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WORKOUTS	CHARTS
UPPER PLUS WEEKS 1-3	UPPER PLUS
UPPER PLUS WEEKS 5-7	TOTAL BODY PLUS
UPPER PLUS WEEKS 9-12	CORE SYNERGISTICS
INTERVAL X	ABS, CORE PLUS
TOTAL BODY PLUS	
YOGA X	
KENPO CARDIO PLUS	
BACK & BICEPS	
CHEST, SHOULDERS, & TRICEPS	
LEGS & BACK	
PLYOMETRICS	
CORE SYNERGISTICS	
CHEST & BACK	
SHOULDERS & ARMS	
ABS, CORE PLUS WEEKS 1-4	
ABS, CORE PLUS WEEKS 5-8	
ABS, CORE PLUS WEEKS 9-12	

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[Calculators](#)[Fit Test](#)[Measurements](#)[Schedule](#)[Nutrition](#)[GO TO DATA](#)

NUTRITION

[PHASES & LEVELS](#)[PORTION PLAN](#)[WEEKLY CALORIES](#)[DAILY CALORIES CHART](#)

SHEETS FOR PRINT

[UPPER PLUS](#)[TOTAL BODY PLUS](#)[ABS, CORE PLUS](#)[CHEST & BACK](#)[SHOULDERS & ARMS](#)[LEGS & BACK](#)[CORE SYNERGISTICS \(LEAN\)](#)[CORE SYNERGISTICS](#)[CHEST, SHOULDERS, & TRICEPS](#)[BACK & BICEPS](#)

2008 Stephan Bour

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Abbreviations:

R1, R2: reps for first exercise, reps for second exercise
 W1, W2: same for weights
 NC, C: No-Chair or Chair for pull-Ups
 Reg, K: normal or on knees form for push-Ups
 RA, LA: right or left arm
 RL, LL: right or left leg

Setup and usage:

Make a copy of the original file for safekeeping

Open the copy you made for your own use and familiarize yourself with the spreadsheet

Clear the spreadsheet of all sample data (if necessary). Only required if you want to

- Click on the "Select All Unlocked Cells and CLEAR CONTENT" button. The button will select their content
- Right-click on any selected cell and select "Clear Contents". This will remove all the exist to keep, simply close the file without saving or start over and make a clean copy of the ori
- The sheet is now blank and ready for your own data
- Repeat for each sheet containing user data (all except INSTRUCTIONS, DATA, graphs, an

Next, fill out all the required "Stats and Goals" data in the SETUP sheet. The data is

Next, fill out all the required "Data Operations" data in the SETUP sheet

1. Data Operations:

"Penalty for doing less reps on the second repeat": this is for those who want to pace the overdone it so much on the first repeat that you can't perform the second with the same difference between the two repeats from the average of the two repeats. The value set i value is 2, subtracting 1/2 of the difference. The higher the number, the lower the penal disable the feature.

"Correction factor for Chair-Assisted Pull-Ups": most of us will need the help of a chair fo the spreadsheet two cells for recording all pull-ups: one for "the real deal" (NC or No Cha pull-ups are counted. If you set the value to the default 2, they will count as 1/2 a pull-up goes up. If you want them to count as a normal pull-up, simply set this value to 1 or recc

"Number to divide the R*W calculation by for better chart display": this is cosmetic only. multiplication. This can lead to high numbers and make for ugly charts if mixed with reps chart for instance). To mitigate that, you have the option to divide all reps x weight resu

2. Calculations and Color codes:

R1	10	9	R1	12	12
R2	8	1	R2	12	12
R2	8	1	R2	12	12

For 2 repeat exercises, the number in the v
 The red box indicates that the second repe
 in the DATA sheet unless penalty was turne
 The green box indicates that the second re

Cre

Daniel Pendergrass for suggestions, testing, and direct contributions to new features. <http://p9>
Many thanks to Maggie Wang for suggestions and weight loss calculators adapted from her We
Beachbody® and Tony Horton for the awesome P90X® and P90X+® programs. <http://www.bea>

Chang

Version 1.01:

Added Chair and Knee options for pull-ups and push-ups

Added columns for all program weeks and pre-calculated dates on MEASUREMENTS sheet

Changed some conditional formatting formulas for compatibility with Office 2003

Added gram/ounce converter to Portion Plan sheet (thanks Daniel!)

Added missing clear data buttons to Week 3-12 CALs sheets

ors	Fit Test	Measurements	Schedule	Nutrition
-----	----------	--------------	----------	-----------

start over or if I sent you a sheet with sample data.

click all the unlocked user-enabled cells in the active sheet and, after your confirmation, clear

existing data. THIS CANNOT BE UNDONE. If you made a mistake and removed something you want original

and the "for Print" sheets)

used to color-code your progress in the PERFORMANCE sheet

themselves. A number of exercises in P90X are repeated twice during the same workout. If you've done an exercise at a higher intensity, you get penalized. The penalty is a calculation that subtracts a portion of the value in the box determines the portion that is subtracted. The maximum penalty corresponds to a value of 10. If you don't like the idea, ignore that number and set the "Activate penalty" value to 0 to

for pull-ups, at least initially. However, I don't consider those full pull-ups. I therefore provided in the spreadsheet (F) and one for chair-assisted (C). The value you set here will determine how chair-assisted pull-ups count in the total. Any number above 2 will proportionally make them count as less as the number of full pull-ups. Record all your pull-ups in "NC" box.

Throughout the spreadsheet exercises with weights are accounted as a reps x weight calculation. For push-ups only exercises (push-ups with a value of 20 and Lawnmowers with a value of 300 on the same scale) divide the results by a fixed number and bring all the results on a similar scale. 10 seems to work well.

The white box is the average between the two repeats

if the second repeat was less than the first. The number in the red box will be subtracted from the average above and rounded off, as explained above

if the second repeat was equal or higher than the first. No penalty is applied

Contact

redits

10xlog.blogspot.com

eightLossCalculator_v4 spreadsheet. <http://maggiewang.com/>

achbody.com/

ge Log

Record your stats and goals

(Enter your data in the orange colored cells. Values in yellow cells are calculated automatically)

Select your P90X Program	Classic
--------------------------	---------

YOUR P90X START DATE:	Mon, Jan 07, '08
YOUR P90X PLANNED COMPLETION DATE:	Mon, Mar 31, '08
YOUR P90X ACTUAL COMPLETION DATE:	Mon, Mar 31, '08
DAYS ELAPSED SINCE START:	4039
DAYS SKIPPED TO DATE:	0

Set the Height/Weight unit combination you wish to use:	inch/lb
---	---------

Select your gender:	Male
---------------------	------

Select your body fat calculation method:	Digital Scale
--	---------------

START DATE STATS	
Age	37.0
Height	68.0
Weight	170.0
Body Fat (From "CALCULATORS" sheet)	25.0%
Lean Body Mass	127.5
Fat Body Mass	42.5
Body Surface Area (BSA)	1.9
Body Mass Index (BMI)	25.8

UPPER LIMITS	
Weight	170.0
Body Fat	25.0%
BMI	24.9

TARGETS	
Target Lean Body Mass Increase	4.0
Target Body Fat	17.0%
Target Weight	153.2
Target BMI	20.0
Target Weight Loss	16.8

DATA OPERATIONS

Penalty for doing less reps on the second repeat (some exercises). Enter 2 for "Subtract 1/2 of the difference from the Average"; 3 for "Subtract 1/3 of the difference; and so on..."	2.0
Activate penalty (0 is OFF, 1 is ON)	1

Correction factor for Chair-Assisted Pull-Ups AND Push-Ups on knees (Enter 1 for none; 2 for "Counts as 1/ 2 "; and so on...)	2.0
--	------------

Number to divide the R*W calculation by for better chart display	10
--	-----------

Fit Test

Measurements

Schedule

Nutrition

yrs
inch
lb
lb
lb
sq meters

lb

lb
lb

lb

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Calculators

OPTION 1, Reading from scale:

Your Body Fat content: 25.00%

OPTION 2, The U.S. Navy Circumference Method:

Set Unit (Drop Down):

Abdomen	0.0	Hip	0.0	Neck	0.0	Height	
---------	-----	-----	-----	------	-----	--------	--

You selected: Male

Your Body Fat content: Err:502 Target ranges. Men: 10-18%, Women: 18-25%

OPTION 3, The 3-Site Method:

FEMALE					
SITE	REPEAT			Average	BF
	1	2	3		
Tricep				0.0	3.40%
Suprailliac				0.0	
Thigh				0.0	

You selected: Male

Your Body Fat content: 1.30%

OPTION 4, The 7-site Method:

FEMALE					
SITE	REPEAT			Average	BF
	1	2	3		
Tricep				0.0	4.20%
Suprailliac				0.0	
Thigh				0.0	
Chest				0.0	
Midaxillary				0.0	
Subscapula				0.0	
Abdomen				0.0	

You selected: Male

Your Body Fat content:

0.75%

Fit Test

Measurements

Schedule

Nutrition

0.0

MALE					
SITE	REPEAT			Average	BF
	1	2	3		
Chest				0.0	1.30%
Abdomen				0.0	
Thigh				0.0	

MALE					
SITE	REPEAT			Average	BF
	1	2	3		
Chest				0.0	0.75%
Abdomen				0.0	
Thigh				0.0	
Suprailiac				0.0	
Midaxillary				0.0	
Tricep				0.0	
Subscapula				0.0	

P90X Fit Te

Prior to Day 01

1. Physical Condition

Pull-Ups	4	Reps	PASS
Vertical Reach	85	Inch	
Jump with Step	88	Inch	
Vertical Leap	3	Inch	FAIL
Push-Ups	16	Reps	PASS
Toe Touch	-2	Inch	PASS
Wall Squat	60	Seconds	PASS
Bicep Curls	8	Reps	
	20	Weight	
	160	Total	FAIL
In & Outs	15	reps	FAIL

2. Cardiac Condition

Resting Heart Rate	76	Bpm
Heart Rate Maximizer:		
Immediately	152	Bpm
After 1 minute	140	Bpm
After 2 minutes	135	Bpm
After 3 minutes	120	Bpm
After 4 minutes	85	Bpm

TARGET HEART RATE CALCULATOR

Age from "SETUP" sheet

Maximum Heart Rate

"In Zone" Minimum Target Heart Rate

"Light Intensity" Target Heart Rate

"Moderate Intensity" Target Heart Rate

"Heavy Intensity" Target Heart Rate

"MAX Intensity" Target Heart Rate

est

After Day 90

1. Physical Condition

Pull-Ups	15	Reps	PASS
Vertical Reach	85	Inch	
Jump with Step	92	Inch	
Vertical Leap	7	Inch	PASS
Push-Ups	20	Reps	PASS
Toe Touch	0	Inch	PASS
Wall Squat	120	Seconds	PASS
Bicep Curls	15	Reps	
	35	Weight	
	525	Total	PASS
In & Outs	30	reps	PASS

2. Cardiac Condition

Resting Heart Rate	70	Bpm
Heart Rate Maximizer:		
Immediately	130	Bpm
After 1 minute	115	Bpm
After 2 minutes	98	Bpm
After 3 minutes	80	Bpm
After 4 minutes	70	Bpm

OR

37	yrs
----	-----

184.1	Bpm
110	Bpm
120	Bpm
138	Bpm
156	Bpm
175	Bpm

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		Date	Start	Week 2	Week 3	Week 4
			7-Jan-08	14-Jan-08	21-Jan-08	28-Jan-08
Measurements (inch)	<i>Neck</i>					
	<i>Shoulder</i>					
	<i>Chest</i>					
	<i>Waist</i>					
	<i>Abdomen</i>					
	<i>Hips</i>					
	<i>Thigh</i>					
	<i>Knee</i>					
	<i>Calf</i>					
	<i>Ankle</i>					
	<i>Arm</i>					
	<i>Forearm</i>					
	<i>Wrist</i>					
	<i>Waist-Hip Ratio</i>					
Body Fat Measurements (mm)	<i>Pectoral</i>					
	<i>Abdominal</i>					
	<i>Thigh</i>					
	<i>Tricep</i>					
	<i>Subscapular</i>					
	<i>Suprailiac</i>					
	<i>Axilla</i>					

2008

January						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

March						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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Calc

Workout Sc

Sheet is PROTECTED for sa

DATA FROM SETUP SHEET:

WEIGHT	
Too high (Greater than)	170.0
Target (Less than)	153.2
BODY FAT	
Too high (Greater than)	25.0%
Target (Less than)	17.0%
BMI	
Too high (Greater than)	24.9
Target (Less than)	20.0

Date	Weight	Weight Loss	Body Fat (lb)	Body Fat (%)	BMI
Monday, January 07, 2008	170.0	0.0	42.5	25.0%	25.8
Tuesday, January 08, 2008					
Wednesday, January 09, 2008					
Thursday, January 10, 2008					
Friday, January 11, 2008					
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Workout (Classic)		Unprotect the sheet before using the "Reschedule" Feature	
Upper Plus, Abs/Core Plus	WEEK 1	BRING	PHASE 1
Interval X Plus, Abs/Core Plus			
Total Body Plus			
Yoga X	WEEK 2		
Upper Plus, Abs/Core Plus			
Kenpo Cardio Plus			
Rest or X Stretch	WEEK 3		
Upper Plus, Abs/Core Plus			
Interval X Plus, Abs/Core Plus			
Total Body Plus	WEEK 4		
Yoga X			
Upper Plus, Abs/Core Plus			
Kenpo Cardio Plus	WEEK 5	RECOVERY	
Rest or X Stretch			
Back & Biceps, Ab Ripper X			
Core Synergistics			
Chest, Shoulders, Triceps	WEEK 6	RECOVERY	
Abs/Core Plus & X Stretch			
Legs & Back			
Yoga X			
Rest or X Stretch	WEEK 7	RECOVERY	
Upper Plus, Abs/Core Plus			

Reschedule Selected Workout

PHASE 1

Undo Reschedule

Plyometrics	E E K	B R I N G	PHASE 2
Total Body Plus			
Yoga X			
Upper Plus, Abs/Core Plus			
Kenpo Cardio Plus			
Rest or X Stretch	5		
Upper Plus, Abs/Core Plus	W E E K		
Plyometrics			
Total Body Plus			
Yoga X			
Upper Plus, Abs/Core Plus			
Kenpo Cardio Plus	6		
Rest or X Stretch			
Upper Plus, Abs/Core Plus			
Plyometrics		W E E K	
Total Body Plus			
Yoga X			
Upper Plus, Abs/Core Plus			
Kenpo Cardio Plus			
Rest or X Stretch	7		
Chest & Back			
Core Synergistics		W E E K	
Shoulders & Arms			
Abs/Core Plus & X Stretch			
Legs & Back			
Yoga X			
Rest or X Stretch	8		
Upper Plus, Abs/Core Plus			
Interval X Plus, Abs/Core Plus		W E E K	
Total Body Plus			
Yoga X			
Upper Plus, Abs/Core Plus			
Kenpo Cardio Plus			
Rest or X Stretch	9		
Upper Plus, Abs/Core Plus			
Plyometrics		W E E K	
Total Body Plus			
Yoga X			
Upper Plus, Abs/Core Plus			
Kenpo Cardio Plus			
Rest or X Stretch	10		
Upper Plus, Abs/Core Plus			
Interval X Plus, Abs/Core Plus		W E E K	
Total Body Plus			
Yoga X			
	PHASE 3		

