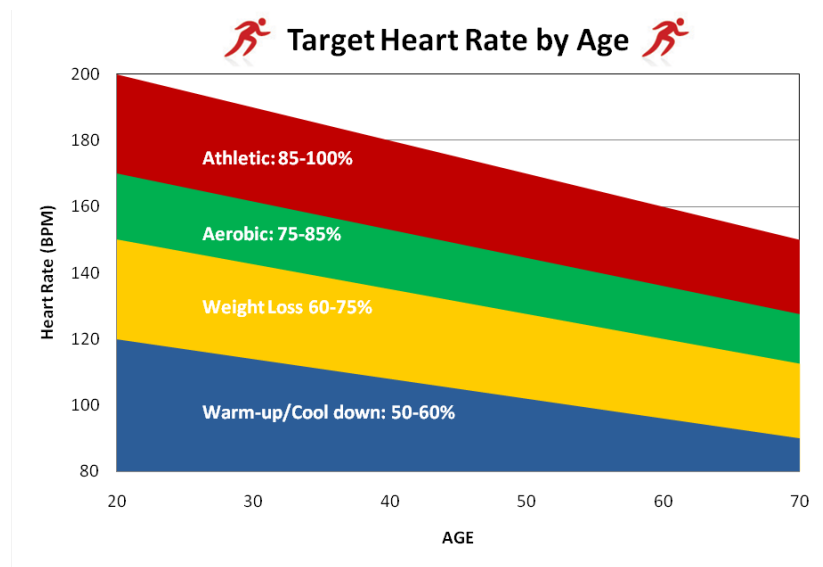
In weeks 5 through 8 you will notice there is no alternating. You follow the sequence of numbered exercises, only moving on once you have completed 3 sets of your max reps.

Cardio sections are to be timed, each move should be executed for 1 minute. For exercises that have the left and the right side are separate, do 1 minute per side.

What is a max rep? The weight you select will determine your “max rep”. You should be lifting a weight that you can lift 8 – 12 reps, and be struggling by those last few. **If you can do 3 sets of 12 reps – it’s time to move up in weight.**

In addition to your weight training sessions, each week you will complete power cardio workouts **ONLY TWICE** a week (and never on consecutive days), on your own time **OR** 3 moderate – high intensity cardio classes (ie. Cardio Kickboxing).

The format of power cardio is **HIGH INTENSITY Interval Training (HIIT)**. They are short but, oh so sweet. They are designed this way as the most efficient way to burn fat. Working out in this manner will also tone and shape your muscles, increase your natural athletic ability and improve your overall performance in the gym and in sports. This is athletic training 101, folks. Dig deep and get it done!



Your level of exertion on the high intensity portions of these workouts should be your MAX effort. For some, this is the upper region of the Aerobic zone, for more athletic or advanced participants; push yourself up into the athletic zone. Please monitor your heart rate and stay safe. Listen to your body.

WARNING: If you feel faint or light headed at any point in these workouts please STOP.



Remember: Power Cardio Sessions may be replaced with 3 moderate – high intensity cardio fitness, like Cardio Kickboxing.

Power Cardio Sessions

Week 1

60 second intervals of HIGH INTENSITY followed by 60 seconds of rest.

Round 1: Mountain Climbers

Round 2: Travelling pushups

Round 3: Body Weight Squats

***Repeat 2 more times**

+ 20 min cardio

Week 2

60 second intervals of HIGH INTENSITY followed by 60 seconds of rest.

Round 1: Mountain climbers

Round 2: Tucks

Round 3: Jump Squats

Round 4: Stairs

Round 5: Wall Pushups

***Repeat**

+ 20 min cardio

Week 3

20 second intervals of HIGH INTENSITY followed by 40 seconds of rest.

Round 1: Tucks

Round 2: Sumo Burpees

Round 3: Sprints

Round 4: Butt Kicks/ High Knees

Round 5: Shoulder Pushups

***Repeat 2 more times**

+ 30 min cardio

Week 4

20 second intervals of HIGH INTENSITY followed by 40 seconds of rest.

Round 1: Tucks

Round 2: Plank Jacks

Round 3: High Knees

Round 4: Butt Kicks

Round 5: Mountain Climbers

***Repeat**

+ 45 Min Cardio



Power Cardio – Week 5

60 second intervals of HIGH INTENSITY followed by 20 seconds of rest.

