

Name : DAY 1 Weight
 Date:

Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
<i>Strength Zone</i>									
1	Dumbbell Front Squat	2-3	4-6	Norm	90				X
2	Dumbbell Row	2-3	4-6	Norm	90				X
<i>Transition Zone</i>									
3	Dumbbell Front Squat	3	8-12	Norm	60				X
4	Dumbbell Row	3	8-12	Norm	60				X
<i>Burn Zone</i>									
5A	Step Up	2-3	12-15	Norm	60				X
5B	Kneeling Band Pulldown	2-3	12-15	Norm					X
5B	DB Squat	2-3	12-15	Norm	60				X
5B	Push Press	2-3	12-15	Norm					X
<i>Metabolic Zone</i>									
Jumping Jacks (30s) Jump Rope Recovery (90s) Single Leg Burpees (30s) Jump Rope Recovery (90s)									
Mountain Climbers (30s) Jump Rope Recovery (90s) Kettlebell Swings (30s) Jump Rope Recovery (90s)									
Jumping Jacks (30s) Jump Rope Recovery (90s) Single Leg Burpees (30s)									

Name : DAY 3 Weight
 Date:

Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
<i>Strength Zone</i>									
1	Dumbbell Front Squat	2-3	4-6	Norm	90				X
2	Dumbbell Bench Press	2-3	4-6	Norm	90				X
<i>Transition Zone</i>									
3	Dumbbell Front Squat	3	8-12	Norm	60				X
4	Dumbbell Bench Press	3	8-12	Norm	60				X
<i>Burn Zone</i>									
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				X
5B	2 Point Dumbbell Row	2-3	12-15	Norm					X
5B	1 Leg Romanian Deadlift	2-3	12-15	Norm	60				X
5B	Push Up	2-3	12-15	Norm					X
<i>Metabolic Zone</i>									
Hop Scotch x 10 Explosive Step Up x 10 Plank Walk Ups x 10 Squat Jumps x 10 - Repeat 120s									
Rest 120s. Repeat Above Circuit 2 More Times									

Name : DAY 5 Weight
 Date:

Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
<i>Strength Zone</i>									
1	Dumbbell Front Squat	2-3	4-6	Norm	90				X
2	Chin Up / Assisted Chin	2-3	4-6	Norm	90				X
<i>Transition Zone</i>									
3	Dumbbell Front Squat	3	8-12	Norm	60				X
4	Chin Up / Assisted Chin	3	8-12	Norm	60				X
<i>Burn Zone</i>									
5A	Step Up	2-3	12-15	Norm	60				X
5B	Kneeling Band Pulldown	2-3	12-15	Norm					X
5B	DB Squat	2-3	12-15	Norm	60				X
5B	Push Press	2-3	12-15	Norm					X
<i>Metabolic Zone</i>									
Lateral Step Out Squat (30s) Jump Rope Recovery (90s) Alt. Step Up (30s) Jump Rope Recovery (90s)									
Plank Walk Up (30s) Jump Rope Recovery (90s) Burpee (30s) Jump Rope Recovery (90s) very (90s)									
Lateral Step Out Squat (30s) Jump Rope Recovery (90s) Alt. Step Up (30s)									

Name : DAY 2 Targeted Fat Loss Cardio Weight
 Date:

Metabolic Zone & Body Fat Utilization Zone		
	Lateral Ski Jump x 10 / Lunge Jump x 10 - 60s	Run x 120sec
	Spiderman x 10 / Kettlebell Clean x 10 - 60s	Run x 120sec
	Lateral Ski Jump x 10 / Lunge Jump x 10 - 60s	Run x 120sec

Notes

5 min. between sessions
 20 min. Moderate Aerobic exercise

Metabolic Zone & Body Fat Utilization Zone		
	Jump Rope (60s)	Run x 120sec
	Lunge w/ Overhead Reach (60s)	Run x 120sec
	Jump Rope (60s)	Run x 120sec