Undo
Reschedule

Upper Plus (Weeks 1 To 3)

Abs/Core Plus WEEK DATE	Done?: Y GO			Done?: Y GO			Done?: Y GO			Done?: Y GO			Done?: Y GO			Done?: Y GO		
	1			1			2			2			3			3		
	Mon, Jan 07, '08			Fri, Jan 11, '08			Mon, Jan 14, '08			Fri, Jan 18, '08			Mon, Jan 21, '08			Fri, Jan 25, '08		
01 Double Double Dip'll Do Ya	R1	5	5	R1	10	10	R1	15	15	R1	25	22	R1	30	30	R1	35	35
	R2	5		R2	10		R2	15		R2	18	4	R2	30		R2	35	
02 Dead Leg Switch Pull-Up	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8
	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13
03 2-Direction Circle Flies	R1	10	W 10 10	R1	20	W 10 20	R1	30	W 10 30	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10
	R2	10	W 10	R2	20	W 10	R2	30	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10
04 Lunge Curls	R1	20	W 10 20	R1	30	W 10 30	R1	40	W 10 40	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10
	R2	20	W 10	R2	30	W 10	R2	40	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10
05 Hammer Kick	R1	30	W 10 30	R1	40	W 10 40	R1	50	W 10 50	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10
	R2	30	W 10	R2	40	W 10	R2	50	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10
06 Frog Push-Ups	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8
	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13
07 "L" Chin-Ups	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8
	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13
08 Fly Blaster	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10
	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10
09 Lean Back Curls	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10
	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10
10 1-Legged Bridge Dips	R1	20	19	R1	20	19	R1	20	19	R1	20	19	R1	20	19	R1	20	19
	R2	18	1	R2	18	1	R2	18	1	R2	18	1	R2	18	1	R2	18	1
11 Spiderman Push-Ups	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8
	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13
12 7-Point Pull-Ups	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8	NC1	4	C1 8 8
	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13	NC2	2	C2 13
13 Warrior Swim	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10
	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10
14 Pumper Curls	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10
	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10
15 Side Hamman Kick	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10
	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10
16 Iso Climber Push-Ups	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8
	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13
17 Clean to Negative	R1	20	19	R1	20	19	R1	20	19	R1	20	19	R1	20	19	R1	20	19
	R2	18	1	R2	18	1	R2	18	1	R2	18	1	R2	18	1	R2	18	1
18 Shoulder Everything	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10
	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10
19 Bicep Everything	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10	R1	10	W 10 10
	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10	R2	10	W 10
20 Combat Push-Ups	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8	N1	4	K1 8 8
	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13	N2	2	K2 13

Upper Plus (WEEKS 5 To 7)

Abs/Core Plus
WEEK

DATE	Done?: Y GO		Done?: Y GO		Done?: Y GO		Done?: N GO		Done?: N GO		Done?: N GO	
	5	5	6	6	7	7	7	7	7	7	7	7
	Mon, Feb 04, '08	Fri, Feb 08, '08	Mon, Feb 11, '08	Fri, Feb 15, '08	Mon, Feb 18, '08	Fri, Feb 22, '08						
01 Double Double Dip'll Do Ya	R1 1.1 1 R2 1.1	R1 1.2 1 R2 1.2	R1 1.3 1 R2 1.3	R1 1.4 1 R2 1.4	R1 1.5 2 R2 1.5	R1 1.6 2 R2 1.6						
02 Dead Leg Switch Pull-Up	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13						
03 2-Direction Circle Flies	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10						
04 Lunge Curls	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10						
05 Hammer Kick	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10						
06 Frog Push-Ups	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13						
07 "L" Chin-Ups	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13						
08 Fly Blaster	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10						
09 Lean Back Curls	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10						
10 1-Legged Bridge Dips	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1						
11 Spiderman Push-Ups	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13						
12 7-Point Pull-Ups	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13						
13 Warrior Swim	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10						
14 Pumper Curls	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10						
15 Side Hamman Kick	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10						
16 Iso Climber Push-Ups	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13						
17 Clean to Negative	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1						
18 Shoulder Everything	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10						
19 Bicep Everything	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10	R1 10 W 10 10 R2 10 W 10						
20 Combat Push-Ups	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13						

Upper Plus (WEEKS 9 To 12)

Abs/Core Plus WEEK DATE	Done?: Y GO		Done?: Y GO		Done?: Y GO		Done?: N GO		Done?: Y GO		Done?: Y GO		Done?: Y GO		Done?: Y GO	
	9	9	9	9	10	10	10	10	11	11	11	11	12	12	12	12
	Mon, Mar 03, '08	Fri, Mar 07, '08	Mon, Mar 10, '08	Fri, Mar 14, '08	Mon, Mar 17, '08	Fri, Mar 21, '08	Mon, Mar 24, '08	Fri, Mar 28, '08								
01 Double Double Dip'll Do Ya	R1 1.1 1 R2 1.1	R1 1.2 1 R2 1.2	R1 1.3 1 R2 1.3	R1 1.4 1 R2 1.4	R1 1.5 2 R2 1.5	R1 1.6 2 R2 1.6	R1 1.7 2 R2 1.7	R1 1.8 2 R2 1.8								
02 Dead Leg Switch Pull-Up	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13								
03 2-Direction Circle Flies	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10								
04 Lunge Curls	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10								
05 Hammer Kick	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10								
06 Frog Push-Ups	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13								
07 "L" Chin-Ups	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13								
08 Fly Blaster	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10								
09 Lean Back Curls	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10								
10 1-Legged Bridge Dips	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1								
11 Spiderman Push-Ups	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13								
12 7-Point Pull-Ups	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13	NC1 4 C1 8 8 NC2 2 C2 13								
13 Warrior Swim	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10								
14 Pumper Curls	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10								
15 Side Hammer Kick	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10								
16 Iso Climber Push-Ups	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13								
17 Clean to Negative	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1	R1 20 19 R2 18 1								
18 Shoulder Everything	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10								
19 Bicep Everything	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10	R1 10 W 10 R2 10 W 10								
20 Combat Push-Ups	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13	N1 4 K1 8 8 N2 2 K2 13								

Interv

Abs/Core Plus	Done?: Y GO	Done?: Y GO	Done?:
	Week 1	Week 2	
	Tuesday, January 08, 2008	Tuesday, January 15, 2008	Tuesday
COMPLETED?	YES	NOT YET	

Abs/Core Plus	Done?: Y GO	Done?: Y GO	Done?:
	Week 5	Week 6	
	Not in CLASSIC	Not in CLASSIC	Not
COMPLETED?	NOT YET	NOT YET	

Abs/Core Plus	Done?: Y GO	Done?: Y GO	Done?:
	Week 9	Week 10	
	Tuesday, March 04, 2008	Not in CLASSIC	Tuesda
COMPLETED?	NOT YET	NOT YET	

7

val X Plus

Y	GO	Done?:	Y	GO
Week 3			Week 4	Week 4
, January 22, 2008			Not in CLASSIC	Not in CLASSIC
NOT YET			NOT YET	NOT YET

N	GO	Done?:	N	GO	Done?:	N	GO
Week 7			Week 8			Week 8	
ot in CLASSIC			Not in CLASSIC			Not in CLASSIC	
NOT YET			NOT YET			NOT YET	

N	GO	Done?:	Y	GO
Week 11			Week 12	
y, March 18, 2008			Not in CLASSIC	
NOT YET			NOT YET	

		Total Body Plus											
WEEK		1	2	3	4	5	6	7	8	9	10	11	12
DATE		Wed, Jan 09, '08	Wed, Jan 16, '08	Wed, Jan 23, '08	Not in CLASSIC	Wed, Feb 06, '08	Wed, Feb 13, '08	Wed, Feb 20, '08	Not in CLASSIC	Wed, Mar 05, '08	Wed, Mar 12, '08	Wed, Mar 19, '08	Wed, Mar 26, '08
01 O Crunch Push-Ups		N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3
02 Pull-Up Crunch		R 1 1 1	R 2 2 2	R 3 3 3	#N/A	R 5 5 5	R 6 6 6	R 7 7 7	#N/A	R 9 9 9	R 10 10 10	R 11 11 11	R 12 12 12
03 Dead Lift Curl Press		R 10 W 10 10	R 11 W 10 11	R 12 W 10 12	###W 10	R 13 W 10 13	R 14 W 10 14	R 15 W 10 15	###W 10	R 16 W 10 16	R 17 W 10 17	R 18 W 10 18	R 19 W 10 19
04 Step Kick Back Chair Position		R 12 W 10 12	R 13 W 10 13	R 14 W 10 14	###W 10	R 16 W 10 16	R 17 W 10 17	R 18 W 10 18	###W 10	R 19 W 10 19	R 20 W 10 20	R 21 W 10 21	R 22 W 10 22
05 Sumo Chair		R 2 2 2	R 3 3 3	R 4 4 4	#N/A	R 5 5 5	R 6 6 6	R 7 7 7	#N/A	R 8 8 8	R 9 9 9	R 10 10 10	R 11 11 11
06 Chuck-Ups		R1 3 5.33 R2 6.1 R3 6.1 R4 6.1	R1 4 5.65 R2 6.2 R3 6.2 R4 6.2	R1 5 6 R2 6.3 R3 6.3 R4 6.3	#N/A	R1 6 6 R2 6 R3 6 R4 6	R1 7 7 R2 7 R3 7 R4 7	R1 8 8 R2 8 R3 8 R4 8	#N/A	R1 9 9 R2 9 R3 9 R4 9	R1 10 10 R2 10 R3 10 R4 10	R1 11 11 R2 11 R3 11 R4 11	R1 12 12 R2 1 R3 1 R4 1
07 Clink On Run		R 3 3 3	R 4 4 4	R 5 5 5	#N/A	R 7 7 7	R 8 8 8	R 9 9 9	#N/A	R 11 11 11	R 12 12 12	R 13 13 13	R 14 14 14
08 Lunge Press Bella Twist		R 14 W 10 14	R 15 W 10 15	R 16 W 10 16	###W 10	R 17 W 10 17	R 18 W 10 18	R 19 W 10 19	###W 10	R 20 W 10 20	R 21 W 10 21	R 22 W 10 22	R 23 W 10 23
09 Balance Curls		R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	###W 10	R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	###W 10	R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	R 40 W 10 40
10 Running Man		R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	40 W 10 40	R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	40 W 10 40	R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	R 40 W 10 40
11 Hindu Pike Push-Ups		N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3
12 Lunge Squat Lunge		R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	40 W 10 40	R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	40 W 10 40	R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	R 40 W 10 40
13 Mr. Moon		R 13.1 13.1	R 2 2 2	R 3 3 3	4 4 4	R 1 1 1	R 2 2 2	R 3 3 3	4 4 4	R 1 1 1	R 2 2 2	R 3 3 3	R 4 4 4
14 Kid Play		R 14.1 14.1	R 2 2 2	R 3 3 3	4 4 4	R 1 1 1	R 2 2 2	R 3 3 3	4 4 4	R 1 1 1	R 2 2 2	R 3 3 3	R 4 4 4
15 3 & 3		R 1 W 10 1	R 2 W 10 2	R 3 W 10 3	4 W 10 4	R 1 W 10 1	R 2 W 10 2	R 3 W 10 3	4 W 10 4	R 1 W 10 1	R 2 W 10 2	R 3 W 10 3	R 4 W 10 4
16 1/2 Dervish		R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	40 W 10 40	R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	40 W 10 40	R 10 W 10 10	R 20 W 10 20	R 30 W 10 30	R 40 W 10 40
17 Weighted Warrior		R 1 W 10 1	R 2 W 10 2	R 3 W 10 3	4 W 10 4	R 1 W 10 1	R 2 W 10 2	R 3 W 10 3	4 W 10 4	R 1 W 10 1	R 2 W 10 2	R 3 W 10 3	R 4 W 10 4
18 1 & 1		R 18.1 18.1	R 2 2 2	R 3 3 3	4 4 4	R 1 1 1	R 2 2 2	R 3 3 3	4 4 4	R 1 1 1	R 2 2 2	R 3 3 3	R 4 4 4
19 Lara Lunge Crunch		R 1 W 10 1	R 2 W 10 2	R 3 W 10 3	4 W 10 4	R 1 W 10 1	R 2 W 10 2	R 3 W 10 3	4 W 10 4	R 1 W 10 1	R 2 W 10 2	R 3 W 10 3	R 4 W 10 4
20 Spiderman Jumps		R 20.1 20.1	R 2 2 2	R 3 3 3	4 4 4	R 1 1 1	R 2 2 2	R 3 3 3	4 4 4	R 1 1 1	R 2 2 2	R 3 3 3	R 4 4 4
BONUS ROUND													
21 Piyo Push-Ups		N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3	N1 2 K1 2 3
TOTAL BODY PLUS												TOTAL BODY PLUS	

MAIN

Notes

Setup

Schedule

N

Yog

	Week 1	Week 2
	Thursday, January 10, 2008	Thursday, January 17, 2008
COMPLETED?	YES	NOT YET

	Week 5	Week 6
	Thursday, February 07, 2008	Thursday, February 14, 2008
COMPLETED?	NOT YET	NOT YET

	Week 9	Week 10
	Thursday, March 06, 2008	Thursday, March 13, 2008
COMPLETED?	NOT YET	NOT YET

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Week 3	Week 4
Thursday, January 24, 2008	Saturday, February 02, 2008
NOT YET	NOT YET

Week 7	Week 8
Thursday, February 21, 2008	Saturday, March 01, 2008
NOT YET	NOT YET

Week 11	Week 12
Thursday, March 20, 2008	Thursday, March 27, 2008
NOT YET	NOT YET

MAIN

Notes

Setup

Schedule

N

Kenpo C

	Week 1	Week 2
	Saturday, January 12, 2008	Saturday, January 19, 2008
COMPLETED?	YES	NOT YET

	Week 5	Week 6
	Saturday, February 09, 2008	Saturday, February 16, 2008
COMPLETED?	NOT YET	NOT YET

	Week 9	Week 10
	Saturday, March 08, 2008	Saturday, March 15, 2008
COMPLETED?	NOT YET	NOT YET

Cardio X

Week 3	Week 4
Saturday, January 26, 2008	Not in CLASSIC
NOT YET	NOT YET

Week 7	Week 8
Saturday, February 23, 2008	Not in CLASSIC
NOT YET	NOT YET

Week 11	Week 12
Saturday, March 22, 2008	Saturday, March 29, 2008
NOT YET	NOT YET