Round 1: High Knees

Round 2: Squat Front Kick

Round 3: High Knees

Round 4: Low Squat Jacks

Round 5: High Knees

Round 6: Tuck + Half Burpee

***Repeat**

+ 45 Min Cardio

Power Cardio – Week 6

60 second intervals of HIGH INTENSITY followed by 20 seconds of rest.

Round 1: Butt Kicks

Round 2: Crunch + bicycles

Round 3: Butt Kicks

Round 4: Plank Jack Pushups

Round 5: Butt Kicks

Round 6: 2 pushups + 2 crunches

***Repeat**

+ 45 Min Cardio

Power Cardio – Week 7

60 second intervals of HIGH INTENSITY followed by 20 seconds of rest.

Round 1: High Knees

Round 2: Mountain Tucks 5/5

Round 3: Tucks

Round 4: Squat w/ Side Lift

Round 5: High Knees

Round 6: Side Lunges w/jump

***Repeat**

+ 45 Min Cardio

Power Cardio – Week 8

60 second intervals of HIGH INTENSITY followed by 20 seconds of rest.

Round 1: Tucks

Round 2: Dive Bombers

Round 3: High Knees

Round 4: Plank Pulls + jump squat

Round 5: Tucks

Round 6: Goblet Squats

***Repeat**

+ 45 Min Cardio



Descriptions of Exercises

2 pushups + 2 crunches: Perform two regular pushups, roll on to your back and perform two regular crunches. Repeat as necessary.

Body Weight Squats: Place your feet slightly wider than hip width apart, toes slightly pointed outwards. Ensuring all your weight is on your heels, bend at the hip keeping your chest lifted. Lower your body bringing your legs to a 90 degree angle, quads should be parallel with the floor, knees should never go past your toes. Come back up and squeeze your glutes. Repeat as necessary.

Butt Kicks: Running on the spot by bringing your heels all the way to kick yourself in the butt.

Crunch + bicycles: Lay flat on your back and bend your knees in a 90 degree angle creating a table top with your shins. Tuck your pelvis pressing your lower back into the floor. Cross your arms in an X over your chest and lift your chin upwards towards the ceiling. Keeping your abs engaged, bring your ribcage towards your hips, lifting your shoulders up off the floor. Next, Pull your right knee in and curl your left shoulder towards your right knee, now the right side. Lower and repeat as necessary.

Goblet Squats: Place your feet slightly wider than hip width apart. Holding a medium – heavy dumbbell, lengthwise in your hands (cupping the upper portion of the dumbbell with your hands), bend forward at the hip while keeping your chest lifted. Lower your body until your bum is past your knees and close to the floor. You should be in a full, deep squat position. Press up and repeat.

Note: Some of these exercises require dumbbells; please use the following as a general guideline for how to select your weight.

Beginner: Light 0 – 5 pounds, Medium 10 – 15 pounds, Heavy 20 +
Advanced: Light 5 – 10 pounds, Medium 15 – 20 pounds, Heavy 25 pounds +



High Knees: Running on the spot by raising your knees up to waist height.

Jump Squats: Place your feet slightly wider than hip width apart, toes pointed straight ahead. Ensuring all your weight is in your heels, bend at the hip keeping your chest lifted. Lower your body bringing your legs to a 90 degree angle, quads should be parallel with the floor, knees should never go over your toes. As you come up, explosively jump off the ground, shooting yourself into the air, land softly back into the perfect squat position and repeat as necessary. Remember to always land softly, absorb the impact of the jump by bending your knees – in good squatting form.

Low Squat Jacks: Place your feet nice and wide, bend forward slightly at the hip keeping your chest lifted and lowering your body just enough to engage your thighs. Keeping this low stance, hop your feet together and hop back out. Be careful to not stand up tall, out of the squat position.

Mountain Climbers: Starting in a regular push up, plank position, drive your right knee up to your chest and tap your right toe on the ground. As you bring your foot back to starting position, drive your left knee up to your chest, and tap your left toe. The motion should simulate climbing. Quickly alternating toe taps.

Mountain Tucks: Starting in a regular push up, plank position, drive your right knee up to your chest and tap your right toe on the ground. As you bring your foot back to starting position, drive your left knee up to your chest, and tap your left toe. The motion should simulate climbing. Quickly alternating toe taps. Count your reps on every second toe tap. Once you've completed the required mountain climbers, perform the tuck by jumping your feet up towards your hands and jumping back out. Repeat as required.

Plank Jacks: Starting in a regular pushup – plank position – jump your feet wide, then jump them back in.