Notes

5 min. between sessions
 20 min. Moderate Aerobic exercise

Metabolic Zone & Body Fat Utilization Zone		
	Walking Lunges (60s)	Run x 120sec
	Cross Behind Step Up & Over (60s)	Run x 120sec
	Walking Lunges (60s)	Run x 120sec

Notes

5 min. between sessions
 20 min. Moderate Aerobic exercise

Name : DAY 8 Weight
 Date:

Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs	
<i>Strength Zone</i>										
1	Romanian Deadlift	2-3	4-6	Norm	90				X	
2	Military Press	2-3	4-6	Norm	90				X	
<i>Transition Zone</i>										
3	Romanian Deadlift	3	8-12	Norm	60				X	
4	Military Press	3	8-12	Norm	60				X	
<i>Burn Zone</i>										
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				X	
5B	2 Point Dumbbell Row	2-3	12-15	Norm					X	
5B	1 Leg Romanian Deadlift	2-3	12-15	Norm	60				X	
5B	Push Up	2-3	12-15	Norm					X	
<i>Metabolic Zone</i>										
Hop Scotch x 10 Explosive Step Up x 10 Prone Step Offs x 10 Bodyweight Squats x 10 - Repeat 120s										
Rest 120s. Repeat Above Circuit 2 More Times										

Name : DAY 10 Weight
 Date:

Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs	
<i>Strength Zone</i>										
1	Dumbbell Front Squat	2-3	4-6	Norm	90				X	
2	Dumbbell Row	2-3	4-6	Norm	90				X	
<i>Transition Zone</i>										
3	Dumbbell Front Squat	3	8-12	Norm	60				X	
4	Dumbbell Row	3	8-12	Norm	60				X	
<i>Burn Zone</i>										
5A	Step Up	2-3	12-15	Norm	60				X	
5B	Kneeling Band Pulldown	2-3	12-15	Norm					X	
5B	DB Squat	2-3	12-15	Norm	60				X	
5B	Push Press	2-3	12-15	Norm					X	
<i>Metabolic Zone</i>										
1 Leg Burpee (30s) Jump Rope Recovery (90s) Spiderman (30s) Jump Rope Recovery (90s)										
BW Squats (30s) Jump Rope Recovery (90s) 1 Leg Burpee (30s) Jump Rope Recovery (90s) Spiderman (30s) Jump Rope Recovery (90s) BW Squats (30s)										

Name : DAY 12 Weight
 Date:

Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs	
<i>Strength Zone</i>										
1	Dumbbell Front Squat	2-3	4-6	Norm	90				X	
2	Dumbbell Bench Press	2-3	4-6	Norm	90				X	
<i>Transition Zone</i>										
3	Dumbbell Front Squat	3	8-12	Norm	60				X	
4	Dumbbell Bench Press	3	8-12	Norm	60				X	
<i>Burn Zone</i>										
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				X	
5B	2 Point Dumbbell Row	2-3	12-15	Norm					X	
5B	1 Leg Romanian Deadlift	2-3	12-15	Norm	60				X	
5B	Push Up	2-3	12-15	Norm					X	
<i>Metabolic Zone</i>										
Hop Scotch x 10 Explosive Step Up x 10 Prone Step Offs x 10 Bodyweight Squats x 10 - Repeat 120s										
Rest 120s. Repeat Above Circuit 2 More Times										

Name : DAY 9 Targeted Fat Loss Cardio Weight
 Date:

Metabolic Zone & Body Fat Utilization Zone	
	Mountain Climbers x 60s Run x 120s Lunge Jump x 60s
	Run x 120s Mountain Climber x 60s Run x 120s
	Lunge Jumps x 60 s

DAY 11

Metabolic Zone & Body Fat Utilization Zone	
	Lunge w/Overhead Reach x 60s Run x 120s Hand Step Ups x 60s
	Run x 120s Lunge w/Overhead Reach x 60s Run 120s
	Hand Step Ups x 60s

Notes

5 min. between sessions

20 min. Moderate Aerobic exercise

DAY 13

Metabolic Zone & Body Fat Utilization Zone	
	Cross Behind Step Up & Over - 60s
	Burpees - 60s
	Repeat x 2