Back & Biceps	
WEEK	4
DATE	Sun, Jan 27, '08
01 Wide Front Pull-Ups	NC 0 C 10 5
02 Lawnmowers	RA 30 W 30 90 LA 30 W 30
03 Twenty-Ones	R 1 1
04 One-Arm Cross-Body Curls	RA 30 W 30 90 LA 30 W 30
05 Switch Grip Pull-Ups	NC 0 C 10 5
06 Elbows-Out Lawnmowers	RA 30 W 30 90 LA 30 W 30
07 Standing Bicep Curls	R 1 W 10 1
08 One-Arm Concentration Curls	RA 30 W 30 90 LA 30 W 30
09 Corn Cob Pull-Ups	NC 0 C 10 5
10 Reverse Grip Bent-Over Rows	R 1 W 10 1
11 Open Arm Curls	R 1 W 10 1
12 Static Arm Curls	R 1 W 10 1
13 Towel Pull-Ups	NC 0 C 10 0
14 Congdon Locomotives	R 1 W 10 1
15 Crouching Cohen Curls	R 1 W 10 1
16 One-Arm Corkscrew Curls	R 1 W 10 1
17 Chin-Ups	NC 0 C 10 5
18 Seated Bent-Over Back Flys	R 1 W 10 1
19 Curl-Up/Hammer Downs	R 1 W 10 1
20 Hammer Curls	R 1 W 10 1
21 Max Rep Pull-Ups	NC 0 C 10 5
22 Superman	R 1 1
23 In-Out Hammer Curls	R 1 W 10 1
24 Strip-Set Curls	R1 1 W1 50 4 R2 1 W2 40 R3 1 W3 30 R4 1 W4 20

BACK & BICEPS

Chest, Shoulders, & Triceps	
WEEK	4
DATE	Wed, Jan 30, '08
01 Slow-Motion 3-in-1 Push-Ups	Reg 5 Bon 10 15
02 In & Out Shoulder Flys	R 1 W 10 1
03 Chairs Dips	R 1 1
04 Plunge Push-Ups	N 5 K 10 10
05 Pike Presses	R 1 1
06 Side Tri-Rises	RA 1 LA 10 11
07 Floor Flys	R 1 1
08 Scarecrows	R 1 W 10 1
09 Overhead Tricep Extensions	R 1 W 10 1
10 Two-Twitch Speed Push-Ups	N 5 K 10 10
11 Y-Presses	R 1 W 10 1
12 Lying Tricep Extensions	R 1 W 10 1
13 Side-To-Side Push-Ups	N 5 K 10 10
14 Pour Flys	R 1 W 10 1
15 Side-Leaning Tricep Extensions	RA 1 W 10 2 LA 1 W 10
16 One-Arm Push-Ups	N 5 K 10 10
17 Weighted Circles	R 1 W 10 1
18 Throw the Bomb	RA 1 W 10 2 LA 1 W 10
19 Clap or Plyo Push-Ups	N 5 K 10 10
20 Slo-Mo Throws	R 10 W 10 10
21 Front-To Back Tricep Extensions	RA 1 W 10 2 LA 1 W 10
22 One-Arm Balance Push-Ups	N 5 K 10 10
23 Fly-Row Presses	R 1 W 10 1
24 Dumbbell Cross-Body Blows	R 1 W 10 1

CHEST, SHOULDERS, & TRICEPS

Legs & Back	
WEEK	4
DATE	Fri, Feb 01, '08
01 Balance Lunge	RL 15 LL 15 30
02 Calf Raise Squat	R 25 W 15 38
03 Reverse Grip Chin-Ups	NC1 4 C1 8 8 NC2 2 C2 13
04 Super Skater	RL 25 LL 25 50
05 Wall Squat (sec)	R 20 20
06 Wide Front Pull-Ups	NC1 0 C1 20 9 NC2 0 C2 16 7
07 Step Back Lunge	R 15 W 15 23
08 Alternating Side Lunge	R 24 W 15 36
09 Closed Grip Overhand Pull-Ups	NC1 3 C1 12 9 NC2 4 C2 8 7
10 Single Leg Wall Squat (sec)	R 20 20
11 Deadlift Squat	LL 20 RL 20 40
12 Switch Grip Pull-Ups	NC1 0 C1 16 7 NC2 0 C2 12 7
13 Three-Way Lunge	RL 5 LL 5 10
14 Sneaky Lunge	R 20 20
15 Chair Salutations (sec)	R1 5 5 R2 5 5
16 Toe-Roll Iso Lunge	RL 15 LL 15 30
17 Groucho Walk	R 20 20
18 Calf Raises	R 75 W 20 15
19 80/20 Cyber-Speed Squat	RL 30 LL 30 60

LEGS & BACK

Ab Ripper X	
WEEK	4
DATE	Sun, Jan 27, '08
In & Out	25
Seated Bicycle	15
Seated Crunchy Frog	12
Crossed leg/Wide Leg Sit-Up	8
Fifer Scissors	15
Hip Rock 'N Raise	15
Pulse-Up	15
Roll-Up/V-Up Combo	10
Oblique V-Up	12
Leg Climb	0
Mason Twist	0
TOTAL	127

MAIN

Notes

Setup

Schedule

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Plyometrics

	Week 5	Week 6
	Tuesday, February 05, 2008	Tuesday, February 12, 2008
COMPLETED?	NOT YET	NOT YET

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Week 7

Tuesday, February 19, 2008

NOT YET

WEEK DATE	Core Synergistics											
	1	2	3	4	5	6	7	8	9	10	11	12
	Not in CLASSIC	Not in CLASSIC	Not in CLASSIC	Tue, Jan 29, '08	Not in CLASSIC	Not in CLASSIC	Not in CLASSIC	Tue, Feb 26, '08	Not in CLASSIC	Not in CLASSIC	Not in CLASSIC	Not in CLASSIC
01 Stack Foot/Stagger Hands Push-Ups	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2 3	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2 3	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2
02 Banana Rolls	R 2 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 2 2	R 3 1 1	R 4 1 1	R 3 1 1	R 4 1 1
03 Leaning Crescent Lunges	R 10 W 10	R 20 W 10	R 30 W 10	R 10 W 10 10	R 20 W 10	R 30 W 10	R 10 W 10	R 20 W 10 20	R 30 W 10	R 40 W 10	R 30 W 10	R 40 W 10
04 Squat Run	R 20 W 10	R 20 W 10	R 30 W 10	R 10 W 10 10	R 20 W 10	R 30 W 10	R 10 W 10	R 20 W 10 20	R 30 W 10	R 40 W 10	R 30 W 10	R 40 W 10
05 Sphinx Push-Ups	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2 3	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2 3	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2
06 Bow To Boat	R 6 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 2 2	R 3 1 1	R 4 1 1	R 3 1 1	R 4 1 1
07 Low Lateral Skaters	R 30 W 10	R 2 W 10	R 3 W 10	R 1 W 10 1	R 2 W 10	R 3 W 10	R 1 W 10	R 2 W 10 2	R 3 W 10	R 4 W 10	R 3 W 10	R 4 W 10
08 Lunge & Reach	R 40 W 10	R 2 W 10	R 3 W 10	R 1 W 10 1	R 2 W 10	R 3 W 10	R 1 W 10	R 2 W 10 2	R 3 W 10	R 4 W 10	R 3 W 10	R 4 W 10
09 Prison Cell Push-Ups	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2 3	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2 3	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2
10 Side Hip Raise	RL 10 LL 4	RL 3 LL 4	R 5 W 6	RL 1 LL 2 3	RL 3 LL 4	R 5 W 6	RL 1 LL 2	RL 3 LL 4 7	R 5 W 6	R 7 W 8	R 5 W 6	R 7 W 8
11 Squat X-Press	R 50 W 10	R 2 W 10	R 3 W 10	R 1 W 10 1	R 2 W 10	R 3 W 10	R 1 W 10	R 2 W 10 2	R 3 W 10	R 4 W 10	R 3 W 10	R 4 W 10
12 Plank To Chaturanga Run	P 12 C 6	P 3 C 4	P 5 C 6	P 1 C 2 3	P 3 C 4	P 5 C 6	P 1 C 2	P 3 C 4 7	P 5 C 6	P 7 C 8	P 5 C 6	P 7 C 8
13 Walking Push-Ups	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2 3	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2 3	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2
14 Superman Banana	R 14 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 2 2	R 3 1 1	R 4 1 1	R 3 1 1	R 4 1 1
15 Lunge-Kickback-Curl-Press	R 60 W 10	R 2 W 10	R 3 W 10	R 1 W 10 1	R 2 W 10	R 3 W 10	R 1 W 10	R 2 W 10 2	R 3 W 10	R 4 W 10	R 3 W 10	R 4 W 10
16 Towel Hopping	R 16 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 2 2	R 3 1 1	R 4 1 1	R 3 1 1	R 4 1 1
17 Reach High & Under Push-Ups	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2 3	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2 3	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2	N1 2 K1 2
18 Steam Engine	R 18 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 2 2	R 3 1 1	R 4 1 1	R 3 1 1	R 4 1 1
19 Dreya Roll	R 19 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 2 2	R 3 1 1	R 4 1 1	R 3 1 1	R 4 1 1
BONUS ROUND												
20 Plank To Chaturanga Iso	R 20 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 2 2	R 3 1 1	R 4 1 1	R 3 1 1	R 4 1 1
21 The Halfback	R 21 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 2 2	R 3 1 1	R 4 1 1	R 3 1 1	R 4 1 1
22 Table Dip Leg Raise	R 22 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 1 1	R 3 1 1	R 1 1 1	R 2 2 2	R 3 1 1	R 4 1 1	R 3 1 1	R 4 1 1

CORE SYNERGISTICS

CORE SYNERGISTICS

Chest & Back				
WEEK	8			
DATE	Mon, Feb 25, '08			
01 Standard Push-Ups	N1	2	K1	2
	N2	2	K2	2
02 Wide Front Pull-Ups	NC1	5	C1	5
	NC2	4	C2	1
03 Military Push-Ups	N1	2	K1	2
	N2	1	K2	1
04 Reverse Grip Chin-Ups	NC1	3	C1	3
	NC2	3	C2	
05 Wide Fly Push-Ups	N1	2	K1	2
	N2	2	K2	2
06 Closed Grip Overhand Pull-Ups	NC1	4	C1	4
	NC2	4	C2	
07 Decline Push-Ups	N1	2	K1	2
	N2	2	K2	2
08 Heavy Pants	R1	5	W	5
	R2	5	W	5
09 Diamond Push-Ups	N1	2	K1	2
	N2	2	K2	2
10 Lawnmovers	R1	6	W	6
	R2	6	W	6
11 Dive-Bomber Push-Ups	N1	2	K1	2
	N2	2	K2	2
12 Back Flies	R1	7	W	7
	R2	7	W	7

CHEST & BACK

Shoulders & Arms				
WEEK	8			
DATE	Wed, Feb 27, '08			
01 Alternating Shoulder Presses	R1	10	W	10
	R2	10	W	10
02 In & Out Bicep Curls	R1	10	W	10
	R2	8	W	11
03 Two-Arm Tricep Kickbacks	R1	10	W	10
	R2	10	W	10
04 Deep Swimmer's Presses	R1	4	W	11
	R2	4	W	11
05 Full Supination Concentration Curls	R1	5	W	11
	R2	5	W	11
06 Chair Dips	R1	5		5
	R2	5		
07 Upright Rows	R1	6	W	11
	R2	6	W	11
08 Static Arm Curls	R1	7	W	11
	R2	7	W	11
09 Flip-Grip Twist Tricep Kickbacks	R1	8	W	11
	R2	8	W	11
10 Seated Two-Angle Shoulder Flies	R1	9	W	11
	R2	9	W	11
11 Crouching Cohen Curls	R1	10	W	11
	R2	10	W	11
12 Lying-Down Tricep Extensions	R1	11	W	11
	R2	11	W	11
BONUS ROUND				
13 In & Out Strait Arm Shoulder Flies	R1	12	W	11
	R2	12	W	11
14 Congdon Curls	R1	13	W	11
	R2	13	W	11
15 Side Tri-Rises	LA	12	RA	11
	LA	12	RA	11

SHOULDERS & ARMS

Legs & Back				
WEEK	8			
DATE	Fri, Feb 29, '08			
01 Balance Lunge	RL	15	LL	15
				30
02 Calf Raise Squat	R	25	W	15
				38
03 Reverse Grip Chin-Ups	NC1	4	C1	8
	NC2	2	C2	13
04 Super Skater	RL	25	LL	25
				50
05 Wall Squat (sec)	R	20		20
06 Wide Front Pull-Ups	NC1	0	C1	20
	NC2	0	C2	16
07 Step Back Lunge	R	15	W	15
				23
08 Alternating Side Lunge	R	24	W	15
				36
09 Closed Grip Overhand Pull-Ups	NC1	3	C1	12
	NC2	4	C2	8
10 Single Leg Wall Squat (sec)	R	20		20
11 Deadlift Squat	LL	20	RL	20
				40
12 Switch Grip Pull-Ups	NC1	0	C1	16
	NC2	0	C2	12
13 Three-Way Lunge	RL	5	LL	5
				10
14 Sneaky Lunge	R	20		20
15 Chair Salutations (sec)	R1	5		5
	R2	5		
16 Toe-Roll Iso Lunge	RL	15	LL	15
				30
17 Groucho Walk	R	20		20
18 Calf Raises	R	75	W	20
				15
19 80/20 Cyber-Speed Squat	RL	30	LL	30
				60

LEGS & BACK

		Abs, Core Plus (Weeks 1 To 4)											
WEEK	DATE	1	1	1	2	2	2	3	3	3	3	4	
		Mon, Jan 07, '08	Tue, Jan 08, '08	Fri, Jan 11, '08	Mon, Jan 14, '08	Tue, Jan 15, '08	Fri, Jan 18, '08	Mon, Jan 21, '08	Tue, Jan 22, '08	Fri, Jan 25, '08	Not in CLASSIC		
01 Hanging Toe Tap Knee Raises	R1	1.1	1.2	3	4	5	6	7	8	9	20	10	
	R2	1.1	1.2	18	18	18	18	18	18	18	18	18	
	R3	1.1	1.2	18	18	18	18	18	18	18	18	18	
02 Tip Toe O Crunch	R1	2.1	20	20	20	20	20	20	20	20	20	20	
	R2	2.1	18	18	18	18	18	18	18	18	18	18	
	R3	2.1	18	18	18	18	18	18	18	18	18	18	
03 Scorpion Plank	R1	3.1	20	20	20	20	20	20	20	20	20	20	
	R2	3.1	18	18	18	18	18	18	18	18	18	18	
	R3	3.1	18	18	18	18	18	18	18	18	18	18	
04 Banana Cannonball	R1	4.1	20	20	20	20	20	20	20	20	20	20	
	R2	4.1	18	18	18	18	18	18	18	18	18	18	
	R3	4.1	18	18	18	18	18	18	18	18	18	18	
05 Hanging Up & Overs	R1	5.1	20	20	20	20	20	20	20	20	20	20	
	R2	5.1	18	18	18	18	18	18	18	18	18	18	
	R3	5.1	18	18	18	18	18	18	18	18	18	18	
06 Discus Throwers	R1	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R2	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R3	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
07 Warrior Bow	R1	7.1	20	20	20	20	20	20	20	20	20	20	
	R2	7.1	18	18	18	18	18	18	18	18	18	18	
	R3	7.1	18	18	18	18	18	18	18	18	18	18	
08 Scissor Climbers	R1	8.1	20	20	20	20	20	20	20	20	20	20	
	R2	8.1	18	18	18	18	18	18	18	18	18	18	
	R3	8.1	18	18	18	18	18	18	18	18	18	18	
09 Hanging Knee Kicks	R1	9.1	20	20	20	20	20	20	20	20	20	20	
	R2	9.1	18	18	18	18	18	18	18	18	18	18	
	R3	9.1	18	18	18	18	18	18	18	18	18	18	
10 Wood Chopper	R1	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R2	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R3	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
11 Down Dog Crunch	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R3	1.1	18	18	18	18	18	18	18	18	18	18	
12 Banana Mason	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R3	1.2	18	18	18	18	18	18	18	18	18	18	
13 Mixed Bike	T1	20	20	20	20	20	20	20	20	20	20	20	
	T2	18	18	18	18	18	18	18	18	18	18	18	
	T3	18	18	18	18	18	18	18	18	18	18	18	
14 X Crunch	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R3	1.2	18	18	18	18	18	18	18	18	18	18	
15 Plank Sphinx with Plange	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R3	1.1	18	18	18	18	18	18	18	18	18	18	
16 Seated Backstroke	R1	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R2	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R3	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
17 Hanging Pelvic Tilt	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R3	1.1	18	18	18	18	18	18	18	18	18	18	
18 Straight Leg X Crunch	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R3	1.2	18	18	18	18	18	18	18	18	18	18	
19 360 Chataranga Run	T1	20	20	20	20	20	20	20	20	20	20	20	
	T2	18	18	18	18	18	18	18	18	18	18	18	
	T3	18	18	18	18	18	18	18	18	18	18	18	
20 Cherry Bomb	R1	20.1	20	20	20	20	20	20	20	20	20	20	
	R2	20.1	18	18	18	18	18	18	18	18	18	18	
	R3	20.1	18	18	18	18	18	18	18	18	18	18	