Plank Jack Push Ups : Starting in a regular pushup – plank position – jump your feet wide, then jump them back in. Next, lower your chest until your arms are at a 90 degree angle and press back up. Repeat as necessary.

Plank Pulls + Jump Squat: Place two medium - heavy dumbbells on the floor, side by side, lengthwise. Position yourself in a regular plank position, up on your hands, approximately 2 feet behind the dumbbells. Next, keeping your hips as still as possible, flex your core, glutes and thighs while you reach with one hand for one dumbbell. Using the strength in your core, pull the dumbbell underneath your body. Repeat on the other side. Jump your feet up to your hands and perform a jump squat by leaping forward. Turn and repeat.

Side Lunges w/ jump: Place your feet slightly wider than hip width apart, toes pointed frontwards. Reaching high perform a vertical jump, and landing softly with most of your weight on your left foot. Do a side lunge (left leg bent keeping your knee behind your toes at all times and your right leg extended out to the side) and hit the floor with your right hand. Next, pushing off your left (bent) leg, jump up and land softly on your right foot and perform a side lunge and hit the floor with your left hand. Repeat.

Stairs: Run up and down stairs.

Sumo Burpees: In wide stance – wider than regular squat stance – squat down and place your hands, slightly wider than shoulder width apart, on the floor. Perform a pushup (wide feet). Jump your feet back up to your hands while you “pop” up into a deep squat position, by simultaneously bringing your hands up. Explode up and jump.

Squat Front Kick: Place your feet slightly wider than hip width apart, toes pointed frontwards. Ensuring all your weight is on your heels, bend at the hip keeping your chest lifted. Lower your body bringing your legs to a 90 degree angle, quads should be parallel with the floor, knees should never go past your toes. As you come back up shift your weight to your left leg and bring your right knee up into a front kick chamber position. Next, then extend your leg out into a front kick and return to the chamber position. As you place your foot back on the floor, go into



a deep squat and repeat the sequence on your left side. This should be one fluid motion of squat and kick, squat and kick.

Squat w/ Side lift: Place your feet slightly wider than hip width apart, toes pointed frontwards. Ensuring all your weight is on your heels, bend at the hip keeping your chest lifted. Lower your body bringing your legs to a 90 degree angle, quads should be parallel with the floor, knees should never go past your toes. As you come back up shift your weight to your left leg and bring your right leg up to the side. As you place your foot back on the floor, go into a deep squat and repeat the sequence on your left side. This should be one fluid motion of squat and lift, squat and lift.

Travelling Pushups: Start in regular push up, plank position. Perform a regular pushup and as you come up lift your right foot and step to the right side, your right hand should follow. Perform another pushup and as you come up lift your left foot and step to the left side, your left hand should follow. Repeat as necessary.

Tucks: Plyometric jumps by driving your knees up to your chest, using your arms as momentum, and landing very softly on the balls of your feet. Without pause, continue to jump bringing your knees up to your chest and always landing softly.

Tuck + Half Burpees: Perform a plyometric jump by driving your knees up to your chest, using your arms as momentum and landing very softly on the balls of your feet. Next, place your hands on the ground and hop your feet back into a plank position. Hop your feet back up to your hands and jump up into a tuck. This is almost like a regular burpee, without the pushup and we're adding some kick to the hop.

Wall Pushups: Place your feet about 3 feet from a wall, place your hands on the wall slightly wider than your shoulders. Without bending at your hips, keeping your core nice and tight, lower your chest to the wall – keeping your body straight – press up.



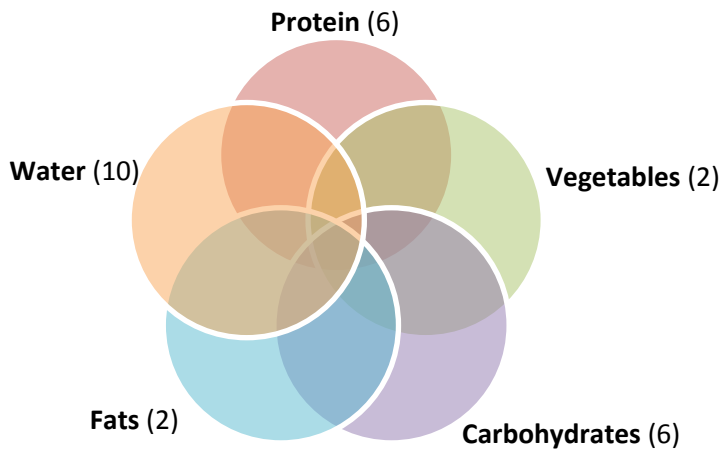
Daily Tracker

Use this daily tracker to log absolutely everything you eat, without question. This program guide has been designed to make it easy for you to make smart nutritional choices every day and to guide you through how you should be eating to see the best results.

