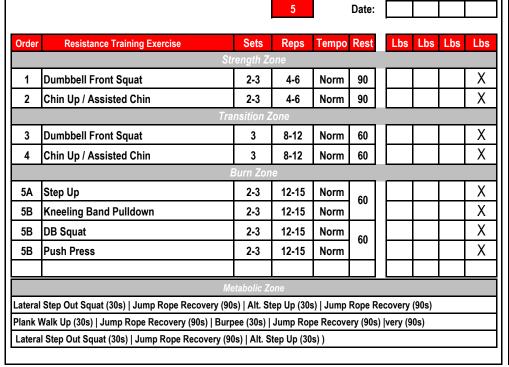


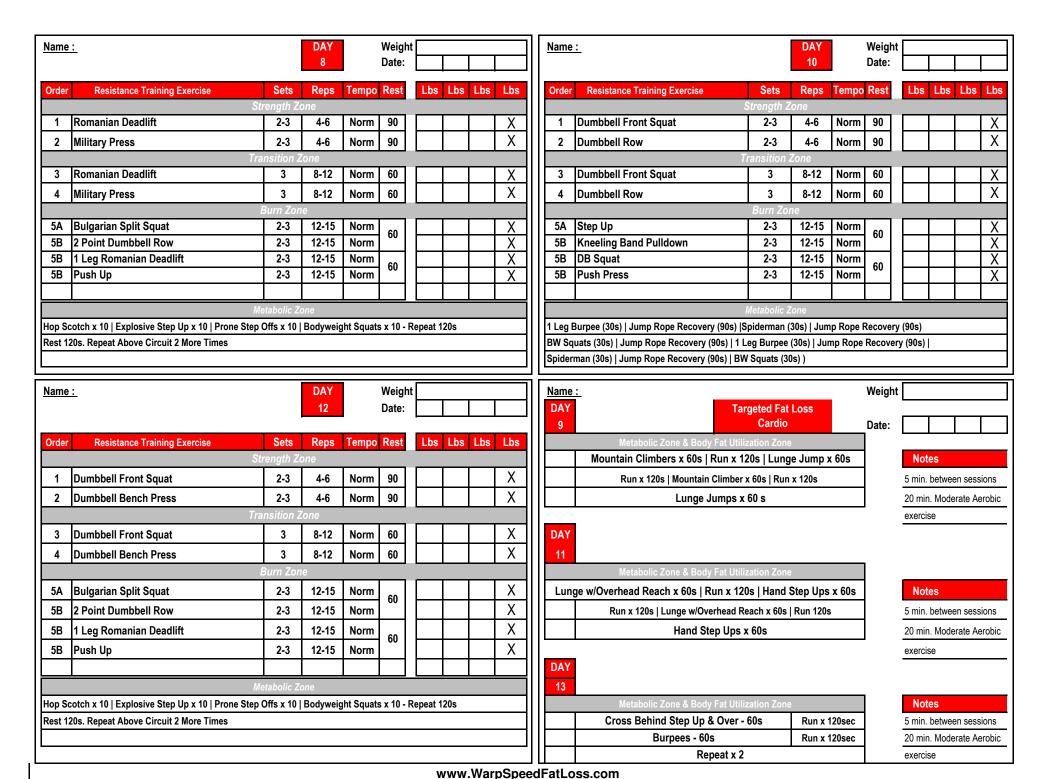
			3		Date:				
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	L
		Strength 2	one						
1	Dumbbell Front Squat	2-3	4-6	Norm	90				
2	Dumbbell Bench Press	2-3	4-6	Norm	90				
		Transition .	Zone						
3	Dumbbell Front Squat	3	8-12	Norm	60				
4	Dumbbell Bench Press	3	8-12	Norm	60				
		Burn Zo	ne			1			
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				
5B	2 Point Dumbbell Row	2-3	12-15	Norm	00				
5B	1 Leg Romanian Deadlift	2-3	12-15	Norm	60				
5B	Push Up	2-3	12-15	Norm	00				
									L
		Metabolic 2	Cone						
lop So	cotch x 10 Explosive Step Up x 10 Pla	nk Walk Ups x	10 Squat	Jumps	c 10 - Rep	eat 120)s		
Rest 12	20s. Repeat Above Circuit 2 More Times	3							

