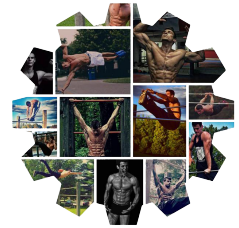


"The System" 12 Week Workouts Calendar

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Phase 1	Week 1	Evaluation TEST	Lower Body	Upper Body	Core Ground	Cardio		Chest
	Week 2	Lower Body	Upper Body	Core on Bar		Back	Lower Body	Shoulders
	Week 3	Cardio		Upper Body	Core Ground	Lower Body	Chest	Back
	Week 4		Cardio	Upper Body	Lower Body	Core on Bar	Chest	
Phase 2	Week 5	Back	Upper Body	Core Ground	Cardio		Lower Body	Chest
	Week 6	Core on Bar	Cardio		Upper Body	Lower Body	Shoulders	Core Ground
	Week 7		Cardio	Chest	Lower Body	Back		Core on Bar
	Week 8	Upper Body	Lower Body	Cardio		Shoulders	Chest	Back
Phase 3	Week 9	Core Ground		Lower Body	Upper Body	Cardio	Shoulders	Core on Bar
	Week 10		Chest	Lower Body	Back	Cardio		Core Ground
	Week 11	Upper Body	Lower Body	Chest	Cardio		Core on Bar	Back
	Week 12	Shoulders	Upper Body	Lower Body	Chest			Evaluation TEST

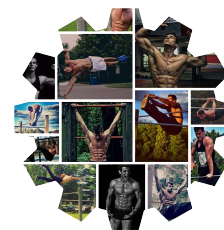
Color Code	Back	Lower Body	Core	Cardio	Upper Body	Shoulders	Chest	REST
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Week 1 Workouts

Quote: Be the best YOU can be!

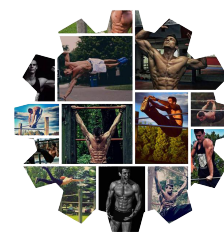
	Exercices	Reps	Sets	Rest
Day 1	Test - Pushups	Max 1min	2-3	1min
Day 1	Test - Pullups	Max 30sec	2-3	1min
Day 1	Test - Squats	Max 1min	2-3	1min
Day 1	Test - Situps	Max 1min	2-3	1min
Day 1	Test - Dips	Max 30sec	2-3	1min
Day 2	High Knees	30sec	3-4	30sec
Day 2	Squats	30sec	3-4	30sec
Day 2	Jumping Lunges	30sec	3-4	30sec
Day 2	Wall Sit	30sec	3-4	50sec
Day 2	Calf Raises	20sec	3-4	35sec
Day 2	Side Hops	20sec	3-4	45sec
Day 3	Chinups	10	3-4	30sec
Day 3	Regular Pushups	15	3-4	30sec
Day 3	90 Degree Pullup Holds	15sec	3-4	35sec
Day 3	Reverse Chair Dips	15	3-4	45sec
Day 3	Shoulder Press Ups	10	3-4	35sec
Day 4	Bicycle Kicks	20sec	3-4	30sec
Day 4	Sit-Ups	15	3-4	35sec
Day 4	Side Plank (Alternate Sides)	30sec	3-4	30sec
Day 4	V hold	15sec	3-4	35sec
Day 4	Crunches	15	3-4	30sec
Day 5	Jumping Jacks	1min	3-4	30sec
Day 5	Running in place	30sec	3-4	45sec
Day 5	Jogging Mid Pace	5min	3-4	1min
Day 5	Explosive Sprints	5	3-4	2min
Day 6	REST	REST	REST	REST
Day 7	Wide Pushups	20	3-4	30sec
Day 7	Incline Pushups	15	3-4	35sec
Day 7	Decline Pushups	15	3-4	45sec
Day 7	Regular Explosive Pushups	10	3-4	50sec
Day 7	90 Degree Pushup Hold	10sec	3-4	45sec



Week 2 Workouts

Quote: It only counts when it hurts!