Check off each portion, as you eat it. If you wish, write down what the item was, how much, how it was prepared, etc. The more information you can provide, the better. If you have eaten something and you are not sure where it should be checked off, write it in the “other” column.

Use the exercise tracker at the bottom to track your effort in the gym, at a glance. This will give an overall picture of how much exercise you are doing and how much you are improving. If we do not measure progress we are unable to tell how far we have come or if we have achieved our goals.

Remember the amount of portions and their sizes.



COMMIT

**REMEMBER TO PLAN AHEAD!
PLAN YOUR MEALS FOR THE WEEK BY MAKING A GROCERY LIST.**

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

**30% OF PEOPLE WHO
START THIS
PROGRAM QUIT. BE
AMONG THOSE WHO
MEET IT HEAD ON
AND DEFEAT IT.**

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

**IT'S NOT ABOUT
PERFECTION, IT'S
ABOUT PROGRESS.**

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

**IT WON'T BE EASY,
BUT IT WILL BE
WORTH IT.**

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:

	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

**BY NOW YOU ARE
FEELING TIRED AND
SORE. THAT IS
NORMAL!**

**KEEP AT IT AND DO
NOT QUIT.**

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:

	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



**YOU ARE NOT TIRED,
YOU CAN GIVE MORE!**

**BRING INTENSITY TO
YOUR WORKOUTS AND
COMMIT TO YOUR MEAL
PLAN.**

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

**DON'T STOP WHEN
YOU ARE TIRED.
STOP WHEN YOU
ARE DONE.**

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:

	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

**FEAR IS WHAT
STOPS YOU...**

**COURAGE IS WHAT
KEEPS YOU GOING.**

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



**PAIN IS JUST
WEAKNESS LEAVING
THE BODY.**

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

**PICK ONE AREA OF
YOUR WORKOUT THAT
YOU NEED TO WORK ON
AND PERFECT IT!
PROPER FORM IS THE
KEY TO GREAT
RESULTS.**

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



**IT'S NOT WHO YOU
ARE THAT HOLDS YOU
BACK, IT'S WHO YOU
THINK YOU'RE NOT.**

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:

	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

**THERE WILL BE
OBSTACLES.**

**THERE WILL BE
DOUBTERS.**

**THERE WILL BE
MISTAKES.**

**BUT WITH HARD
WORK, THERE ARE NO
LIMITS.**

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:

	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

**LIFE BEGINS AT
THE END OF YOUR
COMFORT ZONE.**

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



WE ARE ALMOST HALF
WAY THERE!

IN APROXIMATELY
ONE WEEK WE'LL
TAKE PROGRESS
MEASUREMENTS.

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



WITH A NEW PROGRAM
COMES NEW SORENESS!

LEARN TO LOVE IT.
CHANGE IS TAKING
PLACE!

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



IT'S TIME FOR A
REALITY CHECK!

HAS ANYTHING
"UNCLEAN" MADE ITS
WAY BACK INTO YOUR
DIET?

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



**REMEMBER ANYONE
CAN GIVE UP, IT IS
EASY.**

***EASY* DOES NOT
BUILD MUSCLE.**

***EASY* DOES NOT
BUILD CHARACTER.**

***EASY* DOES NOT GET
YOU AHEAD.**

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



WE ARE AT THE HALF
WAY POINT! IT IS
TIME TO KICK IT IN
HIGH GEAR!

COMMIT

Notes:

	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



IT IS THOSE WHO DO IT
ANYWAY-

EVEN WHEN THEY DO
NOT FEEL LIKE IT-

WHO SUCCEED!

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:

	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



SOME PEOPLE DREAM
OF SUCCESS.

OTHERS GET UP AND
WORK HARD FOR IT.

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



WHEN YOU FEEL LIKE
QUITTING, REMEMBER
WHY YOU STARTED IN
THE FIRST PLACE.

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



DON'T LOOK AT HOW
FAR YOU HAVE TO GO,
FOCUS ON HOW FAR
YOU'VE COME!

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



FEAR IS WHAT STOPS
YOU...

COURAGE IS WHAT
KEEPS YOU GOING.

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



**DON'T LET OLD
HABITS SNEAK BACK
UP ON YOU. STAY
STRONG. STAY
COMMITTED.**

COMMIT

Notes:

	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



IT WON'T BE EASY,
BUT IT WILL BE WITH
IT.

