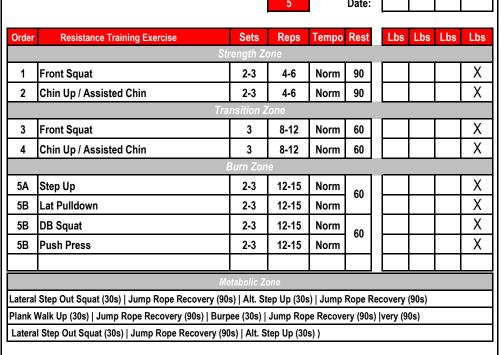


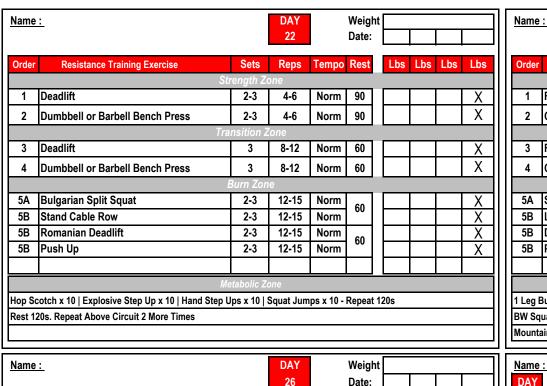
esistance Training Exercise addlift mbbell or Barbell Bench Press	Sets Strength 2 2-3	Reps	Tempo	Rest	Lbs	Lbs	Lbs	L
adlift								
	2-3	1-6						
mbbell or Barbell Bench Press		4-0	Norm	90				
	2-3	4-6	Norm	90				
7	Transition .	Zone						
adlift	3	8-12	Norm	60				
mbbell or Barbell Bench Press	3	8-12	Norm	60				
	Burn Zo	пе						
garian Split Squat	2-3	12-15	Norm	60				
nd Cable Row	2-3	12-15	Norm	00				
nanian Deadlift	2-3	12-15	Norm	60				
sh Up	2-3	12-15	Norm	00				
	Matabalia	/0.00						L
- 40 Franks in Charles at 40 Blanks				. 40 D		_		
	waik Ups x	10 Squat	Jumps)	(10 - Rep	eat 120	JS		_
	garian Split Squat nd Cable Row nanian Deadlift h Up	Burn Zongarian Split Squat 2-3	Surn Zone Surn	Burn Zone Burn Zone Burn Zone Burn Zone Garian Split Squat 2-3 12-15 Norm Ind Cable Row Ind	Surn Zone Surn	Surn Zone Surn	Surn Zone Surn	Surn Zone Surn

DAY

Weight



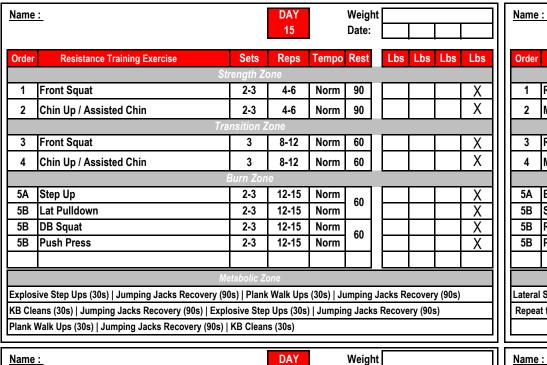
Name	<u>:</u>			Weight					Ī
DAY 2	Targeted Fat Cardio	Targeted Fat Loss Cardio							
	Metabolic Zone & Body Fat Utilization Zone								
	Lateral Ski Jump x 10 / Lunge Jump x 10 - 60s		Not	tes					
	Spiderman x 10 / Kettlebell Clean x 10 - 60s	ell Clean x 10 - 60s Run x 120sec			5 min.	ssions			
	Lateral Ski Jump x 10 / Lunge Jump x 10 - 60s	10 / Lunge Jump x 10 - 60s Run x 120sec			20 min. Moderate Aero				
		="	exerci	se					
DAY									
4									
	Metabolic Zone & Body Fat Utilization Zone								
	Jump Rope (60s)	Run x 1	20sec		Not	tes			
	Lunge w/ Overhead Reach (60s)	Run x 1	20sec		5 min.	betwe	en ses	ssions	
	Jump Rope (60s)	Run x 1	20sec		20 mir	n. Mod	erate A	Aerobio	С
					exerci	se			
DAY									
6				_					
	Metabolic Zone & Body Fat Utilization Zone				Not	tes			
	Walking Lunges (60s)	Run x 1	20sec		5 min.	betwe	en ses	sions	
	Cross Behind Step Up & Over (60s)	Run x 1	20sec		20 mir	n. Mod	erate A	\erobio	С
	Walking Lunges (60s)	Run x 1	20sec		exerci	se			