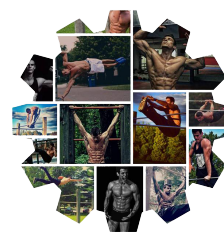
	Exercises	Reps	Sets	Rest
Day 1	Sumo Squats	30sec	3-4	30sec
Day 1	In Place Jumps	20sec	3-4	35sec
Day 1	Butt Kicks Alternate	30sec	3-4	30sec
Day 1	Low Duck Walk	30sec	3-4	35sec
Day 1	Single Leg Calf Raises	40sec	3-4	30sec
Day 2	Close Pushups	15	4-5	30sec
Day 2	Pullups	10	4-5	35sec
Day 2	Dips	12	4-5	45sec
Day 3	Knee Raises	20sec	3-4	30sec
Day 3	90 Degree Flutter Kicks	20sec	3-4	35sec
Day 3	Parallel Bar Knee Raises	25sec	3-4	40sec
Day 3	90 Degree Core Hold	10sec	3-4	1min
Day 4	REST	REST	REST	REST
Day 5	Wide Grip Pullups	10	3-4	30sec
Day 5	Close Grip Pullups	8	3-4	35sec
Day 5	5sec Down Pullup Releases	5	3-4	40sec
Day 5	Pullup Hold Side to Side	8	3-4	50sec
Day 6	5sec Down and up Squats	5	3-4	30sec
Day 6	1 Leg Wall Sit	30sec	3-4	40sec
Day 6	Jump Squats on Platform	10	3-4	55sec
Day 6	One Leg Raises on Platform	12	3-4	40sec
Day 7	Pike Pushups	10	3-4	30sec
Day 7	Quarter Dip Bounce Hold	15sec	3-4	50sec
Day 7	Hindu Pushups	10	3-4	55sec
Day 7	Handstand Wall Hold	15sec	3-4	1min



Week 3 Workouts

Quote: You get what you put in!

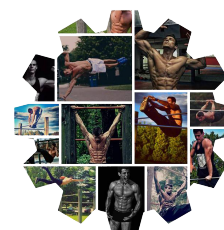
	Exercises	Reps	Sets	Rest
Day 1	Jump Rope or Fake It	1min	3-4	30sec
Day 1	Bunny Hops	30sec	3-4	45sec
Day 1	Half Burpees	40sec	3-4	1min
Day 1	Explosive Squats	10	3-4	1min
Day 2	REST	REST	REST	REST
Day 3	Dips	12	4-5	30sec
Day 3	Chinups	12	4-5	35sec
Day 3	Regular Puhsups	15	4-5	30sec
Day 3	Knee Raises	10	4-5	55sec
Day 4	Crunches	30sec	4-5	30sec
Day 4	Laying down Knee Rolls	30sec	4-5	30sec
Day 4	Plank	1min	4-5	40sec
Day 4	6 Inches Scissor Kicks	30sec	4-5	50sec
Day 5	Squats	20	4-5	30sec
Day 5	Lunges	20	4-5	35sec
Day 5	Jump Squats	15	4-5	35sec
Day 5	Jumping Lunges	15	4-5	45sec
Day 6	Inner Pushups	12	4-5	30sec
Day 6	Spider Pushups	15	4-5	40sec
Day 6	Pseudo Pushups	8	4-5	35sec
Day 6	Wide Pushups	18	4-5	1min
Day 7	Close Grip Chinups	10	4-5	30sec
Day 7	Wide Grip Chinups	8	4-5	40sec
Day 7	Chin Above Bar Hold	20sec	4-5	50sec
Day 7	5sec Up and Down Pullups	4	4-5	1min



Week 4 Workouts

Quote: No struggle no progress!

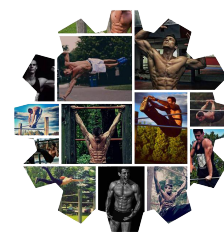
	Exercises	Reps	Sets	Rest
Day 1	REST	REST	REST	REST
Day 2	High Knees	30sec	4-5	30sec
Day 2	Burpees	8	4-5	40sec
Day 2	Mountain Climbers	30sec	4-5	45sec
Day 2	Run on Incline	2min	4-5	1min
Day 3	Regular Pushups	18	4-5	30sec
Day 3	Explosive Dips	10	4-5	40sec
Day 3	Wide Pullups	12	4-5	50sec
Day 4	Jog Mid Pace	30sec	4-5	30sec
Day 4	Squats	30sec	4-5	30sec
Day 4	Alternating Lunges	30sec	4-5	25sec
Day 4	Step Ups on Platform	30sec	4-5	40sec
Day 4	Calf Raises	30sec	4-5	1min
Day 5	90 Degree Leg Raises	20sec	4-5	30sec
Day 5	90 Degree Scissor Kicks	20sec	4-5	35sec
Day 5	Knee Raises	25sec	4-5	40sec
Day 5	In and Outs	15sec	4-5	55sec
Day 6	Incline Pushups	20	4-5	30sec
Day 6	Decline Pushups	15	4-5	40sec
Day 6	Regular Clap Pushups	10	4-5	50sec
Day 6	5sec down up Pushups	5	4-5	1min
Day 7	REST	REST	REST	REST



Week 5 Workouts

Quote: Failure is part of the process, quitting is not!