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



GETTING IN A FOOD
ROUTINE?
TRY SOMETHING NEW!

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



WE ARE IN THE FINAL
STRETCH NOW!

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



DO YOU REALIZE HOW
CLOSE YOU ARE TO
REACHING YOUR
GOALS?

KEEP PUSHING!

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div>○</div> <div>○</div>	<div>○</div> <div>○</div>	<div>○</div> <div>○</div>	<div>○</div> <div>○</div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



IN THIS FINAL WEEK
MAKE YOUR PLAN
MOVING FORWARD.
KEEP THIS
MOMENTUM GOING!

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



IF IT ISN'T
CHALLENGING YOU,
THEN IT ISN'T
CHANGING YOU.

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



**YOU ARE ALMOST
THERE. DO NOT QUIT.**

BE A FIGHTER!

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



THE FINISH LINE IS
JUST THE BEGINNING
OF A WHOLE NEW
RACE.

COMMIT

Notes:

	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	○ ○	○ ○	○ ○	○ ○
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



TAKE A LOOK BACK AT
DAY ONE AND SEE JUST
HOW FAR YOU HAVE
COME!

YOU ARE
INCREDIBLE!

COMMIT

Notes:



	Protein	Carbohydrates	Vegetables	Fat
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Water	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
Exercise	Time / Details			
Class / Weights/ Power Cardio				
Sit-Ups				
Push-Ups				
Squat / Plyometrics				



Weight Training Log

Workout: Biceps & Triceps (Arms)

Date: Saturday June 1, 2013

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Alternating Curl	20	12	20	10	20	10
2. Overhead Press	25	10	25	10	25	10
Cardio	Globe Jumps		High Knees		Jump Squats	
3. Hammer Curl	15	10	15	10	15	10
4. Dips	-	20	-	15	-	10
Cardio	Pushups		Mountain climbers		Log Jumps	
5. EZ Curl	35	10	35	8	35	8
6. Pull Downs	14	12	14	12	14	12
Cardio	Jack Jumps		Shoulder		Tucks	

Keep your Cardio intervals at 3 – 5 minutes. It is not about the number of reps, if you can only do 10 / 50 today- do 11 / 50 tomorrow. Always take steps forward. Do not over do it. Listen to your body.



Weight Training Week 1

Workout: Biceps & Triceps (Arms)

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Alternating Curl						
2. Overhead Press						
Cardio	Globe Jumps		High Knees		Jump Squats	
3. Hammer Curl						
4. Dips						
Cardio	Pushups		Mountain Climbers		Log Jumps	
5. EZ Curl						
6. Pull Downs						
Cardio	Jack Jumps		Shoulder Pushups		Tucks	

Get acquainted with the format. Weeks 1 through 4 are where you are going to grow the most in this program. You will find your groove; you will find what works for you and what does not. Complete your cardio intervals at a good pace – push yourself. Intensity gets results.



Workout: Chest & Shoulders

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Flat Bench Press						
2.Raise/Rainbow/ X						
Cardio	Sumo Burpees		Sumo Tuck		Shoulder Pushups	
3.Military Press						
4.Dumbbell Press						
Cardio	High Knees		Burpees		Switch Lunges	
5.Incline Press						
6.Upright Row						
Cardio	Bowler Lunge	L R	Bicycles		High Knees	
7.Dumbbell Flies						
8.Mac Raise						



Workout: Legs & Back
Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Smyth Squats						
2.Reverse Flies						
Cardio	Plank		Jumping Jacks		Pushups	
3.Walking Lunges						
4.Dumbbell Row						
Cardio	Tucks + Half		Mountain Climbers		Plank Tucks	
5.Jump Squats						
6.Wide Lateral Pull Down						
Cardio	Side Plank Knee Pulls	L R	Lunge Sky- Jack	L R	Double Push Up Crunches	
7.Hamstring(lift)						
8.Leg Press / Calf Press						