		Abs, Core Plus (Weeks 5 To 8)							
WEEK	DATE	5	5	6	6	7	7	8	8
		Mon, Feb 04, '08	Fri, Feb 08, '08	Mon, Feb 11, '08	Fri, Feb 15, '08	Mon, Feb 18, '08	Fri, Feb 22, '08	Not in CLASSIC	Thu, Feb 28, '08
01 Hanging Toe Tap Knee Raises	R1	1.1	1.2	1.3	18	18	18	18	18
	R2	1.1	1.2	1.3	18	18	18	18	18
	R2	1.1	1.2	1.3	18	18	18	18	18
02 Tip Toe O Crunch	R1	2.1	20	20	20	20	20	20	20
	R2	2.1	18	18	18	18	18	18	18
	R2	2.1	18	18	18	18	18	18	18
03 Scorpion Plank	R1	3.1	20	20	20	20	20	20	20
	R2	3.1	18	18	18	18	18	18	18
	R2	3.1	18	18	18	18	18	18	18
04 Banana Cannonball	R1	20	20	20	20	20	20	20	20
	R2	18	18	18	18	18	18	18	18
	R2	18	18	18	18	18	18	18	18
05 Hanging Up & Overs	R1	20	20	20	20	20	20	20	20
	R2	18	18	18	18	18	18	18	18
	R2	18	18	18	18	18	18	18	18
06 Discus Throwers	R1	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10
	R2	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10
	R3	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10
07 Warrior Bow	R1	20	20	20	20	20	20	20	20
	R2	18	18	18	18	18	18	18	18
	R2	18	18	18	18	18	18	18	18
08 Scissor Climbers	R1	8.1	1.2	20	20	20	20	20	20
	R2	8.1	1.2	18	18	18	18	18	18
	R2	8.1	1.2	18	18	18	18	18	18
09 Hanging Knee Kicks	R1	9.1	20	20	20	20	20	20	20
	R2	9.1	18	18	18	18	18	18	18
	R2	9.1	18	18	18	18	18	18	18
10 Wood Chopper	R1	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10
	R2	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10
	R3	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10
11 Down Dog Crunch	R1	20	20	20	20	20	20	20	20
	R2	18	18	18	18	18	18	18	18
	R2	18	18	18	18	18	18	18	18
12 Banana Mason	R1	20	20	20	20	20	20	20	20
	R2	18	18	18	18	18	18	18	18
	R2	18	18	18	18	18	18	18	18
13 Mixed Bike	T1	20	20	20	20	20	20	20	20
	T2	18	18	18	18	18	18	18	18
	T3	18	18	18	18	18	18	18	18
14 X Crunch	R1	20	20	20	20	20	20	20	20
	R2	18	18	18	18	18	18	18	18
	R2	18	18	18	18	18	18	18	18
15 Plank Sphinx with Plange	R1	20	20	20	20	20	20	20	20
	R2	18	18	18	18	18	18	18	18
	R2	18	18	18	18	18	18	18	18
16 Seated Backstroke	R1	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10
	R2	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10
	R3	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10
17 Hanging Pelvic Tilt	R1	20	20	20	20	20	20	20	20
	R2	18	18	18	18	18	18	18	18
	R2	18	18	18	18	18	18	18	18
18 Straight Leg X Crunch	R1	20	20	20	20	20	20	20	20
	R2	18	18	18	18	18	18	18	18
	R2	18	18	18	18	18	18	18	18
19 360 Chataranga Run	T1	20	20	20	20	20	20	20	20
	T2	18	18	18	18	18	18	18	18
	T3	18	18	18	18	18	18	18	18
20 Cherry Bomb	R1	20.1	20	20	20	20	20	20	20
	R2	20.1	18	18	18	18	18	18	18
	R2	20.1	18	18	18	18	18	18	18

		Abs, Core Plus (Weeks 9 To 12)											
WEEK	DATE	9	9	9	10	10	11	11	11	11	12	12	
		Mon, Mar 03, '08	Tue, Mar 04, '08	Fri, Mar 07, '08	Mon, Mar 10, '08	Fri, Mar 14, '08	Mon, Mar 17, '08	Tue, Mar 18, '08	Fri, Mar 21, '08	Mon, Mar 24, '08	Thu, Mar 27, '08		
01 Hanging Toe Tap Knee Raises	R1	1.1	1.2	20	20	20	20	20	20	20	20	20	
	R2	1.1	1.2	18	18	18	18	18	18	18	18	18	
	R2	1.1	1.2	18	18	18	18	18	18	18	18	18	
02 Tip Toe O Crunch	R1	2.1	20	20	20	20	20	20	20	20	20	20	
	R2	2.1	18	18	18	18	18	18	18	18	18	18	
	R2	2.1	18	18	18	18	18	18	18	18	18	18	
03 Scorpion Plank	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
04 Banana Cannonball	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
05 Hanging Up & Overs	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
06 Discus Throwers	R1	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R2	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R3	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
07 Warrior Bow	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
08 Scissor Climbers	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
09 Hanging Knee Kicks	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
10 Wood Chopper	R1	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R2	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R3	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
11 Down Dog Crunch	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
12 Banana Mason	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
13 Mixed Bike	T1	20	20	20	20	20	20	20	20	20	20	20	
	T2	18	18	18	18	18	18	18	18	18	18	18	
	T3	18	18	18	18	18	18	18	18	18	18	18	
14 X Crunch	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
15 Plank Sphinx with Plange	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
16 Seated Backstroke	R1	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R2	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
	R3	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	10 W 10	
17 Hanging Pelvic Tilt	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
18 Straight Leg X Crunch	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	
19 360 Chataranga Run	T1	20	20	20	20	20	20	20	20	20	20	20	
	T2	18	18	18	18	18	18	18	18	18	18	18	
	T3	18	18	18	18	18	18	18	18	18	18	18	
20 Cherry Bomb	R1	20	20	20	20	20	20	20	20	20	20	20	
	R2	18	18	18	18	18	18	18	18	18	18	18	
	R2	18	18	18	18	18	18	18	18	18	18	18	

<i>MAIN</i>	<i>Instructions</i>	<i>Notes</i>	<i>Setup</i>	<i>Calculators</i>
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WEEK	1	1	2	2
DAY	1	2	1	2

UPPER PLUS

Week 1-3

01 Double Double Dip'll Do Ya	5	10	15	22
02 Dead Leg Switch Pull-Up	8	8	8	8
03 2-Direction Circle Flies	10	20	30	10
04 Lunge Curls	20	30	40	10
05 Hammer Kick	30	40	50	10
06 Frog Push-Ups	8	8	8	8
07 "L" Chin-Ups	8	8	8	8
08 Fly Blaster	10	10	10	10
09 Lean Back Curls	10	10	10	10
10 1-Legged Bridge Dips	19	19	19	19
11 Spiderman Push-Ups	8	8	8	8
12 7-Point Pull-Ups	8	8	8	8
13 Warrior Swim	10	10	10	10
14 Pumper Curls	10	10	10	10
15 Side Hammer Kick	10	10	10	10
16 Iso Climber Push-Ups	8	8	8	8
17 Clean to Negative	19	19	19	19
18 Shoulder Everything	10	10	10	10
19 Bicep Everything	10	10	10	10
20 Combat Push-Ups	8	8	8	8

WEEK	1	2	3	4
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TOTAL BODY PLUS

01 O Crunch Push-Ups	3	3	3	3
02 Pull-Up Crunch	1	2	3	#N/A
03 Dead Lift Curl Press	10	11	12	#N/A
04 Step Kick Back Chair Position	12	13	14	#N/A
05 Sumo Chair	2	3	4	#N/A
06 Chuck-Ups	#N/A	#N/A	#N/A	#N/A
07 Clink On Run	3	4	5	#N/A
08 Lunge Press Bella Twist	14	15	16	#N/A
09 Balance Curls	#N/A	#N/A	#N/A	#N/A
10 Running Man	#N/A	#N/A	#N/A	#N/A
11 Hindu Pike Push-Ups	#N/A	#N/A	#N/A	#N/A
12 Lunge Squat Lunge	#N/A	#N/A	#N/A	#N/A
13 Mr. Moon	#N/A	#N/A	#N/A	#N/A
14 Kid Play	#N/A	#N/A	#N/A	#N/A
15 3 & 3	#N/A	#N/A	#N/A	#N/A
16 1/2 Dervish	#N/A	#N/A	#N/A	#N/A
17 Weighted Warrior	#N/A	#N/A	#N/A	#N/A
18 1 & 1	#N/A	#N/A	#N/A	#N/A
19 Lara Lunge Crunch	#N/A	#N/A	#N/A	#N/A

20 Spiderman Jumps	#N/A	#N/A	#N/A	#N/A
21 Plyo Push-Ups	#N/A	#N/A	#N/A	#N/A

	WEEK			
	1	2	3	4
CORE SYNERGISTICS				
01 Stack Foot/Stagger Hands Push-Ups	3	3	3	3
02 Banana Rolls	2	2	3	1
03 Leaning Crescent Lunges	10	20	30	10
04 Squat Run	20	20	30	10
05 Sphinx Push-Ups	3	3	3	3
06 Bow To Boat	6	2	3	1
07 Low Lateral Skaters	30	2	3	1
08 Lunge & Reach	40	2	3	1
09 Prison Cell Push-Ups	3	3	3	3
10 Side Hip Raise	10	7	11	3
11 Squat X-Press	50	2	3	1
12 Plank To Chaturanga Run	12	7	11	3
13 Walking Push-Ups	3	3	3	3
14 Superman Banana	14	2	3	1
15 Lunge-Kickback-Curl-Press	60	2	3	1
16 Towel Hopping	16	2	3	1
17 Reach High & Under Push-Ups	3	3	3	3
18 Steam Engine	18	2	3	1
19 Dreya Roll	19	2	3	1
20 Plank To Chaturanga Iso	20	2	3	1
21 The Halfback	21	2	3	1
22 Table Dip Leg Raise	22	2	3	1

	WEEK			
	1	1	1	2
DAY	1	2	3	1
Abs/CORE PLUS				
01 Hanging Toe Tap Knee Raises	1	1	13	13
02 Tip Toe O Crunch	2	19	19	19
03 Scorpion Plank	3	19	19	19
04 Banana Cannonball	4	19	19	19
05 Hanging Up & Overs	5	19	19	19
06 Discus Throwers	10	10	10	10
07 Warrior Bow	7	19	19	19
08 Scissor Climbers	8	19	19	19
09 Hanging Knee Kicks	9	19	19	19
10 Wood Chopper	10	10	10	10
11 Down Dog Crunch	13	19	19	19
12 Banana Mason	13	19	19	19
13 Mixed Bike	19	19	19	19
14 X Crunch	13	19	19	19
15 Plank Sphinx with Plange	13	19	19	19
16 Seated Backstroke	10	10	10	10

17 Hanging Pelvic Tilt	13	19	19	19
18 Straight Leg X Crunch	13	19	19	19
19 360 Chataranga Run	19	19	19	19
20 Cherry Bomb	20	19	19	19

#N/A #N/A #N/A #N/A #N/A #N/A #N/A
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3	3	3	3	3	3	3
2	3	1	2	3	4	3
20	30	10	20	30	40	30
20	30	10	20	30	40	30
3	3	3	3	3	3	3
2	3	1	2	3	4	3
2	3	1	2	3	4	3
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7	11	3	7	11	15	11
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2	3	1	2	3	4	3

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Weeks 1-4

14	14	14	15	15	19	1
19	19	19	19	19	19	2
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#N/A

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<u>Weeks 5-8</u>						

1	1	18	18	18	18	18
19	19	19	19	19	19	19
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19	19	19	19	19	19	19
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1	2	3	1	2	1	2

Weeks 9-12

1	1	19	19	18	19	18
2	19	19	19	19	19	19
19	19	19	19	19	19	19
19	19	19	19	19	19	19
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19	19	19	19	19	19	19
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MAIN