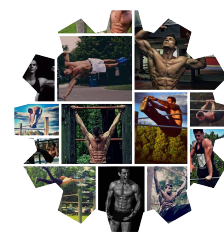
	Exercises	Reps	Sets	Rest
Day 1	Extra Wide Pullups	10	4-5	30sec
Day 1	Circle Chinups	7	4-5	40sec
Day 1	Archer Pullups	10	4-5	45sec
Day 1	Explose up Slow Down Chinups	10	4-5	1min
Day 2	Explosive Pullups - Pull Down	6	4-5	30sec
Day 2	Dips on top of Bar	8	4-5	35sec
Day 2	Regular Pushups	10	4-5	40sec
Day 2	Full body Triceps extensions	7	4-5	50sec
Day 3	Alternating side Heel touch	20	4-5	30sec
Day 3	Alternating side Full sit-ups	20	4-5	40sec
Day 3	Alternating side Plank holds	30sec	4-5	50sec
Day 3	Sit-Ups	20	4-5	1min
Day 4	1 Mile Run	X	1-2	4min
Day 4	Jump Squats	15	1-2	1min
Day 4	90 Degree Squat Hold	30sec	1-2	2min
Day 5	REST	REST	REST	REST
Day 6	Jumps on Higher Platform	15	4-5	40sec
Day 6	One leg Jumps Higher Platform	14	4-5	45sec
Day 6	Squat, Jump, Squat	10	4-5	1min
Day 6	Lunge, Calf Raise, Lunge	20	4-5	1min
Day 7	Wide Clap Pushups	10	4-5	30sec
Day 7	Type-Writer Pushups	10	4-5	40sec
Day 7	Inner Pushups Lean Forward	15	4-5	45sec
Day 7	Dips Lean Forward	12	4-5	40sec



Week 6 Workouts

Quote: Believe to achieve!

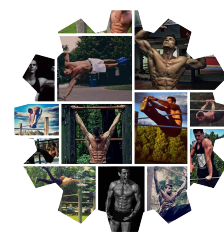
	Exercises	Reps	Sets	Rest
Day 1	Full leg raises	8	4-5	30sec
Day 1	Knee Alternating Side raises	20	4-5	40sec
Day 1	Full Body Raises	5	4-5	50sec
Day 1	Knee Raises	15	4-5	1min
Day 2	Sprints	10	4-5	55sec
Day 2	Hop Jumps	10	4-5	45sec
Day 2	Low side to side walks	10	4-5	55sec
Day 2	Jogging	1min	4-5	1min
Day 3	REST	REST	REST	REST
Day 4	Regular Grip Pullups	12	4-5	30sec
Day 4	Regular Pushups	18	4-5	30sec
Day 4	90 Degree Pullups Holds	20sec	4-5	35sec
Day 4	Shoulder Press Ups	12	4-5	45sec
Day 4	Reverse Chair Dips	18	4-5	35sec
Day 5	Squats	35sec	4-5	30sec
Day 5	High Knees	35sec	4-5	30sec
Day 5	Jumping Lunges	35sec	4-5	30sec
Day 5	Calf Raises	35sec	4-5	40sec
Day 5	Wall Sit	35sec	4-5	30sec
Day 5	Side Hops	35sec	4-5	45sec
Day 6	Alternating arm step up on platform	30sec	4-5	40sec
Day 6	Handstand Walk out from wall	5	4-5	50sec
Day 6	Pike Pushups	15	4-5	1min
Day 6	Pike Hold	20sec	4-5	1min
Day 7	Situps	25	4-5	30sec
Day 7	Situp Twists up down	14	4-5	40sec
Day 7	V-Hold	30sec	4-5	50sec
Day 7	12 inch leg press in and outs	15	4-5	1min



Week 7 Workouts

Quote: If it was easy everyone would do it!

