	Name of Client						
N	ame of the Instructor/Trainer	Terron Beckham			_		
					Program start date		
Client's Information	1	Warm-up (everyday)	1		Cardio	After every	v workout
Age		Exercises	Reps		Exercises	Reps	Wts
Gender		1 min bike Interval	5 min (on)	15min stair master I		
Height (Feet)		15 sec sprint after ev					
Height (Inches)		4x 10 pushups	ĺ				
Neight (Pounds)		4 X 5-8 chin ups					
Chest (Inches)							
Waist (inches)		Day 1					
Body Fat		Exercises	Reps	Wts	Weeks	Frequency	Start
Target Body Fat		DB Incline Press	3x15			2,1,1	
BMI 0.0	00	Cable incline crossover	4x20			2,1,1	
Target BMI		Med Ball Wall Press	2x (bur	not)			
		DB Pullovers	3x10			2,1,1	
Suggestions		Lat pull downs (reverse gri	3x12			2,1,1	
frequency means w	reight tempo ex. 2,1,1	Db Rows	2x20			2,1,1	
means 1 sec down,	2 sec pause, 1 sec press	Neutral Grip Cable Row	3x10			2,1,1	
		Power Shrug	3x20			1,2,1	
rest time no more t	han 1min 30sec						
A1 and A2 Means S	uperset						
BB means Barbell		Power Shrug video: https://	/www.yout	ube.com/w	ratch?v=96NFt3oTvpl		
DB Means Dumbbe	II						
A:if you see (#) and	numbers after, it is a Py	Day 2					
B:so you need to g	o up in weight as rep#o		Reps				
(AMRAP) means as	many reps as possible	Hamstring Curls	3x15			2,1,1	
		Leg Exstensions	3x20			2,1,1	
		Back Squat	3x8	70% M	ax		
		Glute Bridges	3x10			2,1,1	
		A1: Single Leg Glute Bridge	2x12	no weight	s		
		A2: Single Leg Jump	2x6	no weight	s		
On Bike interval	keep pace for 1min	1/2 Hamstring Curls	3x20	half range	of motion		
	hard as you can for 1		3x 10				
then restart pac	e and continue until 5	min is					
done.							
With frequency i	f you see a 0 in between	en					
numbers like (1,	0,1) that 0 means be	Day 3					
explosive on the	press or pull moveme	nt.	Reps				
		100 m Sprints	5	full recov	ery for each sprint		
	be around 2min low r						
rest time should	be around 45-60sec l	Lying Leg Lifts (abs)	3x15				
		Russian Twist (abs)	200 tou	ches hit	ting both sides =	1 touch	
high reps = 10+		5-10-5 sprint	5				
low reps = 10-							
		5-10-5 video: https://www.	outube.co	m/watch?	/=LJcWjNMISc0		
		russian twist video: h					
		leg raises video: http	s://www	youtube	e.com/watch?v=\	Np4BlxcFTk	κE
		Day 4					
When training,	make sure you unders	Rest	Reps				
	s. Do not, I repeat, Do		у				
use a weight tha	it you can int infinity a						

Day 11			
	Reps		
Active Streatching			

Day 12					
Rest	Reps				
1 mile run for time					
Lying Leg Lifts (abs)	3x15				
Russian Twist (abs)	200 touches hit	ting both side	es = 1 to	uch	

Day 13						
	Reps					
Deadlifts	5x10,8,6,3,3	work up to 6	60% max			
Hyper exstension	2x20	1,1,1				
Kroc DB rows (Heaviest D	30 reps each ar	1,0,1				
DB Bench Press	3x12	1,1,1				
Cable Mid Chest Crossove	2x20	1,1,1				
Dips	50 reps (in as li	ttile sets as p	ossible)	*add wei	ght if to	easy

Kroc row Video: https://www.youtube.com/watch?v=V6T5n79Srpk

Day 14				
Rest	Reps			
Leg Press	4x15	1,1,1		
Bulgarian (split)Sqaut	3x12 (each leg)	1,1,1		

should really be struggling at rep 8				
and fighting for those last 4 reps. Do no	ot			
shortcut yourself, this one factor really				
determines the weak from the strong				
and true progress.				
max sure you warm up properly to the	0/0			

You should have about 3 warm up sets before you actually get to the Starting set of the exercise.