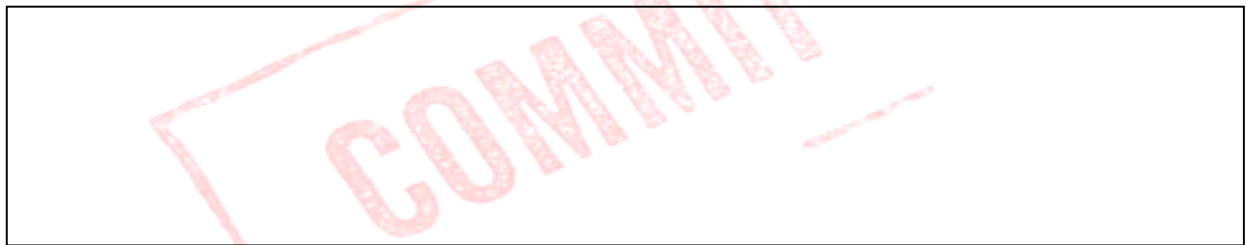


Weight Training Week 2

Workout: Biceps & Triceps (Arms)

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Alternating Curl						
2.Overhead Press						
Cardio	Globe Jumps		High Knees		Jump Squats	
3.Hammer Curl						
4.Dips						
Cardio	Pushups		Mountain Climbers		Log Jumps	
5.EZ Curl						
6.Pull Downs						
Cardio	Jack Jumps		Shoulder Pushups		Tucks	



Workout: Chest & Shoulders
Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Flat Bench Press						
2.Raise/Rainbow/ X						
Cardio	Sumo Burpees		Sumo Tuck		Shoulder Pushups	
3.Military Press						
4.Dumbbell Press						
Cardio	High Knees		Burpees		Switch Lunges	
5.Incline Press						
6.Upright Row						
Cardio	Bowler Lunge	L R	Bicycles		High Knees	
7.Dumbbell Flies						
8.Mac Raise						



Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Smyth Squats						
2.Reverse Flies						
Cardio	Plank		Jumping Jacks		Pushups	
3.Walking Lunges						
4.Dumbbell Row						
Cardio	Tucks + Half Burpee		Mountain Climbers		Plank Tucks	
5.Jump Squats						
6.Wide Lateral Pull Down						
Cardio	Side Plank Knee Pulls	L R	Lunge Sky-Jack	L R	Double Push Up Crunches	
7.Hamstring(lift)						
8.Leg Press / Calf Press						

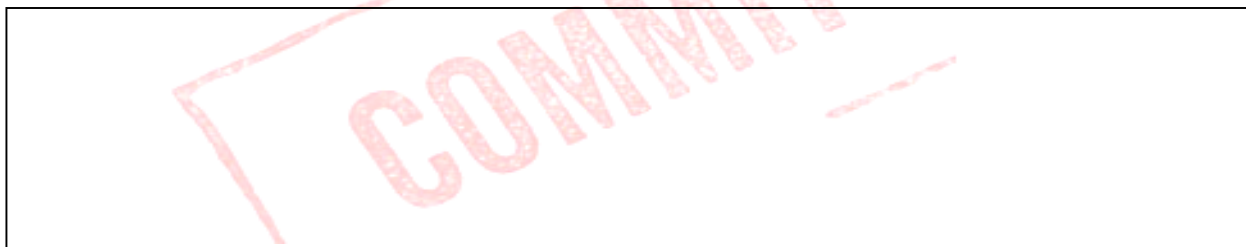


Weight Training Week 3

Workout: Biceps & Triceps (Arms)

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Alternating Curl						
2.Overhead Press						
Cardio	Globe Jumps		High Knees		Jump Squats	
3.Hammer Curl						
4.Dips						
Cardio	Pushups		Mountain Climbers		Log Jumps	
5.EZ Curl						
6.Pull Downs						
Cardio	Jack Jumps		Shoulder Pushups		Tucks	



Workout: Chest & Shoulders

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Flat Bench Press						
2.Raise/Rainbow/ X						
Cardio	Sumo Burpees		Sumo Tuck		Shoulder Pushups	
3.Military Press						
4.Dumbbell Press						
Cardio	High Knees		Burpees		Switch Lunges	
5.Incline Press						
6.Upright Row						
Cardio	Bowler Lunge	L R	Bicycles		High Knees	
7.Dumbbell Flies						
8.Mac Raise						



Workout: Legs & Back

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Smyth Squats						
2.Reverse Flies						
Cardio	Plank		Jumping Jacks		Pushups	
3.Walking Lunges						
4.Dumbbell Row						
Cardio	Tucks + Half Burpee		Mountain Climbers		Plank Tucks	
5.Jump Squats						
6.Wide Lateral Pull Down						
Cardio	Side Plank Knee Pulls	L R	Lunge Sky- Jack	L R	Double Push Up Crunches	
7.Hamstring (lift)						
8.Leg Press / Calf Press						



Weight Training Week 4

Workout: Biceps & Triceps (Arms)