Name:		DAY	Weig		nt				
			24	l	Date:				
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
		Strength 2	Cone						
1	Front Squat	2-3	4-6	Norm	90				Χ
2	Chin Up / Assisted Chin	2-3	4-6	Norm	90				Χ
		Transition	Zone						
3	Front Squat	3	8-12	Norm	60				Χ
4	Chin Up / Assisted Chin	3	8-12	Norm	60				Χ
		Burn Zo	ne						
5A	Step Up	2-3	12-15	Norm	60				Χ
5B	Lat Pulldown	2-3	12-15	Norm	00				Χ
5B	DB Squat	2-3	12-15	Norm	60				Χ
5B	Push Press	2-3	12-15	Norm	00				Χ
		Metabolic 2	Zone						
1 Leg E	Burpee (30s) Jump Rope Recovery (90s) Mountain Cl	imber (30s	s) Jump	Rope Re	covery	(90s)		
BW Sq	uats (30s) Jump Rope Recovery (90s)	1 Leg Burpee	(30s) Jur	np Rope	Recovery	y (90s)			
Mounta	ain Climber (30s) Jump Rope Recovery	(90s) BW Sq	uats (30s))					

			26		Date:					
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs	
		Strength Zo	one							
1	Romanian Deadlift	2-3	4-6	Norm	90				Χ	
2	Military Press	2-3	4-6	Norm	90				Χ	
		Transition 2	one							
3	Romanian Deadlift	3	8-12	Norm	60				Χ	
4	Military Press	3	8-12	Norm	60				Χ	
Burn Zone										
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				Χ	
5B	Stand Cable Row	2-3	12-15	Norm	00				Χ	
5B	Romanian Deadlift	2-3	12-15	Norm	60				Χ	
5B	Push Up	2-3	12-15	Norm					Χ	
Metabolic Zone										
ateral.	Step-Out Squat Moving x 10 Alt Step Up 2	x 10 Plank Wa	k Ups x 10) Burpee	s x 10 -	Repeat	120s			
Rest 12	0s. Repeat Above Circuit 2 More Times									
Lateral Step-Out Squat Moving x 10 Alt Step Up x 10 Plank Walk Ups x 10 Burpees x 10 - Repeat 120s Rest 120s. Repeat Above Circuit 2 More Times										

Name	<u>:</u>	Weight		
DAY	3	Targeted Fat Loss		
23	Cardio		Date:	
	Metabolic Zone & Body Fat Utilization Zo	one		
	Lateral Ski Jump x 10 / Lunge Jump x 10 - 60s	Run x 120sec		Notes
	Spiderman x 10 / Kettlebell Clean x 10 - 60s	5 min. between sessions		
	Repeat Above 2 More Times	20 min. Moderate Aerobic		
		exercise		
DAY				
25				
	Metabolic Zone & Body Fat Utilization Zone			
	Cross Behind Step Up & Over - 60s	Run x 120sec		Notes
	Burpees - 60s	Run x 120sec		5 min. between sessions
	Repeat Above 2 More Times			20 min. Moderate Aerobic
				exercise
DAY				-
27			_	
	Metabolic Zone & Body Fat Utilization Zone			Notes
	Cross Behind Step Up & Over - 60s	Run x 120sec		5 min. between sessions
	Kettlebell Swings - 60s	Run x 120sec		20 min. Moderate Aerobic
	Repeat x 2			exercise