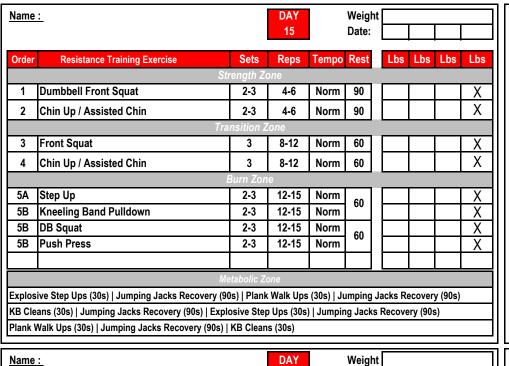
DAY

Weight









<u>name :</u>		DAT		weight					
			17		Date:				
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
		Strength Z	one.						
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 Zone									
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				Χ
5B	2 Point Dumbbell Row	2-3	12-15	Norm	00				Χ
5B	1 Leg Romanian Deadlift	2-3	12-15	Norm	60				Χ
5B	Push Up	2-3	12-15	Norm	00				Χ
Metabolic Zone									
Lateral	Step Out Squat Moving x 10 Lunge Jun			ffs x 10	Squats J	umps x	10		
		•				•			
			-						
	Step Out Squat Moving x 10 Lunge Juit for 120s - Rest 120s. Repeat Above Cir	•		ffs x 10	Squats J	umps x	10		

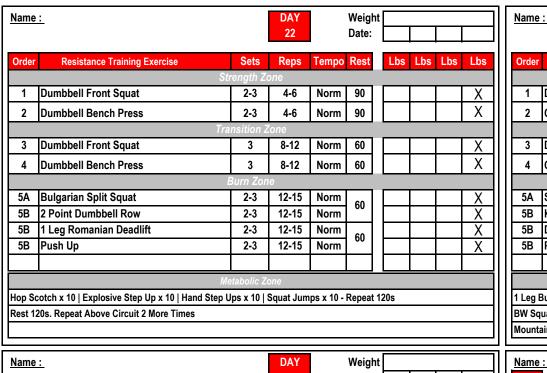
DAY

Weight

)rder	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs	
Strength Zone										
1	Dumbbell Front Squat	2-3	4-6	Norm	90				Χ	
2	Dumbbell Row	2-3	4-6	Norm	90				Χ	
Transition Zone										
3	Dumbbell Front Squat	3	8-12	Norm	60				Χ	
4	Dumbbell Row	3	8-12	Norm	60				Χ	
Burn Zone										
5A	Step Up	2-3	12-15	Norm	60				Χ	
5B	Kneeling Band Pulldown	2-3	12-15	Norm					Χ	
5B	DB Squat	2-3	12-15	Norm	60				Χ	
5B	Push Press	2-3	12-15	Norm	00				Χ	
		Metabolic Z	one							
Leg l	Burpee (30s) Jump Rope Recovery (90s)	Spiderman (30s	Jump R	ope Reco	very (90	s)				
W Sq	uats (30s) Jump Rope Recovery (90s) 1	Leg Burpee (30s	s) Jump F	Rope Rec	overy (90	0s)				