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Alternating Curl						
2.Overhead Press						
Cardio	Globe Jumps		High Knees		Jump Squats	
3.Hammer Curl						
4.Dips						
Cardio	Pushups		Mountain Climbers		Log Jumps	
5.EZ Curl						
6.Pull Downs						
Cardio	Jack Jumps		Shoulder Pushups		Tucks	

otes:



Workout: Chest & Shoulders

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Flat Bench Press						
2.Raise/Rainbow/ X						
Cardio	Sumo Burpees		Sumo Tuck		Shoulder Pushups	
3.Military Press						
4.Dumbbell Press						
Cardio	High Knees		Burpees		Switch Lunges	
5.Incline Press						
6.Upright Row						
Cardio	Bowler Lunge	L R	Bicycles		High Knees	
7.Dumbbell Flies						
8.Mac Raise						



Workout: Legs & Back

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1.Smyth Squats						
2.Reverse Flies						
Cardio	Plank		Jumping Jacks		Pushups	
3.Walking Lunges						
4.Dumbbell Row						
Cardio	Tucks + Half Burpee		Mountain Climbers		Plank Tucks	
5.Jump Squats						
6.Wide Lateral Pull Down						
Cardio	Side Plank Knee Pulls	L R	Lunge Sky-Jack	L R	Double Push Up Crunches	
7.Hamstring(lift)						
8.Leg Press / Calf Press						



Weight Training Week 5

Weight training is more experienced and so in weeks 5 through 8 the routine is more advanced. Your cardio intervals are tougher, longer and require strength and agility to complete. Do not rest more than 30 seconds between sets. Keep your heart rate up.

Workout: Biceps, Shoulders & Upper Back

Date: _____

Workout: Chest & Triceps

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Bent Over Row						
2. Arnolds						
3. Hammer Curls						
Cardio	Squat + Front Kicks		Low Squat Jacks		Tuck Burpees	
4. Close, Reverse Grip Row						
5. Front Raise						
6. Isolated Curls						
Cardio	Plank-Jack Pushup		Mountain Climbers		Plank Ski Squats	
7. Chin Up						
8. Side Raise						
9. 21s						
Cardio	High Knees		Pushups		Shoulder Pushup +Tuck	



Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Cable Flys (Incline)						
2. Incline Dumbbell Press						
3. Body Weight Dips						
Cardio	Plank Pulls + Frog Jump		Vertical Jump + Toe Touch		Side Plank Knee Pulls	
4. Bench Press (Smyth)						
5. Push Ups						
6. Over Head Dumbbell Press						
Cardio	Squat + Side Leg Lift		Lunge + Core Twist	L R	High Knees	
7. Cable Press						
8. Tricep Pushups						
Cardio	Jumping Jacks		Jump lunges		High Knees	



Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Smyth Squats						
2. Extensions						
3. Knee Raises (Ab Rack)						
Cardio	High Knees		Bicycles		Star Ups	
4. Smyth Lunges						
5. Hamstring (Lift)						
6. Med Ball Side-To-Sides						
7. Weighted Crunch						
Cardio	Scorpion Pushups	L R	Plank Pull + Burpee		Crunches	
8. Dead Lift						
9. Unilateral Leg Press/Calf Press						
10. Reverse Crunch						
11. Side Bends						
Cardio	Oblique Knee Ups		Spiderman Pushups		Plank Ski Squats	



Week 6 Weight Training

Workout: Biceps, Shoulders& Upper Back

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Bent Over Row						
2. Arnolds						
3. Hammer Curls						
Cardio	Squat + Front Kicks		Low Squat Jacks		Tuck Burpees	
4. Close, Reverse Grip Row						
5. Front Raise						
6. Isolated Curls						
Cardio	Plank-Jack Pushup		Mountain Climbers		Plank Ski Squats	
7. Chin Up						
8. Side Raise						
9. 21s						
Cardio	High Knees		Pushups		Shoulder Pushup +Tuck	



Workout: Chest & Triceps

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Cable Flys (Incline)						
2. Incline Dumbbell Press						
3. Body Weight Dips						
Cardio	Plank Pulls + Frog Jump		Vertical Jump + Toe Touch		Side Plank Knee Pulls	
4. Bench Press (Smyth)						
5. Push Ups						
6. Over Head Dumbbell Press						
Cardio	Squat + Side Leg Lift		Lunge + Core Twist	L R	High Knees	
7. Cable Press						
8. Tricep Pushups						
Cardio	Jumping Jacks		Jump lunges		High Knees	