Name :			DAY		Weight						
			17	ı	Date:						
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs		
		Strength 2	Zone								
1	Romanian Deadlift	2-3	4-6	Norm	90				Χ		
2	Military Press	2-3	4-6	Norm	90				Χ		
		Transition	Zone								
3	Romanian Deadlift	3	8-12	Norm	60				Χ		
4	Military Press	3	8-12	Norm	60				Χ		
		Burn Zo	ne								
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				Χ		
5B	Stand Cable Row	2-3	12-15	Norm	"				Χ		
5B	Romanian Deadlift	2-3	12-15	Norm	60				Χ		
5B	Push Up	2-3	12-15	Norm	00				Χ		
		Metabolic 2	Zone								
Latera	l Step Out Squat Moving x 10 Lunge Ju	mps x 10 Pro	ne Step O	ffs x 10	Squats J	umps x	10				
Repea	at for 120s - Rest 120s. Repeat Above Ci	rcuit 2 More Ti	mes								

			19	l	Date:					
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs	
Strength Zone										
1	Squat	2-3	4-6	Norm	90				Χ	
2	Dumbbell or Cable Row	2-3	4-6	Norm	90				Χ	
Transition Zone										
3	Squat	3	8-12	Norm	60				Χ	
4	Dumbbell or Cable Row	3	8-12	Norm	60				Χ	
Burn Zone										
5A	Step Up	2-3	12-15	Norm	60				Χ	
5B	Lat Pulldown	2-3	12-15	Norm	00				Χ	
5B	DB Squat	2-3	12-15	Norm	60				Χ	
5B	Push Press	2-3	12-15	Norm	00				Χ	
		Metabolic Zo	one							
	Burpee (30s) Jump Rope Recovery (90s) Spid									
BW Sq	uats (30s) Jump Rope Recovery (90s) 1 Leg	Burpee (30s	s) Jump F	Rope Reco	overy (9	0s)				
Spiderı	man (30s) Jump Rope Recovery (90s) BW So	լuats (30s))								

Name :		Weight	
DAY	Targeted Fat Loss		
16	Cardio	Date:	
Metabolic Zone & B	ody Fat Utilization Zone		
Cross Behind Step Up & Ove	r x 60s Walking Lunges x 1	20s	Notes
Hand Stand Step Ups x 6	60s Walking Lunges x120s		5 min. between sessions
Cross Behind Step Up & Over x 60	s Walking Lunges x 120s	Hand Step	20 min. Moderate Aerobic
Ups x60s Walking Lunges x 120s	Cross Behind Step Up &	Over x 60s	exercise
18 Metabolic Zone & B	ody Fat Utilization Zone		
Lunge w/Overhead Reach x 60s Ju	ımping Jacks x 120s Spide	erman x 60s	Notes
Jumping Jacks x 120s Lunge w/Ove	rhead Reach x 60 Jumping	Jacks x 120	5 min. between sessions
Spiderman x 60s .	Jumping Jacks x 120s		20 min. Moderate Aerobic
Lunge w/Over	head Reach x 60s		exercise
DAY 20			
Metabolic Zone & B	ody Fat Utilization Zone		Notes
1 Legged Burpee x 60s Jumping	Jacks x 120s Mountain Cli	mber x 60s	5 min. between sessions
Jumping Jacks x 120s 1 Legged	Burpee x 60s Jumping Ja	cks x 120s	20 min. Moderate Aerobic
Mountain Climber x 60s Jumping	Jacks x 120s 1 Legged Bu	rpee x 60s	exercise