Day 5					
	Reps				
Deadlift	5x8	70% ma	ax		
Hyper Exstensions	3x20			1,0,1	
(Incline Bench) DB Rows	3x10			1,0,1	
(overhand) Lat pull Downs	2x20			1,0,1	
Decline Bench Press (BB)	4x15/12	2/10/8		1,0,1	
Decline DB Flys	3x15			1,2,1	
Tricep Cable Push Downs	3x15			1,0,1	
Triangle(grip) Tricep Pushu	50-80 e	ps			

Day 6					
	Reps				
Leg Press	4x20			1,0,1	
Leg exstensions	3x15			1,1,1	
Abb/Adductor Machine	4x10			1,1,1	
Step Ups (45lb DB)	3x10 (e	ach leg)			
Lateral Lunges	3x10 (e	ach leg)	135LB with BB if you o	an	
Alternating Lunges	AMRAF	for 1mi	135LB with BB if you o	an	
Seated Calf rasies	3x20				

Reps				
	Reps	Reps	Reps	Reps

Day 8					
Incline BB Press	4x10/8/	Work up	to 60% Max	1,1,1	
Single Arm DB Floor Press	3x8			1,1,1	
Plate Front Raises	2x15			1,0,1	
DB lateral raises	2x25			1,1,1	
Pull Up (Iso Holds)	3x15-30)sec			
Lat Pull Downs (Reverse 0	3x15			1,2,1	
DB Rows (at same time)	4x12			1,1,1	

3x8	1,2,1			
2x25	1,0,1			
1x30	1,1,1			
3x12 (each leg)				
	2x25 1x30	2x25 1,0,1	2x25 1,0,1 1x30 1,1,1	2x25 1,0,1 1x30 1,1,1

glute march video bulgarian split video https://www.youtube.com/watch?v=sPULneNy6L0 https://www.youtube.com/watch?v=2C-uNgKwPLE lateral lung jump: https://www.youtube.com/watch?v=sNTDx8u6XWk

Just means to Dumbell Row on an Incline Bench at an angle.

Day 15	Reps		
Rest			
Active streatching			

Day 16	Reps			
Rest	4x10			
Standing Dumbell Press	3x12			
A1:Front Raise	3x10sec			
A2:Front Raise (Holds)	4x12			
A1:Lateral raises	4x10sec			
A2:Lateral raises (Holds)	3x15			
Low Cable Chest Flys	3x12			
Mid DB Chest Flys	3x15			
Tricep Exstensions	20,20,20,20	lower weight aft	er each se	
Tricep Push Downs (drops	set)			

Day 17	Reps				
Rest					
A1:Pull Ups	5x5 (weighted)				
A2:Lat push downs	5x12				
Neutral Seated Cable Row	3x10				
Front Squat	4x10	60%			
Front Squat (holds)	3 sets 20sec	unrack weig	ght and h	nold 90%	max
Leg Press (feet low)	3x15				
Med ball slam:	3x15				
Med ball slams:	https://www.you	tube.com/wa	tch?v=F	x_UHMr	nQljU

Day 21				
Rest	Reps			
Good mornings BB	3x10	1,1,1		
Leg Exstensions	3x15	1,0,1		
Leg Press	4x15	1,0,1		
Upright Rows	3x12	1,1,1		
Incline DB Rows	3x10	1,1,1		
BB Rows	4x6	1,0,1		
Hyper-exstension	2x20	1,1,1		

Day 22					
Rest	Reps				
100 m Sprints	5	full recove	ery for each	sprint	
5 min jump rope cool o	down				
Lying Leg Lifts (abs)	3x15				
Russian Twist (abs)	200 touches hitting bo	oth sides =	1 touch		

Day 23			
Rest	Reps		
Active Stretching			

Day 9					
	Reps				
Front squat	3x5	75% ma	ax	1,1,1	
Back squat (Wide Stance)	2x20	50% ma	ax	1,0,1	
Step back lunges	3x12(ea	ach leg)		1,0,1	
Lateral step ups	3x10 (w	eighted))	1,0,1	
Box jumps	5x10				
Standing Calf raises	3x25				

Day 10						
Conditioning	Reps					
Row Machine	5min to	tal (1mir	row/15sec hard a	is you ca	n row aft	er 1min the
A1:Burpess	30sec >	⟨5				
A2:Kettelbell swing	30sec >	< 5				
A3:plank hold	30sec >	〈 5				
Single Leg split squat jump	4 sets 1	0				

kettlebell swing video: https://www.youtube.com/watch?v=YSxHifyl6s8

Day 18	Reps					
Rest						
Turkish Get ups	6 each arm weight	ghted				
Decline Sit Ups	3x15					
Swiss ball roll	3x12					
Ab wheel	2x15					
Row machine	5min total (1min	row/15sec	hard as y	ou can	row after	1mir
turkish get up video: https:	://www.youtube.com/v	vatch?v=0bWRF	C49-KI			
swiss ball roll out video: ht	tps://www.youtube.co	m/watch?v=hCE	6ejbY3CM			

Day 19	Reps		
Rest			
Active Stretching			
repeat)			

Day 20	Reps			
Rest				
Hamestring Curls	3x15			
Back Squat	5x3			
Sumo Deadlift	3x8	work up to 7	'5%	
Incline BB Bench	4x10,8,5,5			
Incline DB Bench	3x12			
A1:Incline Cable Flys	3x10	Feet elevated o	n bench	
A2: Incline Push ups	3x15			

	Day 24				
	Rest	Reps			
	Back Squat	5x5	1,0,1		
	Leg Press	3x15	1,0,1		
h	Pull ups	4x5 (weighted)	1,0,1		
	DB Rows	3x12	1,1,1		
	Decline BB Bench	3x10	1,0,1		
	Decline Flys	3x15	1,1,1		
	Jump Rope	5 min			