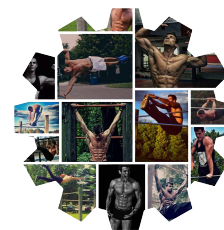
	Exercises	Reps	Sets	Rest
Day 1	REST	REST	REST	REST
Day 2	Jump Rope or Fake It	2min	4-5	40sec
Day 2	Bunny Hops	40sec	4-5	50sec
Day 2	Explosive Squats	14	4-5	1min
Day 2	Half Burpees	50sec	4-5	1min
Day 3	Decline Pushups	18	4-5	30sec
Day 3	Incline Pushups	20	4-5	35sec
Day 3	Wide Pushups	22	4-5	45sec
Day 3	Regular Explosive Pushups	10	4-5	50sec
Day 3	Pulsating 90 Degree Hold	10sec	4-5	45sec
Day 4	Sumo Squats	15	4-5	20sec
Day 4	In Place Jumps	10	4-5	35sec
Day 4	Single Leg Calf Raises Alternate	15	4-5	20sec
Day 4	Low Duck Walk	30sec	4-5	35sec
Day 4	Butt Kicks Alternate	15	4-5	30sec
Day 5	Wide Grip Pullups	12	4-5	30sec
Day 5	5sec Down Pullup Releases	5	4-5	35sec
Day 5	Close Grip Pullups	8	4-5	40sec
Day 5	90 Degree Side to Side	8	4-5	50sec
Day 6	REST	REST	REST	REST
Day 7	110 Degree Flutter Kicks	25sec	4-5	25sec
Day 7	Explosive Knee Raises	20	4-5	30sec
Day 7	Parallel Bar Knee Raises	15sec	4-5	40sec
Day 7	90 Degree Core Hold	15sec	4-5	55sec



Week 8 Workouts

Quote: Pain is temporary, quitting lasts forever!

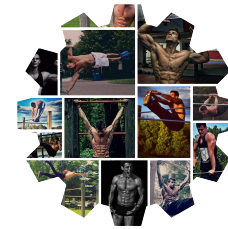
	Exercises	Reps	Sets	Rest
Day 1	Pushup Pyramid	1,2,3,4,5	5-6	1min
Day 1	Pullups Pyramid	1,2,3,4,5	5-6	1min
Day 1	Dips Pyramid	1,2,3,4,5	5-6	1min
Day 2	Alternating Pulsating Lunge Hold	30sec	5-6	30sec
Day 2	Lunges	15	5-6	30sec
Day 2	Pulsating Squat hold	30sec	5-6	30sec
Day 2	Squats	20	5-6	50sec
Day 2	Jump Squats	10	5-6	1min
Day 3	Run on Incline/Decline	3min	5-6	30sec
Day 3	Burpees	8	5-6	40sec
Day 3	Mountain Climbers	30sec	5-6	45sec
Day 3	Touch both Knee Jumps	30sec	5-6	1min
Day 4	REST	REST	REST	REST
Day 5	Hindu Pushups	15	5-6	40sec
Day 5	Quarter Dip Bounce Hold	20sec	5-6	50sec
Day 5	Pike Pushups	15	5-6	55sec
Day 5	Handstand Wall Hold	30sec	5-6	1min
Day 6	Inner Pushups	16	5-6	40sec
Day 6	Walk forward and back Pushups	15	5-6	40sec
Day 6	Pseudo Pushups	10	5-6	45sec
Day 6	Wide Pushups	22	5-6	1min
Day 7	Circle Chinups	10	5-6	35sec
Day 7	Extra Wide Pullups	12	5-6	40sec
Day 7	Explose up Slow Down Chinups	8	5-6	45sec
Day 7	Archer Pullups	10	5-6	1min



Week 9 Workouts

Quote: Don't count the days, make the days count!

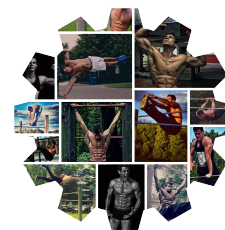
	Exercises	Reps	Sets	Rest
Day 1	Full Toe Touch	12	6-7	30sec
Day 1	Half crunch/Full crunch	10	6-7	45sec
Day 1	Alternating side Toe Touch	12	6-7	45sec
Day 1	Full Body In and Outs	10	6-7	1min
Day 2	REST	REST	REST	REST
Day 3	Alternating Pistol Squats	10	6-7	40sec
Day 3	Squats	25	6-7	45sec
Day 3	1 Leg Calf Raises	20	6-7	40sec
Day 3	Bodyweight Dead lift one leg	10	6-7	50sec
Day 4	Muscle Ups	5	6-7	30sec
Day 4	Regular Pushups	15	6-7	45sec
Day 4	Regular Pullups	10	6-7	45sec
Day 4	Dips	12	6-7	1min
Day 5	Light jog warm up	1	1	2min
Day 5	3 Mile Run	1	1	X
Day 6	Elevated Pike Hold	30sec	6-7	40sec
Day 6	Handstand Walk out from wall	7	6-7	50sec
Day 6	Pike Pushups	20	6-7	1min
Day 6	Alternating arm step up on platform	30sec	6-7	1min
Day 7	Leg Raises	15	6-7	30sec
Day 7	Windshield Wipers	10	6-7	45sec
Day 7	Tucked front Lever hold	10sec	6-7	1min



Week 10 Workouts

Quote: It never gets easier, you just get stronger!