Notes

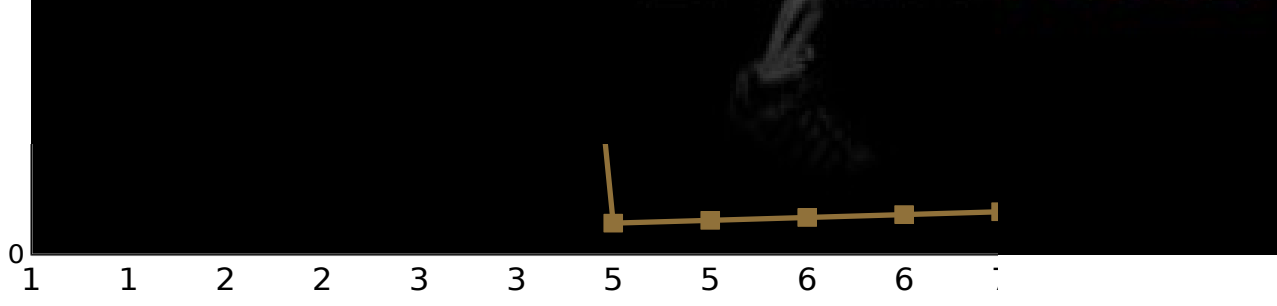
Setup

Schedule

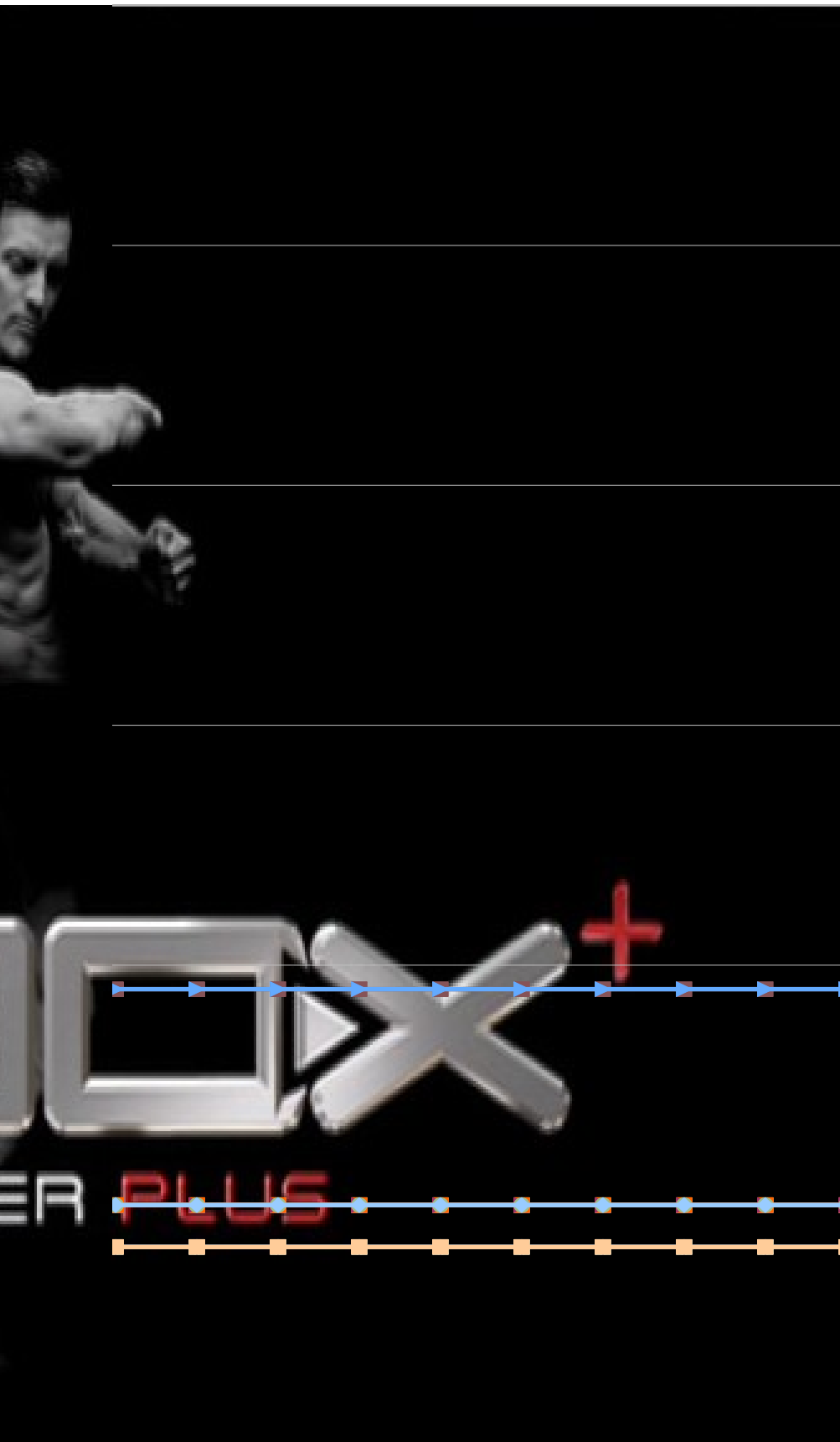
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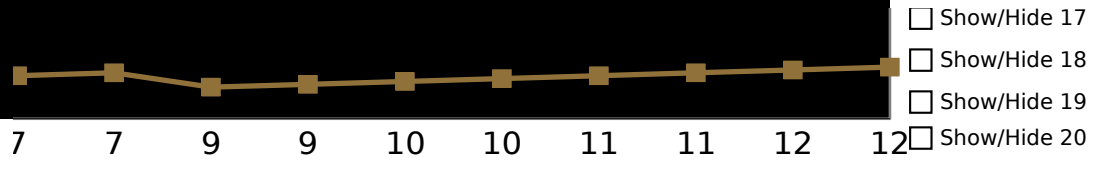


TO WORKOUT



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MAIN

Notes

Setup

Schedule

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TOTAL BODY PLL

TOTAL BODY PLL



TO WORKOUT



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MAIN

Notes

Setup

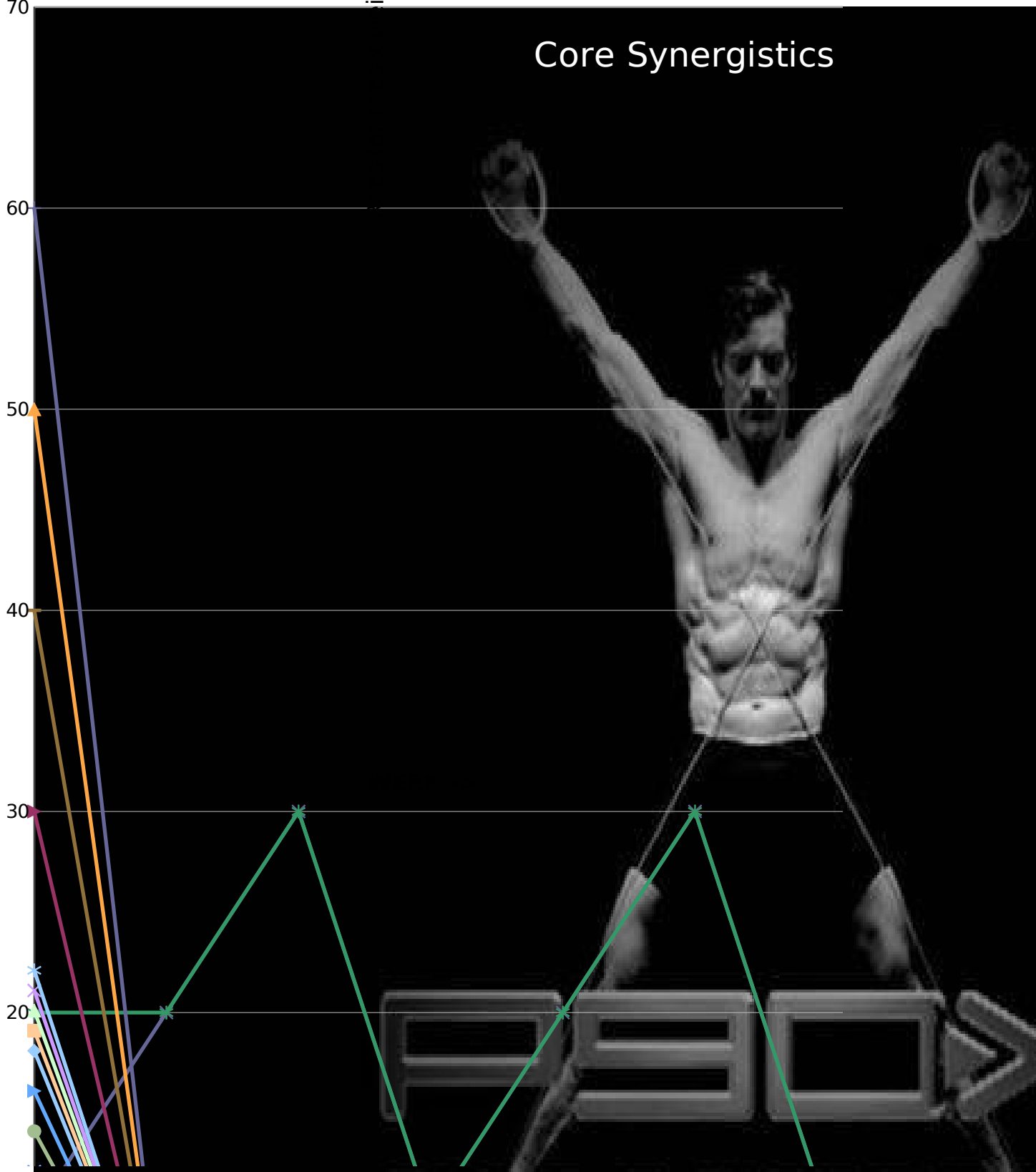
Schedule

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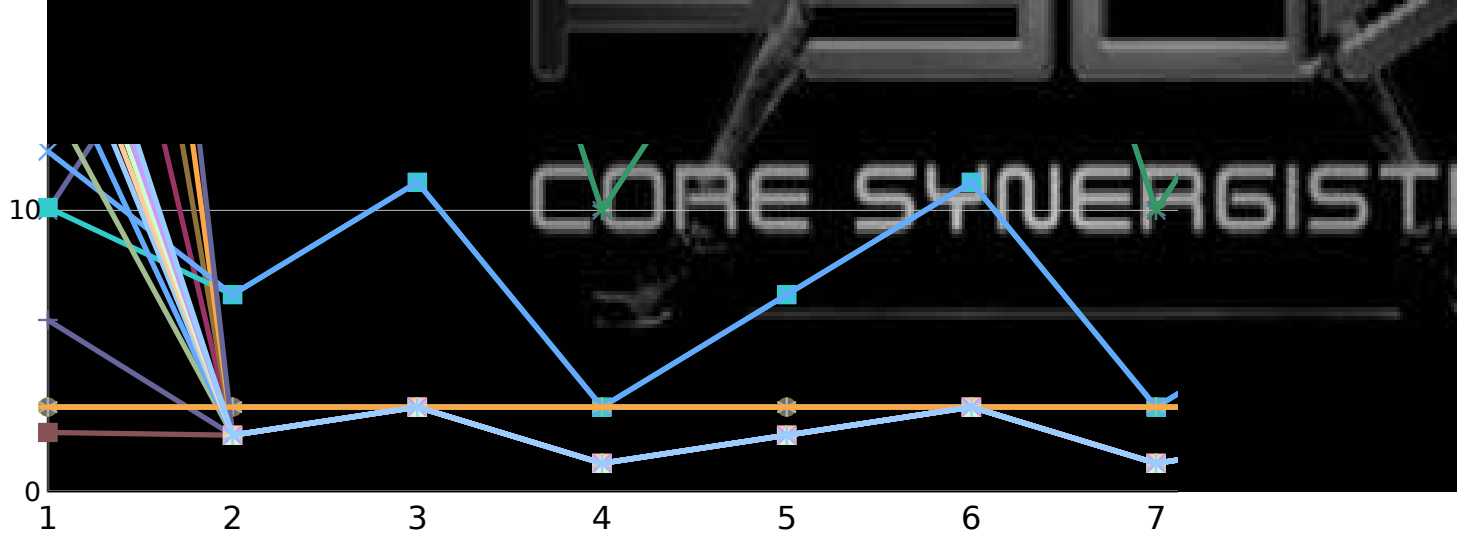
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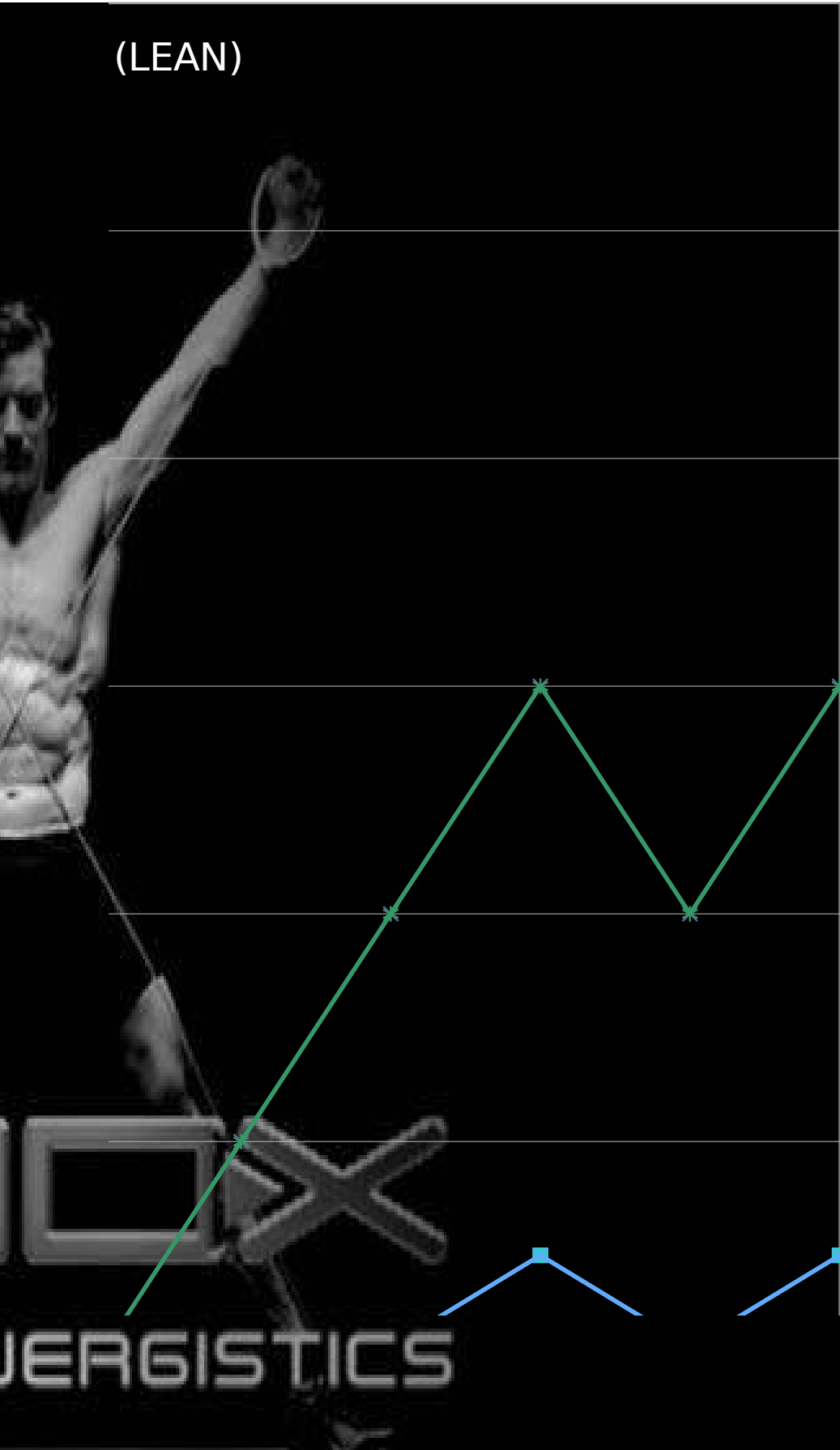
Core Synergistics



