



In the space provided next to the workout, enter the number of **reps** you completed and the **weight** you used (if applicable).

R = REPS W = WEIGHT I = INTENSITY

For cardio and interval training workouts, enter your **intensity** level on a scale of **1 to 10**, with 10 being the perfect workout, so you can track your progress.

Weeks 1-3	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Day 1 – Chest & Back/ARX	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 2 – Plyometrics	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 3 – Shoulders & Arms/ARX	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 4 – Fountain of Youth	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 5 – Legs & Back/ARX	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 6 – Kenpo X	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 7 – Rest or X Stretch	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Week 4						
Day 1 – Core Synergistics				R ___ W ___ I ___		
Day 2 – Fountain of Youth				R ___ W ___ I ___		
Day 3 – Mammoth UML				R ___ W ___ I ___		
Day 4 – Recovery 4 Results				R ___ W ___ I ___		
Day 5 – Core Synergistics				R ___ W ___ I ___		
Day 6 – Cardio X				R ___ W ___ I ___		
Day 7 – Rest or X Stretch				R ___ W ___ I ___		
Weeks 5-6						
Day 1 – Back & Biceps/ARX					R ___ W ___ I ___	R ___ W ___ I ___
Day 2 – Plyometrics					R ___ W ___ I ___	R ___ W ___ I ___
Day 3 – Chest, Shoulders, Triceps/ARX					R ___ W ___ I ___	R ___ W ___ I ___
Day 4 – Yoga X					R ___ W ___ I ___	R ___ W ___ I ___
Day 5 – Legs & Back/ARX					R ___ W ___ I ___	R ___ W ___ I ___
Day 6 – Super Cardio					R ___ W ___ I ___	R ___ W ___ I ___
Day 7 – Rest or X Stretch					R ___ W ___ I ___	R ___ W ___ I ___



In the space provided next to the workout, enter the number of **reps** you completed and the **weight** you used (if applicable).

R = REPS W = WEIGHT I = INTENSITY

For cardio and interval training workouts, enter your **intensity** level on a scale of **1 to 10**, with 10 being the perfect workout, so you can track your progress.

Week 7	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Day 1 – Back & Biceps/ARX	R ___ W ___ I ___					
Day 2 – Plyometrics	R ___ W ___ I ___					
Day 3 – Chest, Shoulders, Triceps/ARX	R ___ W ___ I ___					
Day 4 – Yoga X	R ___ W ___ I ___					
Day 5 – Legs & Back/ARX	R ___ W ___ I ___					
Day 6 – Super Cardio	R ___ W ___ I ___					
Day 7 – Rest or X Stretch	R ___ W ___ I ___					
Week 8						
Day 1 – Core Synergistics		R ___ W ___ I ___				
Day 2 – Fountain of Youth		R ___ W ___ I ___				
Day 3 – Mammoth UML		R ___ W ___ I ___				
Day 4 – Recovery 4 Results		R ___ W ___ I ___				
Day 5 – Medicine Ball Core Cardio		R ___ W ___ I ___				
Day 6 – Cardio X		R ___ W ___ I ___				
Day 7 – Rest or X Stretch		R ___ W ___ I ___				
Weeks 9–11						
Day 1 – 30-15 - The Upper-Body Massacre/ARX			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 2 – Plyo Legs			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 3 – Diamond Delts/Killer Abs			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 4 – Super Cardio			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 5 – Just Arms/Killer Abs			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 6 – Bun Shaper			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Day 7 – Rest or X Stretch			R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___	
Weeks 10–12						
Day 1 – 30-15 - The Upper-Body Massacre/ARX				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 2 – Plyo Legs				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 3 – Shoulders & Arms/Killer Abs				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 4 – Yoga X				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 5 – Legs & Back/ARX				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 6 – Super Cardio				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___
Day 7 – Rest or X Stretch				R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___