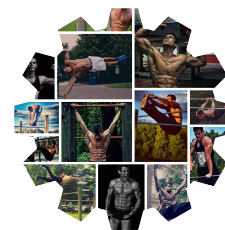
	Exercises	Reps	Sets	Rest
Day 1	REST	REST	REST	REST
Day 2	Regular Pushups	15	6-8	30sec
Day 2	Inner Pushups	12	6-8	40sec
Day 2	Wide Pushups	20	6-8	1min
Day 3	Squats	15	6-8	30sec
Day 3	Lunges	15	6-8	40sec
Day 3	Jump Squats	12	6-8	50sec
Day 3	Jump Lunges	12	6-8	1min
Day 4	Regular Pullups	14	6-8	30sec
Day 4	Inner Pullups	10	6-8	35sec
Day 4	Wide Pullups	12	6-8	45sec
Day 4	Chinup Head Bangers	5	6-8	1min
Day 5	Sprints	10	6-8	55sec
Day 5	Hop Jumps	10	6-8	45sec
Day 5	Low side to side walks	10	6-8	55sec
Day 5	Jogging	45sec	6-8	1min
Day 6	REST	REST	REST	REST
Day 7	Ground Windshield Wipers	12	6-8	30sec
Day 7	90 Degree Leg Ups	12	6-8	45sec
Day 7	Bicycle Kicks	30sec	6-8	40sec
Day 7	Crunches	10	6-8	1min



Week 11 Workouts

Quote: Success is a matter of hanging on when others have let go!

	Exercises	Reps	Sets	Rest
Day 1	Muscle Ups	7	6-9	30sec
Day 1	Inner Pushups	10	6-9	40sec
Day 1	Straight Bar Dips	8	6-9	35sec
Day 1	Wide Pullups	5	6-9	2min
Day 2	Alternating Pistol Squats	12	6-9	40sec
Day 2	Low Duck Walk	20sec	6-9	45sec
Day 2	1 Leg Calf Raises	15	6-9	50sec
Day 2	Bodyweight Dead lift one leg	14	6-9	1min
Day 3	Incline Pushups	20	6-9	30sec
Day 3	Decline Pushups	15	6-9	35sec
Day 3	Ground Wide Pushups	20	6-9	45sec
Day 3	Clap Pushups	5	6-9	1min
Day 4	Jog warmup	1min	1-2	1min
Day 4	1/2 mile fast pace	1	1-2	2min
Day 4	1/2 slow pace	1	1-2	2min
Day 5	REST	REST	REST	REST
Day 6	Hanging Bicycle Kicks	30sec	6-9	30sec
Day 6	Leg Raises	15	6-9	40sec
Day 6	Alternating One arm hang L-sit	5sec	6-9	50sec
Day 6	Knee Raises	20	6-9	1min
Day 7	5sec Up and Down Pullups	10	6-9	30sec
Day 7	Wide Grip Chinups	12	6-9	40sec
Day 7	Chin Above Bar Hold	10sec	6-9	50sec
Day 7	Close grip Pullups	12	6-9	1min



Week 12 Workouts

Quote: Always remember where you came from!

	Exercises	Reps	Sets	Rest
Day 1	Handstand Pushups wall assisted	5	6-10	40sec
Day 1	Pushups stance shoulder walk outs	10	6-10	45sec
Day 1	Pike Pushups	14	6-10	50sec
Day 1	Handstand Hold	45sec	6-10	1min
Day 2	Muscle Ups	8	6-10	30sec
Day 2	Pushups	15	6-10	40sec
Day 2	Dips	15	6-10	45sec
Day 2	Pullups	10	6-10	1min
Day 3	High Knees	30sec	6-10	30sec
Day 3	Squats	30sec	6-10	30sec
Day 3	Jumping Lunges	30sec	6-10	45sec
Day 3	Wall Sit	30sec	6-10	50sec
Day 3	Calf Raises	30sec	6-10	1min
Day 4	Clap Pushups	12	6-10	30sec
Day 4	Type-Writer Pushups	12	6-10	40sec
Day 4	Inner Pushups	12	6-10	50sec
Day 4	90 Degree Pushups Hold	10sec	6-10	1min
Day 5	REST	REST	REST	REST
Day 6	REST	REST	REST	REST
Day 7	Test - Pushups	Max 1min	2-3	1min
Day 7	Test - Pullups	Max 30sec	2-3	1min
Day 7	Test - Squats	Max 1min	2-3	1min
Day 7	Test - Situps	Max 1min	2-3	1min
Day 7	Test - Dips	Max 30sec	2-3	1min