CORE SYNERGISTICS



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MAIN

Notes

Setup

Schedule

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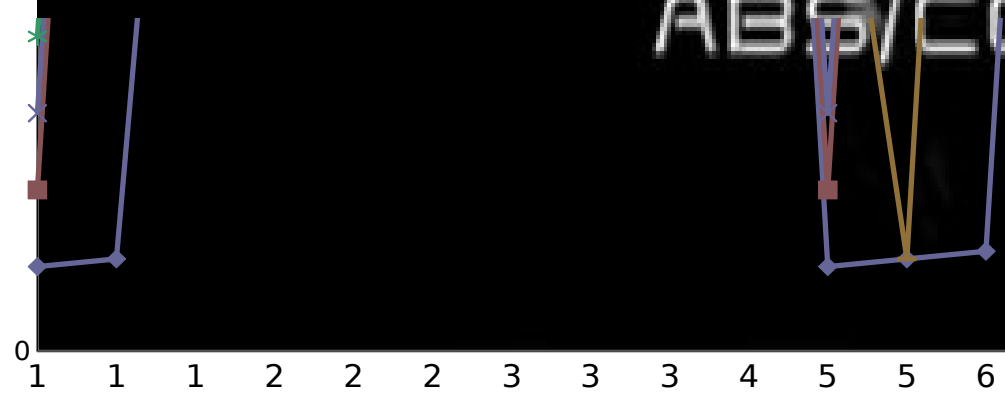
Abs/Cor

PRO

ABS/CORE P



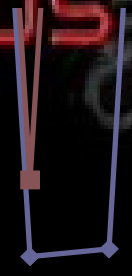
ABS/CORE P



CORE PLUS

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[MAIN](#)[Instructions](#)[Notes](#)[Setup](#)[Calculators](#)

Nutrition Phases and L

Nutritional Proportions

PHASE	GOAL
PHASE 1 FAT SHREDDER	Strengthen muscle and shed excess body fat
PHASE 2 ENERGY BOOSTER	Maintain Phase 1 changes with additional energy for midstream performance
PHASE 3 ENDURANCE MAXIMIZER	Support peak physical performance and satisfaction over the long term

Daily Nutrition and Calorie Needs Calculation:

YOU ARE AT NUTRITION LEVEL:	Body Weight
	Resting Metabolic Rate (RMR):
	Daily Activity Burn Calories (DAB):
	Daily Energy Amount (EA):
Level II	

Energy Amount	Nutrition Level
1800-2399	Level I
2400-2999	Level II
3000 and Above	Level III

Fit Test

Measurements

Schedule

Nutrition

Levels

PROTEIN	CARBS	FAT
50%	30%	20%
40%	40%	20%
20%	60%	20%

170.0

<- Enter your starting weight in lb here

1700

340

2,640

Caloric Needs

1800 calories/day

2400 calories/day

3000 calories/day

MAIN

Instructions

Notes

Setup

Calculators

Your Nutrition Level: **Level II**

PHASE 1

PROTEINS	7	■	■	■	■	■	■	■
DAIRY	3	■	■	■				
FRUITS	1	■						
VEGETABLES	4	■	■	■	■			
FATS	1	■						
CARBS	1	■						
SNACKS	3	■	■	■				
CONDIMENTS	2	■	■					

PHASE 2

PROTEINS	6
DAIRY	2
FRUITS	1
VEGETABLES	3
FATS	1
CARBS	3
SNACKS	3
CONDIMENTS	1.5

Weight converter Convert Enter Amount in Ounces

Portion Approach F

FATS

1 tbsp = 120 calories = 1 serving	avocado (3 oz) Olive oil canola oil
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PROTEINS

100 calories per serving	3 oz. chicken or turkey breast 6 egg whites 3 oz. fish or shellfish 3 oz. fat free ham slices 3 oz. pork tenderloin 1/3 cup protein powder 3 oz. red meat, lean
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CARBS, GRAINS, LEGUMES, POTATOES

	1 medium whole wheat bagel 1 cup baked beans
--	---

<p>200 calories per serving</p>	<p>1 cup baked beans 1 cup beans (black, kidney, etc) 1 2.5 oz. bran muffin 2 slices bread (whole wheat, rye, pumpernickel) 1 cup whole grain cereal 1 cup couscous 12 crackers 2 english muffins 1 cup hummus 1 cup lentils 1 cup oatmeal</p>
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DAIRY PRODUCTS

<p>120 calories per serving</p>	<p>1.5 oz. low fat cheese 1 oz. 1% cottage cheese 1.5 oz. feta cheese 1.5 oz. semisoft goat cheese 1.5 oz. part skim mozzarella</p>
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FRUITS

<p>100 calories per serving</p>	<p>100 calories per serving 1 medium apple 1 cup apricots 1 medium banana 1/4 medium cantaloupe 1 cup cherries 1 oz. dried fruit 6 oz. fresh squeezed juice 1 medium grapefruit 1 cup grapes 1 cup kiwi</p>
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VEGETABLES

<p>50 calories per serving 1 cup of cooked veggies, veggie juice, or veggie soup 2 cups of leafy greens</p>	<p>Asparagus Beets Bok Choy Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Collard Greens Cucumber Eggplant Kale</p>
---	--

CONDIMENTS

<p>2 tbsp = 50 calories = 1 serving</p>	<p>Lowfat sauces and marinades, fat free</p>
---	--

2 tbsp = 50 calories = 1 serving

Lowfat sauces and marinades, fat free

SNACKS

Single Serving Snack = 100 calories
Double Serving Snack = 200
calories

SINGLE:

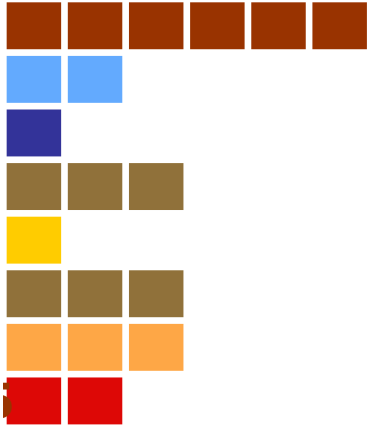
1 oz. lowfat cheese
8 oz. 1% cottage cheese
1 oz. dried fruit
1 frozen fruit bar
8 oz. fruit sorbet
12 mini rice cakes
4 oz. nonfat frozen yogurt
1/2 Protein Bar
1 tbsp peanut butter w/celery sticks
2 oz. soy nuts
1.5 oz. string cheese
1 oz. turkey jerky
8 oz. nonfat plain yogurt

Fit Test

Measurements

Schedule

Nutrition



PHASE 3

PROTEINS	3	3 brown squares
DAIRY	1	1 light blue square
FRUITS	3	3 dark blue squares
VEGETABLES	3	3 brown squares
FATS	1	1 yellow square
CARBS	4	4 brown squares
SNACKS	3	3 orange squares
CONDIMENTS	3	3 red squares

Portions: Result in Grams:

Food List

Olives (4 oz) flaxseed oil
1 soy burger 5 soy slices 3 oz. tofu 3 oz. tuna 2 slices turkey bacon 1 veggie burger 1 veggie dog
3 3.6 oz. pancakes 1 cup pasta or noodles

1 large whole wheat pita
1 potato (2"x4 3/4")
1 cup quinoa
1 cup lowfat refried beans
1 cup brown or wild rice
1 medium sweet potato
3 corn tortillas
1 large whole wheat tortilla
2 whole wheat waffles
1 cup wheat berries

3 oz. parmesan cheese
8 oz. skim milk
1 oz. soy cheese
8 oz. soy milk
8 oz. nonfat plain yogurt

1/3 medium mango
1 medium nectarine
1 large orange
1/2 papaya
1 medium peach
1 medium pear
1 cup raspberries, blueberries, or blackberries
2 cups sliced strawberries
1 medium tangerine
1 cup watermelon

Lettuce
Mushrooms
Peas
Peppers
Spinach
Sprouts
Squash
String Beans
Tomatoes
V8 Juice, low sodium
Vegetable soup

dressings, mustard, honey, pure fruit jams

dressings, mustard, honey, pure fruit jams

DOUBLE

12 oz. 1% cottage cheese

1 oz. nuts (almonds, cashews, pecans, pistachios)

12-16 oz. Recovery drink

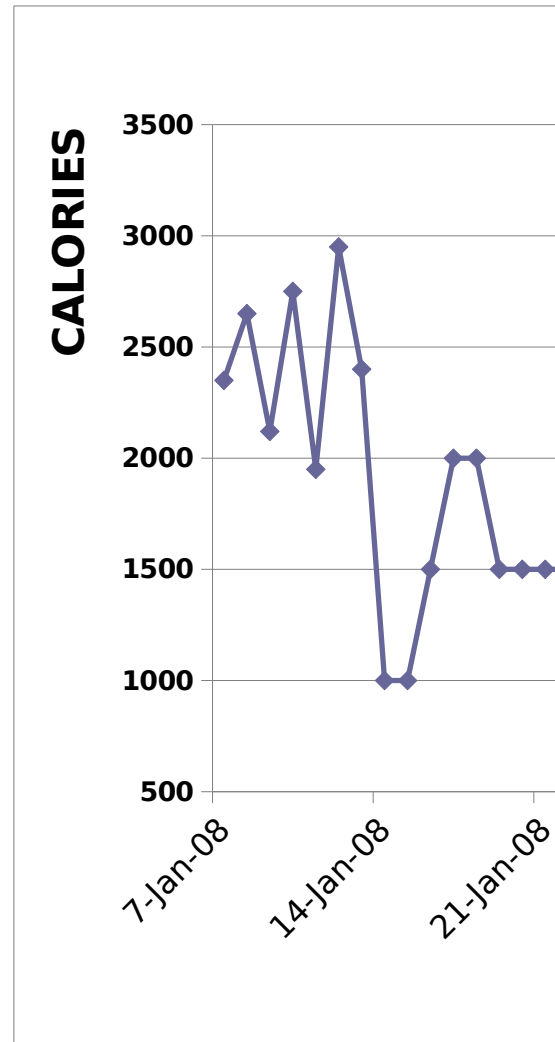
1 Protein Bar

4 oz. soy nuts

3 oz. string cheese

2 oz. turkey jerky

	Date	Total Calories
	Mon, Jan 07, '08	2350
	Tue, Jan 08, '08	2650
	Wed, Jan 09, '08	2120
WEEK 1	Thu, Jan 10, '08	2750
	Fri, Jan 11, '08	1950
	Sat, Jan 12, '08	2950
	Sun, Jan 13, '08	2400
	Mon, Jan 14, '08	1000
	Tue, Jan 15, '08	1000
	Wed, Jan 16, '08	1500
WEEK 2	Thu, Jan 17, '08	2000
	Fri, Jan 18, '08	2000
	Sat, Jan 19, '08	1500
	Sun, Jan 20, '08	1500
	Mon, Jan 21, '08	1500
	Tue, Jan 22, '08	1500
	Wed, Jan 23, '08	1500
WEEK 3	Thu, Jan 24, '08	1500
	Fri, Jan 25, '08	1500
	Sat, Jan 26, '08	1500
	Sun, Jan 27, '08	1500
	Mon, Jan 28, '08	2000
	Tue, Jan 29, '08	2000
	Wed, Jan 30, '08	2000
WEEK 4	Thu, Jan 31, '08	2000
	Fri, Feb 01, '08	2000
	Sat, Feb 02, '08	2000
	Sun, Feb 03, '08	2000
	Mon, Feb 04, '08	2500
	Tue, Feb 05, '08	2500
	Wed, Feb 06, '08	2500
WEEK 5	Thu, Feb 07, '08	2500
	Fri, Feb 08, '08	2500
	Sat, Feb 09, '08	2500
	Sun, Feb 10, '08	2500
	Mon, Feb 11, '08	3000
	Tue, Feb 12, '08	3000
	Wed, Feb 13, '08	3000
WEEK 6	Thu, Feb 14, '08	3000
	Fri, Feb 15, '08	3000
	Sat, Feb 16, '08	3000
	Sun, Feb 17, '08	3000
	Mon, Feb 18, '08	1500
	Tue, Feb 19, '08	1500
	Wed, Feb 20, '08	1500
WEEK 7	Thu, Feb 21, '08	1500
	Fri, Feb 22, '08	1500



	Sat, Feb 23, '08	1500
	Sun, Feb 24, '08	1500
	Mon, Feb 25, '08	2000
	Tue, Feb 26, '08	2000
	Wed, Feb 27, '08	2000
WEEK 8	Thu, Feb 28, '08	2000
	Fri, Feb 29, '08	2000
	Sat, Mar 01, '08	2000
	Sun, Mar 02, '08	2000
	Mon, Mar 03, '08	2500
	Tue, Mar 04, '08	2500
	Wed, Mar 05, '08	2500
WEEK 9	Thu, Mar 06, '08	2500
	Fri, Mar 07, '08	2500
	Sat, Mar 08, '08	2500
	Sun, Mar 09, '08	2500
	Mon, Mar 10, '08	3000
	Tue, Mar 11, '08	3000
	Wed, Mar 12, '08	3000
WEEK 10	Thu, Mar 13, '08	3000
	Fri, Mar 14, '08	3000
	Sat, Mar 15, '08	3000
	Sun, Mar 16, '08	3000
	Mon, Mar 17, '08	1500
	Tue, Mar 18, '08	1500
	Wed, Mar 19, '08	1500
WEEK 11	Thu, Mar 20, '08	1500
	Fri, Mar 21, '08	1500
	Sat, Mar 22, '08	1500
	Sun, Mar 23, '08	1500
	Mon, Mar 24, '08	2000
	Tue, Mar 25, '08	2000
	Wed, Mar 26, '08	2000
WEEK 12	Thu, Mar 27, '08	2000
	Fri, Mar 28, '08	2000
	Sat, Mar 29, '08	2000
	Sun, Mar 30, '08	2000