Notes

5 min. between sessions

20 min. Moderate Aerobic exercise

Name :		DAY 15		Weight					
				Date:					
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
Strength Zone									
1	Dumbbell Front Squat	2-3	4-6	Norm	90				X
2	Chin Up / Assisted Chin	2-3	4-6	Norm	90				X
Transition Zone									
3	Front Squat	3	8-12	Norm	60				X
4	Chin Up / Assisted Chin	3	8-12	Norm	60				X
Burn Zone									
5A	Step Up	2-3	12-15	Norm	60				X
5B	Kneeling Band Pulldown	2-3	12-15	Norm					X
5B	DB Squat	2-3	12-15	Norm	60				X
5B	Push Press	2-3	12-15	Norm					X
Metabolic Zone									
Explosive Step Ups (30s) Jumping Jacks Recovery (90s) Plank Walk Ups (30s) Jumping Jacks Recovery (90s)									
KB Cleans (30s) Jumping Jacks Recovery (90s) Explosive Step Ups (30s) Jumping Jacks Recovery (90s)									
Plank Walk Ups (30s) Jumping Jacks Recovery (90s) KB Cleans (30s)									

Name :		DAY 17		Weight					
				Date:					
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
Strength Zone									
1	Romanian Deadlift	2-3	4-6	Norm	90				X
2	Military Press	2-3	4-6	Norm	90				X
Transition Zone									
3	Romanian Deadlift	3	8-12	Norm	60				X
4	Military Press	3	8-12	Norm	60				X
Burn Zone									
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				X
5B	2 Point Dumbbell Row	2-3	12-15	Norm					X
5B	1 Leg Romanian Deadlift	2-3	12-15	Norm	60				X
5B	Push Up	2-3	12-15	Norm					X
Metabolic Zone									
Lateral Step Out Squat Moving x 10 Lunge Jumps x 10 Prone Step Offs x 10 Squats Jumps x 10									
Repeat for 120s - Rest 120s. Repeat Above Circuit 2 More Times									

Name :		DAY 19		Weight					
				Date:					
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
Strength Zone									
1	Dumbbell Front Squat	2-3	4-6	Norm	90				X
2	Dumbbell Row	2-3	4-6	Norm	90				X
Transition Zone									
3	Dumbbell Front Squat	3	8-12	Norm	60				X
4	Dumbbell Row	3	8-12	Norm	60				X
Burn Zone									
5A	Step Up	2-3	12-15	Norm	60				X
5B	Kneeling Band Pulldown	2-3	12-15	Norm					X
5B	DB Squat	2-3	12-15	Norm	60				X
5B	Push Press	2-3	12-15	Norm					X
Metabolic Zone									
1 Leg Burpee (30s) Jump Rope Recovery (90s) Spiderman (30s) Jump Rope Recovery (90s)									
BW Squats (30s) Jump Rope Recovery (90s) 1 Leg Burpee (30s) Jump Rope Recovery (90s)									
Spiderman (30s) Jump Rope Recovery (90s) BW Squats (30s))									

Name :		DAY 16		Weight					
				Date:					
		Targeted Fat Loss Cardio							
Metabolic Zone & Body Fat Utilization Zone									
Cross Behind Step Up & Over x 60s Walking Lunges x 120s									
Hand Stand Step Ups x 60s Walking Lunges x120s									
Cross Behind Step Up & Over x 60s Walking Lunges x 120s Hand Step Ups x60s Walking Lunges x 120s Cross Behind Step Up & Over x 60s									
DAY 18									
Metabolic Zone & Body Fat Utilization Zone									
Lunge w/Overhead Reach x 60s Jumping Jacks x 120s Spiderman x 60s									
Jumping Jacks x 120s Lunge w/Overhead Reach x 60 Jumping Jacks x 120									
Spiderman x 60s Jumping Jacks x 120s									
Lunge w/Overhead Reach x 60s									
DAY 20									
Metabolic Zone & Body Fat Utilization Zone									
1 Legged Burpee x 60s Jumping Jacks x 120s Mountain Climber x 60s									
Jumping Jacks x 120s 1 Legged Burpee x 60s Jumping Jacks x 120s									
Mountain Climber x 60s Jumping Jacks x 120s 1 Legged Burpee x 60s									