Workout: Legs, Lower Back& Core

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Smyth Squats						
2. Extensions						
3. Knee Raises (Ab Rack)						
Cardio	High Knees		Bicycles		Star Ups	
4. Smyth Lunges						
5. Hamstring (Lift)						
6. Med Ball Side-To-Sides						
7. Weighted Crunch						
Cardio	Scorpion Pushups	L R	Plank Pull + Burpee		Crunches	
8. Dead Lift						
9. Unilateral Leg Press/Calf Press						
10. Reverse Crunch						
11. Side Bends						
Cardio	Oblique Knee Ups		Spiderman Pushups		Plank Ski Squats	



Week 7 Weight Training

Workout: Biceps, Shoulders& Upper Back

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Bent Over Row						
2. Arnolds						
3. Hammer Curls						
Cardio	Squat + Front Kicks		Low Squat Jacks		Tuck Burpees	
4. Close, Reverse Grip Row						
5. Front Raise						
6. Isolated Curls						
Cardio	Plank-Jack Pushup		Mountain Climbers		Plank Ski Squats	
7. Chin Up						
8. Side Raise						
9. 21s						
Cardio	High Knees		Pushups		Shoulder Pushup +Tuck	



Workout: Chest & Triceps

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Cable Flys (Incline)						
2. Incline Dumbbell Press						
3. Body Weight Dips						
Cardio	Plank Pulls + Frog Jump		Vertical Jump + Toe Touch		Side Plank Knee Pulls	
4. Bench Press (Smyth)						
5. Push Ups						
6. Over Head Dumbbell Press						
Cardio	Squat + Side Leg Lift		Lunge + Core Twist	L R	High Knees	
7. Cable Press						
8. Tricep Pushups						
Cardio	Jumping Jacks		Jump lunges		High Knees	



Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Smyth Squats						
2. Extensions						
3. Knee Raises (Ab Rack)						
Cardio	High Knees		Bicycles		Star Ups	
4. Smyth Lunges						
5. Hamstring (Lift)						
6. Med Ball Side-To-Sides						
7. Weighted Crunch						
Cardio	Scorpion Pushups	L R	Plank Pull + Burpee		Crunches	
8. Dead Lift						
9. Unilateral Leg Press/Calf Press						
10. Reverse Crunch						
11. Side Bends						
Cardio	Oblique Knee Ups		Spiderman Pushups		Plank Ski Squats	



Week 8 Weight Training

Workout: Biceps, Shoulders& Upper Back

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Bent Over Row						
2. Arnolds						
3. Hammer Curls						
Cardio	Squat + Front Kicks		Low Squat Jacks		Tuck Burpees	
4. Close, Reverse Grip Row						
5. Front Raise						
6. Isolated Curls						
Cardio	Plank-Jack Pushup		Mountain Climbers		Plank Ski Squats	
7. Chin Up						
8. Side Raise						
9. 21s						
Cardio	High Knees		Pushups		Shoulder Pushup +Tuck	



Workout: Chest & Triceps
Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Cable Flys (Incline)						
2. Incline Dumbbell Press						
3. Body Weight Dips						
Cardio	Plank Pulls + Frog Jump		Vertical Jump + Toe Touch		Side Plank Knee Pulls	
4. Bench Press (Smyth)						
5. Push Ups						
6. Over Head Dumbbell Press						
Cardio	Squat + Side Leg Lift		Lunge + Core Twist	L R	High Knees	
7. Cable Press						
8. Tricep Pushups						
Cardio	Jumping Jacks		Jump lunges		High Knees	



Workout: Legs, Lower Back& Core

Date: _____

Exercise	Set 1		Set 2		Set 3	
	Weight	Reps	Weight	Reps	Weight	Reps
1. Smyth Squats						
2. Extensions						
3. Knee Raises (Ab Rack)						
Cardio	High Knees		Bicycles		Star Ups	
4. Smyth Lunges						
5. Hamstring (Lift)						
6. Med Ball Side-To-Sides						
7. Weighted Crunch						
Cardio	Scorpion Pushups	L R	Plank Pull + Burpee		Crunches	
8. Dead Lift						
9. Unilateral Leg Press/Calf Press						
10. Reverse Crunch						
11. Side Bends						
Cardio	Oblique Knee Ups		Spiderman Pushups		Plank Ski Squats	





***We are all a work in progress.
You can't fix it once and walk away.
You have to keep at it.***



Strength.

Strength [strengkth]: *noun*

The quality or state of being strong; vigour.

Mental power, force or courage.