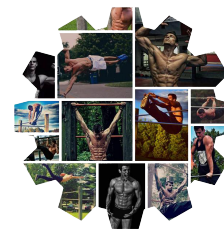


"The System" Workout Calendar Upgrade 1

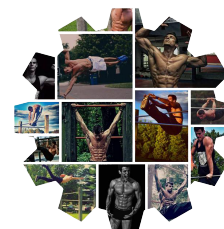
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Phase 4	Week 1	Lower Body	Upper Body	Core Ground	Cardio		Chest	Lower Body
	Week 2	Upper Body	Core on Bar		Back	Lower Body	Shoulders	Cardio
	Week 3		Upper Body	Core Ground	Lower Body	Chest	Back	
	Week 4	Cardio	Upper Body	Lower Body	Core on Bar			Max Reps Test
Color Code	Back	Lower Body	Core	Cardio	Upper Body	Shoulders	Chest	REST



Week 1 Workouts

Quote: No pain No gain!

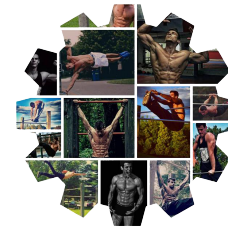
	Exercices	Reps	Sets	Rest
Day 1	Squats+(25lbs)	30sec	4-5	30sec
Day 1	Lunges+(25lbs)	30sec	4-5	45sec
Day 1	Squats	30sec	4-5	50sec
Day 1	Lunges	30sec	4-5	50sec
Day 1	Calf Raises+(25lbs)	30sec	4-5	1min
Day 2	Chinups+(25lbs)	10	4-5	30sec
Day 2	Regular Pushups+(25lbs)	15	4-5	30sec
Day 2	90 Degree Pullup Holds+(25lbs)	15sec	4-5	45sec
Day 2	Reverse Chair Dips+(25lbs)	15	4-5	1min
Day 3	Bicycle Kicks+(25lbs)	20sec	3-4	30sec
Day 3	Sit-Ups+(25lbs)	15	3-4	35sec
Day 3	Side Plank (Alternate Sides)	30sec	3-4	30sec
Day 3	Crunches+(25lbs)	15	3-4	30sec
Day 4	Jumping Jacks	1min	4-5	45sec
Day 4	Running in place	1min	4-5	45sec
Day 4	15 meter Sprints Suicides	10	4-5	2min
Day 5	REST	REST	REST	REST
Day 6	Wide Pushups+(25lbs)	18	4-5	30sec
Day 6	Incline Pushups+(25lbs)	15	4-5	45sec
Day 6	Decline Pushups+(25lbs)	15	4-5	45sec
Day 6	Close grip Pushups+(25lbs)	12	4-5	1min
Day 7	Sumo Squats+(25lbs)	30sec	4-5	40sec
Day 7	Jumping Squats+(25lbs)	20sec	4-5	45sec
Day 7	Low Duck Walk+(25lbs)	30sec	4-5	50sec
Day 7	Single Leg Calf Raises+(25lbs)	40sec	4-5	1min



Week 2 Workouts

Quote: Actions speak louder than words!

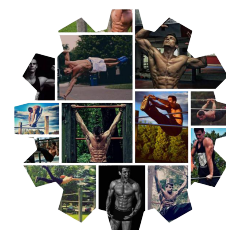
	Exercises	Reps	Sets	Rest
Day 1	Close Pushups+(35lbs)	15	4-5	30sec
Day 1	Pullups+(35lbs)	10	4-5	35sec
Day 1	Dips+(35lbs)	12	4-5	45sec
Day 2	Leg Raises+(25lbs)	20sec	4-5	30sec
Day 2	90 Degree Flutter Kicks	20sec	4-5	45sec
Day 2	Parallel Bar Knee Raises+(25lbs)	25sec	4-5	45sec
Day 2	90 Degree Core Hold	10sec	4-5	1min
Day 3	REST	REST	REST	REST
Day 4	Wide Grip Pullups+(25lbs)	10	4-5	30sec
Day 4	Close Grip Pullups+(25lbs)	8	4-5	45sec
Day 4	5sec Down Pullup Releases	5	4-5	45sec
Day 4	Pullup Hold Side to Side	8	4-5	1min
Day 5	Pistol Squats+(25lbs)	10	4-5	30sec
Day 5	5sec Down and Up Squats+(25lbs)	5	4-5	45sec
Day 5	1 Leg Wall Sit	30sec	4-5	50sec
Day 5	Jump Squats on Platform	10	4-5	1min
Day 6	Assisted Handstand Pushups on Wall	10	3-4	40sec
Day 6	Quarter Dip Bounce Hold+(25lbs)	15sec	3-4	50sec
Day 6	Handstand Wall Walks	10	3-4	1min
Day 7	1 mile run for speed	1	1-2	3min



Week 3 Workouts

Quote: Do it like your life depended on it!

	Exercices	Reps	Sets	Rest
Day 1	REST	REST	REST	REST
Day 2	Dips+(45lbs)	12	5-6	45sec
Day 2	Chinups+(45lbs)	12	5-6	45sec
Day 2	Regular Puhsups+(45lbs)	15	5-6	1min
Day 3	Crunches+(45lbs)	10	5-6	40sec
Day 3	Laying down Knee Rolls	30sec	5-6	45sec
Day 3	Plank	1min	5-6	50sec
Day 3	6 Inches Scissor Kicks	30sec	5-6	1min
Day 4	Squats+(45lbs)	20	5-6	40sec
Day 4	Lunges+(45lbs)	20	5-6	45sec
Day 4	Jump Squats	15	5-6	50sec
Day 4	Jumping Lunges	15	5-6	1min
Day 5	Inner Pushups+(45lbs)	12	5-6	40sec
Day 5	Regular Pushups+(45lbs)	15	5-6	50sec
Day 5	Wide Pushups+(45lbs)	18	5-6	1min
Day 6	Close Grip Chinups+(45lbs)	10	5-6	40sec
Day 6	Wide Grip Chinups+(45lbs)	10	5-6	50sec
Day 6	Chin Above Bar Hold+(45lbs)	15sec	5-6	1min
Day 7	REST	REST	REST	REST



Week 4 Workouts

Quote: Hard work pays off!

	Exercises	Reps	Sets	Rest
Day 1	High Knees	30sec	6-8	40sec
Day 1	Burpees	10	6-8	50sec
Day 1	Mountain Climbers	20sec	6-8	1min
Day 2	Regular Pushups+(90lbs)	10	6-8	45sec
Day 2	Regular Pullups+(90lbs)	10	6-8	1min
Day 3	Jumps on Platform+(45lbs)	30sec	6-8	30sec
Day 3	Alternating Lunges+(45lbs)	30sec	6-8	25sec
Day 3	Step Ups on Platform	30sec	6-8	40sec
Day 3	Calf Raises	30sec	6-8	1min
Day 4	90 Degree Leg Raises+(45lbs)	10	6-8	30sec
Day 4	90 Degree Scissor Kicks	20sec	6-8	35sec
Day 4	Knee Raises+(45lbs)	10	6-8	40sec
Day 4	In and Outs	15sec	6-8	55sec
Day 5	REST	REST	REST	REST
Day 6	REST	REST	REST	REST
Day 7	TEST MAX REPS - Pushups	Max 1min	1	1min
Day 7	TEST MAX REPS - Pullups	Max 30sec	1	1min
Day 7	TEST MAX REPS - Squats	Max 1min	1	1min