Name:		Weight	
DAY 16	Targeted Fat Loss Cardio	Date:	
Metabolic Zone & Bo	dy Fat Utilization Zone		
Cross Behind Step Up & Over	x 60s Walking Lunges x 1	20s	Notes
Hand Stand Step Ups x 6)s Walking Lunges x120s	[5 min. between sessions
Cross Behind Step Up & Over x 60s	Walking Lunges x 120s	Hand Step	20 min. Moderate Aerobic
Ups x60s Walking Lunges x 120s	Cross Behind Step Up &	Over x 60s	exercise
DAY 18 Metabolic Zone & Bo	dy Fat Utilization Zone	_	
Lunge w/Overhead Reach x 60s Ju	mping Jacks x 120s Spide	erman x 60s	Notes
Jumping Jacks x 120s Lunge w/Over	head Reach x 60 Jumping	Jacks x 120	5 min. between sessions
Spiderman x 60s J	umping Jacks x 120s		20 min. Moderate Aerobic
Lunge w/Overh	ead Reach x 60s		exercise
DAY 20			
Metabolic Zone & Bo	dy Fat Utilization Zone		Notes
1 Legged Burpee x 60s Jumping J	acks 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 J	acks x 120s 1 Legged Bu	rpee x 60s	exercise

Name:



Name :				Weight					
		24		Date:					
Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs	
	Strength 2	Cone							
Dumbbell Front Squat	2-3	4-6	Norm	90				Χ	
Chin Up / Assisted Chin	2-3	4-6	Norm	90				Χ	
	Transition	Zone							
Dumbbell Front Squat	3	8-12	Norm	60				Χ	
Chin Up / Assisted Chin	3	8-12	Norm	60				Χ	
	Burn Zo	ne							
Step Up	2-3	12-15	Norm	60				Χ	
Kneeling Band Pulldown	2-3	12-15	Norm	00				Χ	
DB Squat	2-3	12-15	Norm	60				Χ	
Push Press	2-3	12-15	Norm	00				Χ	
				<u> </u>				<u> </u>	
Burpee (30s) Jump Rope Recovery (90	s) Mountain Cl	imber (30s	s) Jump	Rope Re	covery	(90s)			
uats (30s) Jump Rope Recovery (90s)	1 Leg Burpee	(30s) Jui	np Rope	Recovery	/ (90s)				
ain Climber (30s) Jump Rope Recovery	/ (90s) BW Sq	uats (30s))						
	Resistance Training Exercise Dumbbell Front Squat Chin Up / Assisted Chin Dumbbell Front Squat Chin Up / Assisted Chin Step Up Kneeling Band Pulldown DB Squat Push Press Burpee (30s) Jump Rope Recovery (90s)	Dumbbell Front Squat 2-3	Name	Dumbbell Front Squat 2-3 4-6 Norm	Resistance Training Exercise	Resistance Training Exercise	Resistance Training Exercise	Resistance Training Exercise	

Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lb
		Strength Zo	one						
1	Romanian Deadlift	2-3	4-6	Norm	90				Х
2	Military Press	2-3	4-6	Norm	90				Х
		Transition 2	one.						
3	Romanian Deadlift	3	8-12	Norm	60				Х
4	Military Press	3	8-12	Norm	60				Х
		Burn Zon	е						
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				Х
5B	2 Point Dumbbell Row	2-3	12-15	Norm					Х
5B	1 Leg Romanian Deadlift	2-3	12-15	Norm	60				Х
5B	Push Up	2-3	12-15	Norm	00				Χ
_									
atoral	Step-Out Squat Moving x 10 Alt Step Up 3	Metabolic Z) Rurnee	e v 10 -	Renest	120e		
	20s. Repeat Above Circuit 2 More Times	L IV FIAIIK WA	in ops x it	, i Dui pee	3 A IV .	repeat	1203		

Name	<u>.</u>		Weight			
DAY 23	Cardio					
	Metabolic Zone & Body Fat Utilization Zo					
	Lateral Ski Jump x 10 / Lunge Jump x 10 - 60s	Run x 120se	С	Notes		
	Spiderman x 10 / Kettlebell Clean x 10 - 60s	Run x 120se	С	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 120se	С	Notes		
	Burpees - 60s	Run x 120se	С	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 120se	С	5 min. between sessions		
	Kettlebell Swings - 60s	Run x 120se	С	20 min. Moderate Aerobic		
	Repeat x 2	exercise				