Notes

5 min. between sessions

20 min. Moderate Aerobic exercise

Notes

5 min. between sessions

20 min. Moderate Aerobic exercise

Notes

5 min. between sessions

20 min. Moderate Aerobic exercise

Notes

5 min. between sessions

20 min. Moderate Aerobic exercise

Name :		DAY 22		Weight					
				Date:					
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
<i>Strength Zone</i>									
1	Dumbbell Front Squat	2-3	4-6	Norm	90				X
2	Dumbbell Bench Press	2-3	4-6	Norm	90				X
<i>Transition Zone</i>									
3	Dumbbell Front Squat	3	8-12	Norm	60				X
4	Dumbbell Bench Press	3	8-12	Norm	60				X
<i>Burn Zone</i>									
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				X
5B	2 Point Dumbbell Row	2-3	12-15	Norm					X
5B	1 Leg Romanian Deadlift	2-3	12-15	Norm	60				X
5B	Push Up	2-3	12-15	Norm					X
<i>Metabolic Zone</i>									
Hop Scotch x 10 Explosive Step Up x 10 Hand Step Ups x 10 Squat Jumps x 10 - Repeat 120s									
Rest 120s. Repeat Above Circuit 2 More Times									

Name :		DAY 24		Weight					
				Date:					
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
<i>Strength Zone</i>									
1	Dumbbell Front Squat	2-3	4-6	Norm	90				X
2	Chin Up / Assisted Chin	2-3	4-6	Norm	90				X
<i>Transition Zone</i>									
3	Dumbbell Front Squat	3	8-12	Norm	60				X
4	Chin Up / Assisted Chin	3	8-12	Norm	60				X
<i>Burn Zone</i>									
5A	Step Up	2-3	12-15	Norm	60				X
5B	Kneeling Band Pulldown	2-3	12-15	Norm					X
5B	DB Squat	2-3	12-15	Norm	60				X
5B	Push Press	2-3	12-15	Norm					X
<i>Metabolic Zone</i>									
1 Leg Burpee (30s) Jump Rope Recovery (90s) Mountain Climber (30s) Jump Rope Recovery (90s)									
BW Squats (30s) Jump Rope Recovery (90s) 1 Leg Burpee (30s) Jump Rope Recovery (90s)									
Mountain Climber (30s) Jump Rope Recovery (90s) BW Squats (30s))									

Name :		DAY 26		Weight					
				Date:					
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
<i>Strength Zone</i>									
1	Romanian Deadlift	2-3	4-6	Norm	90				X
2	Military Press	2-3	4-6	Norm	90				X
<i>Transition Zone</i>									
3	Romanian Deadlift	3	8-12	Norm	60				X
4	Military Press	3	8-12	Norm	60				X
<i>Burn Zone</i>									
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				X
5B	2 Point Dumbbell Row	2-3	12-15	Norm					X
5B	1 Leg Romanian Deadlift	2-3	12-15	Norm	60				X
5B	Push Up	2-3	12-15	Norm					X
<i>Metabolic Zone</i>									
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 :		DAY 23		Weight					
				Date:					
		Targeted Fat Loss Cardio							
<i>Metabolic Zone & Body Fat Utilization Zone</i>									
	Lateral Ski Jump x 10 / Lunge Jump x 10 - 60s			Run x 120sec		Notes			
	Spiderman x 10 / Kettlebell Clean x 10 - 60s			Run x 120sec		5 min. between sessions			
Repeat Above 2 More Times						20 min. Moderate Aerobic exercise			
DAY 25									
<i>Metabolic Zone & Body Fat Utilization Zone</i>									
	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									
<i>Metabolic Zone & Body Fat Utilization Zone</i>									
	Cross Behind Step Up & Over - 60s			Run x 120sec		Notes			
	Kettlebell Swings - 60s			Run x 120sec		5 min. between sessions			
Repeat x 2						20 min. Moderate Aerobic exercise			