rs

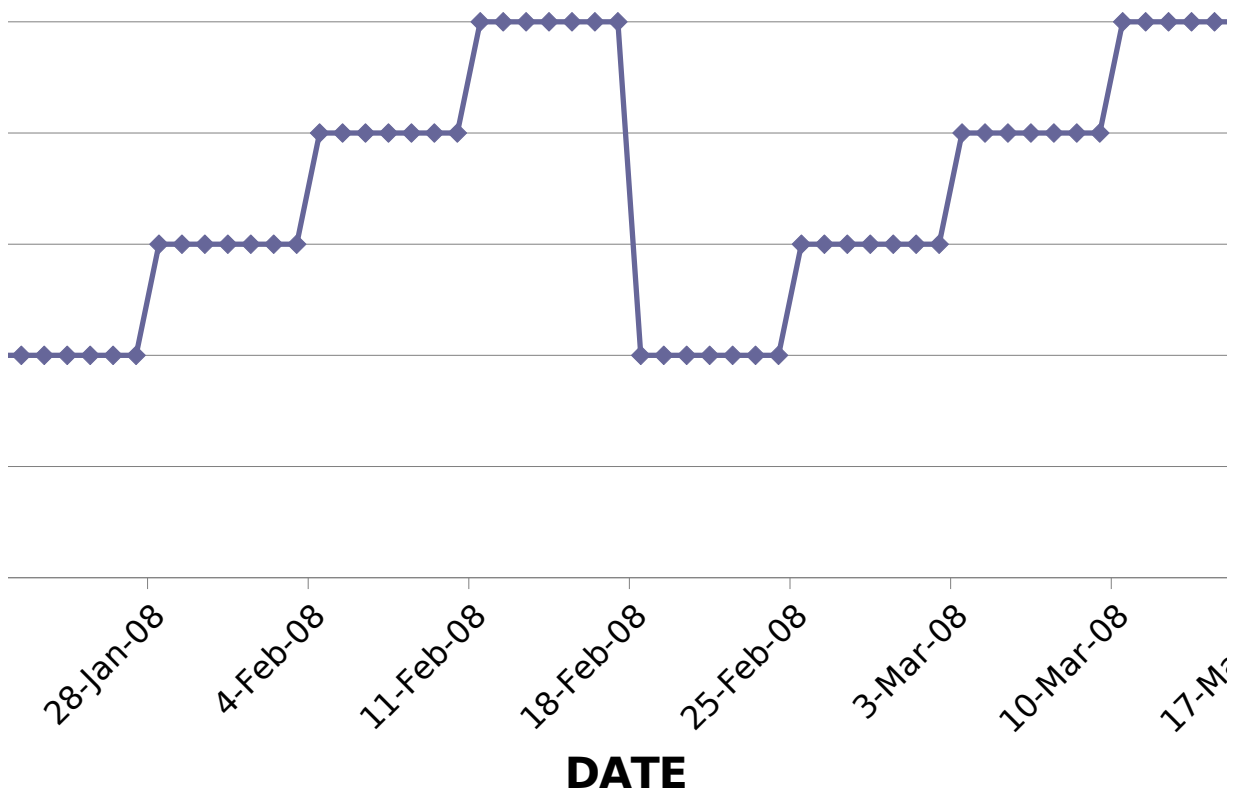
Fit Test

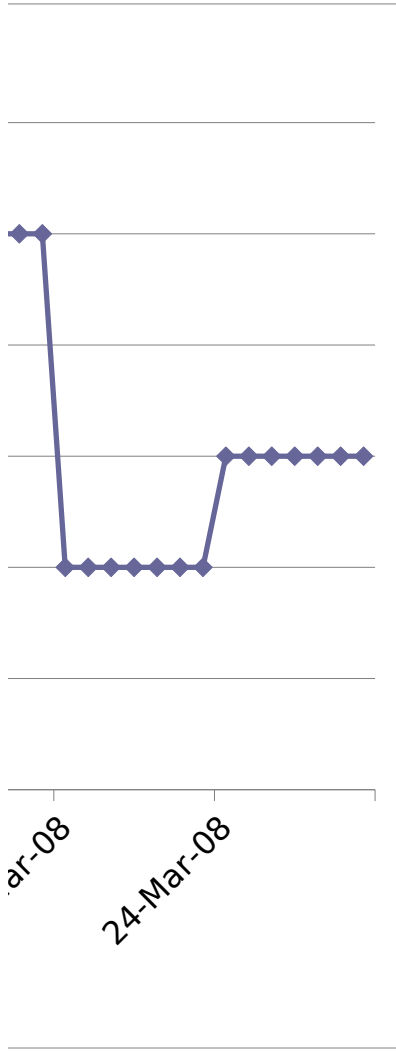
Measurements

Schedule

Nutrition

Total Calories





[MAIN](#)[Instructions](#)[Notes](#)[Setup](#)[Calcul](#)

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Jan 07, '08	Dairy	Snack	Carbs	Fruit	Protein
	Carbs	None	Fats	Dairy	Protein
	Veg	None	Protein	Snack	Protein
	Protein	None	Protein	None	Protein
Add Portion	Condiment	None	Fruit	None	Condiment
Tue, Jan 08, '08	Dairy	Snack	Carbs	Fruit	Protein
	Carbs	None	Fats	Dairy	Protein
	Veg	None	Protein	Snack	Protein
	Protein	None	Protein	None	Carbs
Add Portion	Condiment	None	Fruit	None	Condiment
Wed, Jan 09, '08	Dairy	Snack	Carbs	Fruit	Fats
	Carbs	None	Fats	Dairy	Protein
	Veg	None	Protein	Snack	Dairy
	Protein	None	Protein	None	None
Add Portion	Condiment	None	Fruit	None	None
Thu, Jan 10, '08	Dairy	Snack	Carbs	Fruit	Protein
	Carbs	None	Fats	Dairy	Protein
	Veg	None	Protein	Snack	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Condiment	Protein	Fruit	Protein	Condiment
Fri, Jan 11, '08	Dairy	Snack	Carbs	Fruit	Protein
	Carbs	None	Fats	Dairy	Protein
	Veg	None	None	Snack	None
	Protein	None	None	None	None
Add Portion	Condiment	None	Fruit	None	Condiment
Sat, Jan 12, '08	Dairy	Snack	Carbs	Fruit	Protein
	Carbs	None	Fats	Dairy	Protein
	Veg	Protein	Protein	Snack	Protein
	Protein	Protein	Protein	None	Protein
Add Portion	Condiment	None	Fruit	None	Condiment
Sun, Jan 13, '08	Dairy	Snack	Carbs	Fruit	Protein
	Carbs	Condiment	Fats	Dairy	Protein
	Veg	None	Protein	Snack	Protein
	Protein	None	Protein	None	Protein
Add Portion	Condiment	None	Fruit	None	Condiment

lators

Fit Test

Measurements

Schedule

Nutrition

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
Snack	7	4	2	1	1	2	3
Dairy	7	3	1	4	1	1	3
Dairy	700	480	200	50	120	400	300
None							
None				2350			
<hr/>							
Snack	8	4	2	1	1	3	3
Dairy	7	3	1	4	1	1	3
Dairy	800	480	200	50	120	600	300
Protein							
Protein				2650			
<hr/>							
Snack	4	4	2	1	2	2	3
Dairy	7	3	1	4	1	1	3
None	400	480	200	50	240	400	300
None							
None				2120			
<hr/>							
Snack	11	4	2	1	1	2	3
Dairy	7	3	1	4	1	1	3
Dairy	1100	480	200	50	120	400	300
None							
None				2750			
<hr/>							
Snack	3	4	2	1	1	2	3
Dairy	7	3	1	4	1	1	3
Dairy	300	480	200	50	120	400	300
None							
None				1950			
<hr/>							
Snack	9	4	2	1	1	4	3
Dairy	7	3	1	4	1	1	3
Dairy	900	480	200	50	120	800	300
Carbs							
Carbs				2950			
<hr/>							
Snack	7	4	2	1	1	2	3
Dairy	7	3	1	4	1	1	3
Dairy	700	480	200	50	120	400	300
None							
None				2400			



COND.

2	ACTUAL PORTIONS
2	MAX PORTIONS
100	ACTUAL CALORIES

TOTAL DAILY CALORIES

2	ACTUAL PORTIONS
2	MAX PORTIONS
100	ACTUAL CALORIES

TOTAL DAILY CALORIES

1	ACTUAL PORTIONS
2	MAX PORTIONS
50	ACTUAL CALORIES

TOTAL DAILY CALORIES

2	ACTUAL PORTIONS
2	MAX PORTIONS
100	ACTUAL CALORIES

TOTAL DAILY CALORIES

2	ACTUAL PORTIONS
2	MAX PORTIONS
100	ACTUAL CALORIES

TOTAL DAILY CALORIES

2	ACTUAL PORTIONS
2	MAX PORTIONS
100	ACTUAL CALORIES

TOTAL DAILY CALORIES

3	ACTUAL PORTIONS
2	MAX PORTIONS
150	ACTUAL CALORIES

TOTAL DAILY CALORIES

MAIN

Instructions

Notes

Setup

Calculations

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Jan 14, '08	Protein	Protein	None	None	None
	Protein	Protein	None	None	None
	Protein	Protein	None	None	None
	Protein	Protein	None	None	None
Add Portion	Protein	Protein	None	None	None
Tue, Jan 15, '08	Protein	Protein	None	None	None
	Protein	Protein	None	None	None
	Protein	Protein	None	None	None
	Protein	Protein	None	None	None
Add Portion	Protein	Protein	None	None	None
Wed, Jan 16, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Thu, Jan 17, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Fri, Jan 18, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Sat, Jan 19, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Sun, Jan 20, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
None	10	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1000	0	0	0	0	0	0
None							
None				1000			

None	10	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1000	0	0	0	0	0	0
None							
None				1000			

None	15	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	20	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	2000	0	0	0	0	0	0
None							
None				2000			

None	20	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	2000	0	0	0	0	0	0
None							
None				2000			

None	15	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1500	0	0	0	0	0	0
None							
None				1500			



COND.

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Jan 21, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Tue, Jan 22, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Wed, Jan 23, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Thu, Jan 24, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Fri, Jan 25, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Sat, Jan 26, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Sun, Jan 27, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
None	15	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1500	0	0	0	0	0	0
None							
None				1500			
None	15	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1500	0	0	0	0	0	0
None							
None				1500			
None	15	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1500	0	0	0	0	0	0
None							
None				1500			
None	15	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1500	0	0	0	0	0	0
None							
None				1500			
None	15	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1500	0	0	0	0	0	0
None							
None				1500			
None	15	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1500	0	0	0	0	0	0
None							
None				1500			
None	15	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	1500	0	0	0	0	0	0
None							
None				1500			



COND.

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

MAIN

Instructions

Notes

Setup

Calcu

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Jan 28, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Tue, Jan 29, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Wed, Jan 30, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Thu, Jan 31, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Fri, Feb 01, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Sat, Feb 02, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Sun, Feb 03, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None

lators

Fit Test

Measurements

Schedule

Nutrition

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
None	20	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	2000	0	0	0	0	0	0
None							
None				2000			

None	20	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	2000	0	0	0	0	0	0
None							
None				2000			

None	20	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	2000	0	0	0	0	0	0
None							
None				2000			

None	20	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	2000	0	0	0	0	0	0
None							
None				2000			

None	20	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	2000	0	0	0	0	0	0
None							
None				2000			

None	20	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	2000	0	0	0	0	0	0
None							
None				2000			

None	20	0	0	0	0	0	0
None	7	3	1	4	1	1	3
None	2000	0	0	0	0	0	0
None							
None				2000			



COND.

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
2	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

MAIN

Instructions

Notes

Setup

Calcu

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Feb 04, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Tue, Feb 05, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Wed, Feb 06, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Thu, Feb 07, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Fri, Feb 08, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Sat, Feb 09, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Sun, Feb 10, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
None	25	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2500	0	0	0	0	0	0
None							
None				2500			



COND.

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

MAIN

Instructions

Notes

Setup

Calcu

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Feb 11, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Tue, Feb 12, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Wed, Feb 13, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Thu, Feb 14, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Fri, Feb 15, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Sat, Feb 16, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Sun, Feb 17, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein

lators

Fit Test

Measurements

Schedule

Nutrition

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
Protein	30	0	0	0	0	0	0
Protein	6	2	1	3	1	3	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	6	2	1	3	1	3	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	6	2	1	3	1	3	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	6	2	1	3	1	3	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	6	2	1	3	1	3	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	6	2	1	3	1	3	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	6	2	1	3	1	3	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			



COND.

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

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1.5	MAX PORTIONS
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TOTAL DAILY CALORIES

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1.5	MAX PORTIONS
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TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

MAIN

Instructions

Notes

Setup

Calcu

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Feb 18, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Tue, Feb 19, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Wed, Feb 20, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Thu, Feb 21, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Fri, Feb 22, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Sat, Feb 23, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Sun, Feb 24, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
None	15	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	1500	0	0	0	0	0	0
None							
None				1500			



COND.

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

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1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

MAIN

Instructions

Notes

Setup

Calcu

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Feb 25, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Tue, Feb 26, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Wed, Feb 27, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Thu, Feb 28, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Fri, Feb 29, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Sat, Mar 01, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Sun, Mar 02, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
None	20	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2000	0	0	0	0	0	0
None							
None				2000			
None	20	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2000	0	0	0	0	0	0
None							
None				2000			
None	20	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2000	0	0	0	0	0	0
None							
None				2000			
None	20	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2000	0	0	0	0	0	0
None							
None				2000			
None	20	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2000	0	0	0	0	0	0
None							
None				2000			
None	20	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2000	0	0	0	0	0	0
None							
None				2000			
None	20	0	0	0	0	0	0
None	6	2	1	3	1	3	3
None	2000	0	0	0	0	0	0
None							
None				2000			



COND.

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
1.5	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

MAIN

Instructions

Notes

Setup

Calcu

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Mar 03, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Tue, Mar 04, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Wed, Mar 05, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Thu, Mar 06, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Fri, Mar 07, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Sat, Mar 08, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Sun, Mar 09, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
None	25	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2500	0	0	0	0	0	0
None							
None				2500			
None	25	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2500	0	0	0	0	0	0
None							
None				2500			



COND.

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

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3	MAX PORTIONS
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TOTAL DAILY CALORIES

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3	MAX PORTIONS
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TOTAL DAILY CALORIES

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TOTAL DAILY CALORIES

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3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

MAIN

Instructions

Notes

Setup

Calculations

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Mar 10, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Tue, Mar 11, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Wed, Mar 12, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Thu, Mar 13, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Fri, Mar 14, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Sat, Mar 15, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein
Sun, Mar 16, '08	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
	Protein	Protein	Protein	Protein	Protein
Add Portion	Protein	Protein	Protein	Protein	Protein

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
Protein	30	0	0	0	0	0	0
Protein	3	1	3	3	1	4	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	3	1	3	3	1	4	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	3	1	3	3	1	4	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	3	1	3	3	1	4	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	3	1	3	3	1	4	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	3	1	3	3	1	4	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			

Protein	30	0	0	0	0	0	0
Protein	3	1	3	3	1	4	3
Protein	3000	0	0	0	0	0	0
Protein							
Protein				3000			



COND.

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
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TOTAL DAILY CALORIES

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3	MAX PORTIONS
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TOTAL DAILY CALORIES

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TOTAL DAILY CALORIES

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3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

MAIN

Instructions

Notes

Setup

Calcu

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Mar 17, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Tue, Mar 18, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Wed, Mar 19, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Thu, Mar 20, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Fri, Mar 21, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Sat, Mar 22, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None
Sun, Mar 23, '08	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
	Protein	Protein	Protein	None	None
Add Portion	Protein	Protein	Protein	None	None

lators

Fit Test

Measurements

Schedule

Nutrition

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
None	15	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	1500	0	0	0	0	0	0
None							
None				1500			

None	15	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	1500	0	0	0	0	0	0
None							
None				1500			



COND.

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
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TOTAL DAILY CALORIES

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TOTAL DAILY CALORIES

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TOTAL DAILY CALORIES

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3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

MAIN

Instructions

Notes

Setup

Calcu

	Bfast	Snack	Lunch	Snack	Dinner
Mon, Mar 24, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Tue, Mar 25, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Wed, Mar 26, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Thu, Mar 27, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Fri, Mar 28, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Sat, Mar 29, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None
Sun, Mar 30, '08	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
	Protein	Protein	Protein	Protein	None
Add Portion	Protein	Protein	Protein	Protein	None

DAILY TOTALS

Snack	PROTEIN	DAIRY	FRUITS	VEGGIES	FATS	CARBS	SNACKS
None	20	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2000	0	0	0	0	0	0
None							
None				2000			
<hr/>							
None	20	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2000	0	0	0	0	0	0
None							
None				2000			
<hr/>							
None	20	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2000	0	0	0	0	0	0
None							
None				2000			
<hr/>							
None	20	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2000	0	0	0	0	0	0
None							
None				2000			
<hr/>							
None	20	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2000	0	0	0	0	0	0
None							
None				2000			
<hr/>							
None	20	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2000	0	0	0	0	0	0
None							
None				2000			
<hr/>							
None	20	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2000	0	0	0	0	0	0
None							
None				2000			
<hr/>							
None	20	0	0	0	0	0	0
None	3	1	3	3	1	4	3
None	2000	0	0	0	0	0	0
None							
None				2000			
<hr/>							



COND.