Day 25	l				
Turkish Get ups	6 each arm weig	hted			
Decline Sit Ups	3x15				
Swiss ball roll	3x(AMRAP)				
Ab wheel	2x (AMRAP)				
Row machine	5min total (1min	row/15s	ec hard a	as you ca	an row a
Lateral med ball slams	3x12 (each side)				

lateral med ball s https://www.youtube.com/watch?v=zlyMBWW8UvI

Day 26				
Deadlift	5x8,8,5,5,3,	up to 70	1,0,1	
Good Mornings	2x10		1,0,1	
Hyper exstensions	3x15		1,1,1	
BB Bench Press	4x15,12,8,6	up to 60%	1,1,1	
Dumbell Flys	3x15		,1,1,1	
A1:Lat Pull Downs (re	2x20		1,0,1	
A2: Lat Push Downs	2x20		1,0,1	

Day 27									
100 m Sprints	5	full recove	ery for each	sprint					
5 min jump rope cool	down								
Lying Leg Lifts (abs)	3x15								
Russian Twist (abs)	200 touches hitting bo	200 touches hitting both sides = 1 touch							

Day 28			

			_	
Leg Exstensions	3x20	1,0,1		
Front Squat	4x8	1,0,1		
Bulgarian Squat	2x12	1,1,1		
DB Overhead snatch	2x(amrap)	1,0,1		
DB Rows	3x10	1,1,1		
Db Floor Press	4x8	1,1,1		
Push ups	60-100			

Day 29			
Active Stretching			

Day 30			
1 Mile Run for Time			
FINISHED			

Program Tracking

		to	4-Jan-00				
Week #1	Legends						
	Reps Repe	etition	s as suggeste	ed Wts	Weight as suggested	Diff	Difference between suggested and actual

	Please Fill the actual data for suggested exercises and find the difference/deviation on Repetitions and Weight parameters to schedule up next week's program																on Re	epetit	ions a	and W	<i>l</i> eight	paraı	neter	s to
Day		Day	y-1			Da	y-2		Day-3 Day-4				Day-5				Day-6							
Dates						31-D	ec-99			1-Ja	n-00			2-Ja	n-00			3-Ja	n-00		4-Jan-00			
Exercises	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
1 min bike Interval #VALUE! #ERROR! #VALUE! #ERR								RRO	R! #\	/ALU	E! #E	RRO	R! #\	/ALU	E! #E	RRO	R! #\	/ALU	E! #E	RRO	R! #\	/ALUI	E! #E	RRO
15 sec sprint aft	ter ev	0	#E	RRO	R!	0	#E	RRO	R!	0	#E	RRO	R!	0	#E	RRO	R!	0	#E	RRO	R!	0	#E	RROF
4x 10 pushups		0	#E	RRO	R!	0	#E	RRO	R!	0	#E	RRO	R!	0	#ERRO		R!	0	#E	RRO	R!	0	#E	RROF
4 X 5-8 chin ups	6	0	#E	RRO	R!	0	#E	RRO	R!	0	#E	RRO	R!	0	#E	RRO	R!	0	#E	RRO	R!	0	#E	ERROF
Day 1	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
DB Incline Pres	s #\	/ALUI	E!	0.00	#\	/ALU	E!	0.00	#\	/ALU	E!	0.00	#\	/ALU	E!	0.00	#\	/ALU	E!	0.00	#\	/ALUI	E!	0.00
Cable incline cro	oss # N	/ALUI	E!	0.00	#\	/ALU	E!	0.00 #\		#VALUE! 0.0		0.00	#VALUE! 0.00		0.00	#VALUE! 0.0		0.00	#VALUE!			0.00		
Med Ball Wall Pr	es#\	/ALUI	E!	0.00	#\	/ALU	E!	0.00	#\	#VALUE!		0.00	#VALUE! 0.00		0.00	#VALUE! 0.00		0.00	#VALUE!			0.00		
DB Pullovers	#\	/ALUI	E!	0.00	#\	/ALU	E!	0.00	#\	/ALU	E!	0.00	0.00 #VALUE! 0.00			#VALUE! 0.00			#VALUE! 0.00					
Cardio	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
15min stair mas	ter⊯\	/ALUI	E! #\	VALU	E! #\	/ALU	E! #	VALU	E! #\	/ALU	E! #\	/ALU	E! #\	/ALU	E! #\	/ALU	E! #\	/ALU	E! #\	/ALU	E! #\	/ALUI	E! #\	VALUE
		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00		0		0.00
#ERROR!	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff	Reps	Diff	Wts	Diff
#ERROR!	#E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RROF
#ERROR!	#E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RROF
#ERROR!	#E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RROF
#ERROR!	#E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RRO	R! #E	RROF

instructions: Duplicate this sneet to accommodate number of weeks as per the scheduled program