

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 – Fire 45 EZ/Stretch 10	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 – 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 – Fire 45/Stretch 10	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
Day 7 – Rest	R ___ W ___ I ___	R ___ W ___ I ___	R ___ W ___ I ___			
<b>Week 4</b>						
Day 1 – Cardio X/Stretch 10				R ___ W ___ I ___		
Day 2 – HIIT 15/Abs 10 (or Ab Ripper X)/Stretch 10				R ___ W ___ I ___		
Day 3 – Fire 45 EZ/Stretch 10				R ___ W ___ I ___		
Day 4 – Yoga X				R ___ W ___ I ___		
Day 5 – HIIT 20/Abs 10 (or Ab Ripper X)/Stretch 10				R ___ W ___ I ___		
Day 6 – Core 20/Stretch 40				R ___ W ___ I ___		
Day 7 – Rest				R ___ W ___ I ___		
<b>Week 5</b>						
Day 1 – Plyo X/Stretch 10					R ___ W ___ I ___	
Day 2 – HIIT 20/Abs 10 (or Ab Ripper X)/Stretch 10					R ___ W ___ I ___	
Day 3 – Fire 45/Stretch 10					R ___ W ___ I ___	
Day 4 – Core Synergistics					R ___ W ___ I ___	
Day 5 – HIIT 25/Abs 10 (or Ab Ripper X)/Stretch 10					R ___ W ___ I ___	
Day 6 – Fire 55 EZ/Stretch 10					R ___ W ___ I ___	
Day 7 – Rest					R ___ W ___ I ___	
<b>Week 6</b>						
Day 1 – Plyo X/Stretch 10						R ___ W ___ I ___
Day 2 – HIIT 25/Abs 10 (or Ab Ripper X)/Stretch 10						R ___ W ___ I ___
Day 3 – Fire 60 (or Fire 45)/Stretch 10						R ___ W ___ I ___
Day 4 – Core Synergistics						R ___ W ___ I ___
Day 5 – HIIT 25/Abs 10 (or Ab Ripper X)/Stretch 10						R ___ W ___ I ___
Day 6 – Fire 55 EZ/Stretch 10						R ___ W ___ I ___
Day 7 – Rest						R ___ W ___ I ___

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Week 7	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Day 1 – Plyo X/Stretch 10	R ___ W ___ I ___					
Day 2 – HIIT 30/Abs 10/Stretch 10	R ___ W ___ I ___					
Day 3 – Fire 60 (or Fire 45)/Stretch 10	R ___ W ___ I ___					
Day 4 – Core Synergistics	R ___ W ___ I ___					
Day 5 – HIIT 30/Abs 10/Stretch 10	R ___ W ___ I ___					
Day 6 – Fire 55 EZ/Stretch 10	R ___ W ___ I ___					
Day 7 – Rest	R ___ W ___ I ___					
<b>Week 8</b>						
Day 1 – Back & Biceps/ARX		R ___ W ___ I ___				
Day 2 – Fire 45 EZ/Stretch 10		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 – Kenpo X		R ___ W ___ I ___				
Day 7 – Rest		R ___ W ___ I ___				
<b>Week 9 and 10</b>						
Day 1 – Back & Biceps/ARX			R ___ W ___ I ___	R ___ W ___ I ___		
Day 2 – Fire 45/Stretch 10			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 – Fire 55 EZ/Stretch 10			R ___ W ___ I ___	R ___ W ___ I ___		
Day 7 – Rest			R ___ W ___ I ___	R ___ W ___ I ___		
<b>Week 11 and 12</b>						
Day 1 – Fire 60/Stretch 10					R ___ W ___ I ___	R ___ W ___ I ___
Day 2 – Sculpt 30/Core 20					R ___ W ___ I ___	R ___ W ___ I ___
Day 3 – Fire 55 EZ/Stretch 10					R ___ W ___ I ___	R ___ W ___ I ___
Day 4 – Yoga X					R ___ W ___ I ___	R ___ W ___ I ___
Day 5 – Fire 60/Stretch 10					R ___ W ___ I ___	R ___ W ___ I ___
Day 6 – Core Synergistics					R ___ W ___ I ___	R ___ W ___ I ___
Day 7 – Rest					R ___ W ___ I ___	R ___ W ___ I ___