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

0	ACTUAL PORTIONS
3	MAX PORTIONS
0	ACTUAL CALORIES

TOTAL DAILY CALORIES

Upper Plus

WEEK DATE	Upper Plus					
01 Double Double Dip'll Do Ya	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
02 Dead Leg Switch Pull-Up	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
03 2-Direction Circle Flies	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
04 Lunge Curls	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
05 Hammer Kick	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
06 Frog Push-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
07 "L" Chin-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
08 Fly Blaster	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
09 Lean Back Curls	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
10 1-Legged Bridge Dips	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
11 Spiderman Push-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
12 7-Point Pull-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
13 Warrior Swim	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
14 Pumper Curls	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
15 Side Hammer Kick	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
16 Iso Climber Push-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
17 Clean to Negative	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
18 Shoulder Everything	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
19 Bicep Everything	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
20 Combat Push-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____

UPPER PLUS

		Total Body Plus				
WEEK DATE						
	01 O Crunch Push-Ups	R _____	R _____	R _____	R _____	R _____
02 Pull-Up Crunch	R _____	R _____	R _____	R _____	R _____	
03 Dead Lift Curl Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
04 Step Kick Back Chair Position	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
05 Sumo Chair	R _____	R _____	R _____	R _____	R _____	
06 Chuck-Ups	R1 _____ R2 _____ R3 _____ R4 _____	R1 _____ R2 _____ R3 _____ R4 _____	R1 _____ R2 _____ R3 _____ R4 _____	R1 _____ R2 _____ R3 _____ R4 _____	R1 _____ R2 _____ R3 _____ R4 _____	
07 Clink On Run	R _____	R _____	R _____	R _____	R _____	
08 Lunge Press Bella Twist	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
09 Balance Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
10 Running Man	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
11 Hindu Pike Push-Ups	R _____	R _____	R _____	R _____	R _____	
12 Lunge Squat Lunge	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
13 Mr. Moon	R _____	R _____	R _____	R _____	R _____	
14 Kid Play	R _____	R _____	R _____	R _____	R _____	
15 3 & 3	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
16 1/2 Dervish	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
17 Weighted Warrior	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
18 1 & 1	R _____	R _____	R _____	R _____	R _____	
19 Lara Lunge Crunch	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	
20 Spiderman Jumps	R _____	R _____	R _____	R _____	R _____	
BONUS ROUND						
21 Plyo Push-Ups	R _____	R _____	R _____	R _____	R _____	
TOTAL BODY PLUS						

		Abs, Core Plus (Weeks 1 To 4)				
WEEK	DATE					
01 Hanging Toe Tap Knee Raises	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
02 Tip Toe O Crunch	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
03 Scorpion Plank	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
04 Banana Cannonball	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
05 Hanging Up & Overs	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
06 Discus Throwers	R1	W	R1	W	R1	W
	R2	W	R2	W	R2	W
	R3	W	R3	W	R3	W
07 Warrior Bow	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
08 Scissor Climbers	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
09 Hanging Knee Kicks	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
10 Wood Chopper	R1	W	R1	W	R1	W
	R2	W	R2	W	R2	W
	R3	W	R3	W	R3	W
11 Down Dog Crunch	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
12 Banana Mason	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
13 Mixed Bike	T1	T1	T1	T1	T1	
	T2	T2	T2	T2	T2	
	T3	T3	T3	T3	T3	
14 X Crunch	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
15 Plank Sphinx with Plange	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
16 Seated Backstroke	R1	W	R1	W	R1	W
	R2	W	R2	W	R2	W
	R3	W	R3	W	R3	W
17 Hanging Pelvic Tilt	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
18 Straight Leg X Crunch	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	
19 360 Chataranga Run	T1	T1	T1	T1	T1	
	T2	T2	T2	T2	T2	
	T3	T3	T3	T3	T3	
20 Cherry Bomb	R1	R1	R1	R1	R1	
	R2	R2	R2	R2	R2	
	R3	R3	R3	R3	R3	

WEEK DATE	1	2	3	9	11
01 Standard Push-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
02 Wide Front Pull-Ups	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___
03 Military Push-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
04 Reverse Grip Chin-Ups	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___
05 Wide Fly Push-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
06 Closed Grip Overhand Pull-Ups	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___
07 Decline Push-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
08 Heavy Pants	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
09 Diamond Push-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
10 Lawnmovers	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___
11 Dive-Bomber Push-Ups	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
12 Back Flys	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___	R1 ___ W ___ R2 ___ W ___

CHEST & BACK

	WEEK		1		2		3		9		11	
	DATE											
01 Alternating Shoulder Presses	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
02 In & Out Bicep Curls	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
03 Two-Arm Tricep Kickbacks	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
04 Deep Swimmer's Presses	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
05 Full Supination Concentration Curls	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
06 Chair Dips	R1	_____	R1	_____	R1	_____	R1	_____	R1	_____	R1	_____
	R2	_____	R2	_____	R2	_____	R2	_____	R2	_____	R2	_____
07 Upright Rows	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
08 Static Arm Curls	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
09 Flip-Grip Twist Tricep Kickbacks	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
10 Seated Two-Angle Shoulder Flys	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
11 Crouching Cohen Curls	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
12 Lying-Down Tricep Extensions	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
BONUS ROUND												
13 In & Out Strait Arm Shoulder Flys	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
14 Congdon Curls	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___	R1	___ W ___
	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___	R2	___ W ___
15 Side Tri-Rises	LA	___ RA ___	LA	___ RA ___	LA	___ RA ___	LA	___ RA ___	LA	___ RA ___	LA	___ RA ___
	LA	___ RA ___	LA	___ RA ___	LA	___ RA ___	LA	___ RA ___	LA	___ RA ___	LA	___ RA ___

WEEK DATE	1	2	3	5	6
	01 Balance Lunge	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___
02 Calf Raise Squat	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
03 Reverse Grip Chin-Ups	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___
04 Super Skater	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___
05 Wall Squat (sec)	R _____	R _____	R _____	R _____	R _____
06 Wide Front Pull-Ups	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___
07 Step Back Lunge	RL ___ W ___ LL ___ W ___	RL ___ W ___ LL ___ W ___	RL ___ W ___ LL ___ W ___	RL ___ W ___ LL ___ W ___	RL ___ W ___ LL ___ W ___
08 Alternating Side Lunge	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
09 Closed Grip Overhand Pull-Ups	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___
10 Single Leg Wall Squat (sec)	R _____	R _____	R _____	R _____	R _____
11 Deadlift Squat	LL ___ RL ___	LL ___ RL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___
12 Switch Grip Pull-Ups	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___
13 Three-Way Lunge	RL ___ LL ___	RL1 ___ LL ___	RL1 ___ LL ___	RL1 ___ LL ___	RL1 ___ LL ___
14 Sneaky Lunge	R _____	R _____	R _____	R _____	R _____
15 Chair Salutations (sec)	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
16 Toe-Roll Iso Lunge	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___
17 Groucho Walk	R _____	R _____	R _____	R _____	R _____
18 Calf Raises	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
19 80/20 Cyber-Speed Squat	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___

LEGS & BACK

WEEK DATE	7	9	10	11	12
	01 Balance Lunge	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___
02 Calf Raise Squat	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
03 Reverse Grip Chin-Ups	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___
04 Super Skater	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___
05 Wall Squat (sec)	R _____	R _____	R _____	R _____	R _____
06 Wide Front Pull-Ups	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___
07 Step Back Lunge	RL ___ W ___ LL ___ W ___	RL ___ W ___ LL ___ W ___	RL ___ W ___ LL ___ W ___	RL ___ W ___ LL ___ W ___	RL ___ W ___ LL ___ W ___
08 Alternating Side Lunge	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
09 Closed Grip Overhand Pull-Ups	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___
10 Single Leg Wall Squat (sec)	R _____	R _____	R _____	R _____	R _____
11 Deadlift Squat	LL ___ RL ___	LL ___ RL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___
12 Switch Grip Pull-Ups	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___	NC1 ___ C1 ___ NC2 ___ C2 ___
13 Three-Way Lunge	RL ___ LL ___	RL1 ___ LL ___	RL1 ___ LL ___	RL1 ___ LL ___	RL1 ___ LL ___
14 Sneaky Lunge	R _____	R _____	R _____	R _____	R _____
15 Chair Salutations (sec)	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
16 Toe-Roll Iso Lunge	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___
17 Groucho Walk	R _____	R _____	R _____	R _____	R _____
18 Calf Raises	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
19 80/20 Cyber-Speed Squat	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___	RL ___ LL ___

LEGS & BACK

	WEEK		DATE	
	4	4	8	8
01 Stack Foot/Stagger Hands Push-Ups	R _____	R _____	R _____	R _____
02 Banana Rolls	R _____	R _____	R _____	R _____
03 Leaning Crescent Lunges	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 Squat Run	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 Sphinx Push-Ups	R _____	R _____	R _____	R _____
06 Bow To Boat	R _____	R _____	R _____	R _____
07 Low Lateral Skaters	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
08 Lunge & Reach	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Prison Cell Push-Ups	R _____	R _____	R _____	R _____
10 Side Hip Raise	RL _____ LL _____	RL _____ LL _____	R _____ W _____	R _____ W _____
11 Squat X-Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 Plank To Chaturanga Run	P _____ C _____	P _____ C _____	P _____ C _____	P _____ C _____
13 Walking Push-Ups	R _____	R _____	R _____	R _____
14 Superman Banana	R _____	R _____	R _____	R _____
15 Lunge-Kickback-Curl-Press	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 Towel Hopping	R _____	R _____	R _____	R _____
17 Reach High & Under Push-Ups	R _____	R _____	R _____	R _____
18 Steam Engine	R _____	R _____	R _____	R _____
19 Dreya Roll	R _____	R _____	R _____	R _____
BONUS ROUND				
20 Plank To Chaturanga Iso	R _____	R _____	R _____	R _____
21 The Halfback	R _____	R _____	R _____	R _____
22 Table Dip Leg Raise	R _____	R _____	R _____	R _____

	WEEK				
DATE	5	6	7	10	12
01 Slow-Motion 3-in-1 Push-Ups	R	R	R	R	R
02 In & Out Shoulder Flys	R W	R W	R W	R W	R W
03 Chairs Dips	R	R	R	R	R
04 Plange Push-Ups	R	R	R	R	R
05 Pike Presses	R	R	R	R	R
06 Side Tri-Rises	RA LA	RA LA	RA LA	RA LA	RA LA
07 Floor Flys	R	R	R	R	R
08 Scarecrows	R W	R W	R W	W	R W
09 Overhead Tricep Extensions	R W	R W	R W	R W	R W
10 Two-Twitch Speed Push-Ups	R	R	R	R	R
11 Y-Presses	R W	R W	R W	R W	R W
12 Lying Tricep Extensions	R W	R W	R W	R W	R W
13 Side-To-Side Push-Ups	R	R	R	R	R
14 Pour Flys	R W	R W	R W	R W	R W
15 Side-Leaning Tricep Extensions	RA W LA W	RA W LA W	RA W LA W	RA W LA W	RA W LA W
16 One-Arm Push-Ups	R	R	R	R	R
17 Weighted Circles	R W	R W	R W	R W	R W
18 Throw the Bomb	RA W LA W	RA W LA W	RA W LA W	RA W LA W	RA W LA W
19 Clap or Plyo Push-Ups	R	R	R	R	R
20 Slo-Mo Throws	RA W LA W	RA W LA W	RA W LA W	RA W LA W	RA W LA W
21 Front-To Back Tricep Extensions	RA W LA W	RA W LA W	RA W LA W	RA W LA W	RA W LA W
22 One-Arm Balance Push-Ups	R	R	R	R	R
23 Fly-Row Presses	R W	R W	R W	R W	R W
24 Dumbbell Cross-Body Blows	R W	R W	R W	R W	R W

CHEST SHOULDERS & TRICEPS

WEEK DATE	5	6	7	10	12
	01 Wide Front Pull-Ups	NC ___ C ___	NC ___ C ___	NC ___ C ___	NC ___ C ___
02 Lawnmowers	RA ___ W ___	RA ___ W ___	RA ___ W ___	RA ___ W ___	RA ___ W ___
	LA ___ W ___	LA ___ W ___	LA ___ W ___	LA ___ W ___	LA ___ W ___
03 Twenty-Ones	R _____	R _____	R _____	R _____	R _____
04 One-Arm Cross-Body Curls	RA ___ W ___	RA ___ W ___	RA ___ W ___	RA ___ W ___	RA ___ W ___
	LA ___ W ___	LA ___ W ___	LA ___ W ___	LA ___ W ___	LA ___ W ___
05 Switch Grip Pull-Ups	NC ___ C ___	NC ___ C ___	NC ___ C ___	NC ___ C ___	NC ___ C ___
06 Elbows-Out Lawnmowers	RA ___ W ___	RA ___ W ___	RA ___ W ___	RA ___ W ___	RA ___ W ___
	LA ___ W ___	LA ___ W ___	LA ___ W ___	LA ___ W ___	LA ___ W ___
07 Standing Bicep Curls	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
08 One-Arm Concentration Curls	RA ___ W ___	RA ___ W ___	RA ___ W ___	RA ___ W ___	RA ___ W ___
	LA ___ W ___	LA ___ W ___	LA ___ W ___	LA ___ W ___	LA ___ W ___
09 Corn Cob Pull-Ups	NC ___ C ___	NC ___ C ___	NC ___ C ___	NC ___ C ___	NC ___ C ___
10 Reverse Grip Bent-Over Rows	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
11 Open Arm Curls	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
12 Static Arm Curls	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
13 Towel Pull-Ups	NC ___ C ___	NC ___ C ___	NC ___ C ___	NC ___ C ___	NC ___ C ___
14 Congdon Locomotives	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
15 Crouching Cohen Curls	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
16 One-Arm Corkscrew Curls	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
17 Chin-Ups	NC ___ C ___	NC ___ C ___	NC ___ C ___	NC ___ C ___	NC ___ C ___
18 Seated Bent-Over Back Flys	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
19 Curl-Up/Hammer Downs	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
20 Hammer Curls	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
21 Max Rep Pull-Ups	NC ___ C ___	NC ___ C ___	NC ___ C ___	NC ___ C ___	NC ___ C ___
22 Superman	R _____	R _____	R _____	R _____	R _____
23 In-Out Hammer Curls	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
24 Strip-Set Curls	R1 ___ W1 ___	R1 ___ W1 ___	R1 ___ W1 ___	R1 ___ W1 ___	R1 ___ W1 ___
	R2 ___ W2 ___	R2 ___ W2 ___	R2 ___ W2 ___	R2 ___ W2 ___	R2 ___ W2 ___
	R3 ___ W3 ___	R3 ___ W3 ___	R3 ___ W3 ___	R3 ___ W3 ___	R3 ___ W3 ___
	R4 ___ W4 ___	R4 ___ W4 ___	R4 ___ W4 ___	R4 ___ W4 ___	R4 ___ W4 ___