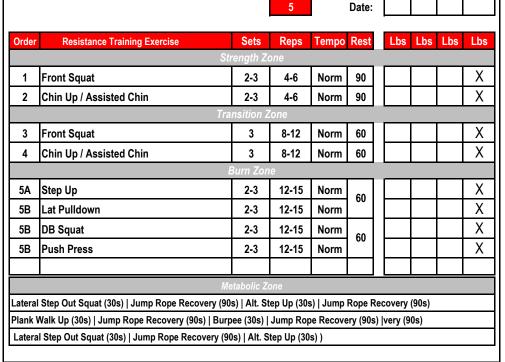


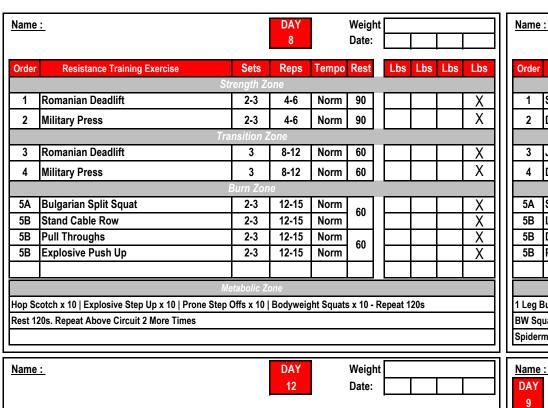
Name	<u>-</u>		3		Date:			I	Г
			Ū		Duto.				<u> </u>
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	L
		Strength 2	one.						
1	Snatch Grip Deadlift	2-3	4-6	Norm	90				
2	Dumbbell or Barbell Bench Press	2-3	4-6	Norm	90				
		Transition .	Zone						
3	Snatch Grip Deadlift	3	8-12	Norm	60				
4	Dumbbell or Barbell Bench Press	3	8-12	Norm	60				
		Burn Zo	ne						
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				
5B	Stand Cable Row	2-3	12-15	Norm	00				
5B	Pull Throughs	2-3	12-15	Norm	60				
5B	Explosive Push Up	2-3	12-15	Norm	00				
								<u> </u>	<u>L</u>
		Metabolic 2	Cone						
Hop Sc	otch x 10 Explosive Step Up x 10 Plank	Walk Ups x	10 Squat	Jumps	k 10 - Rep	eat 120)s		
Rest 12	0s. Repeat Above Circuit 2 More Times								

DAY

Weight



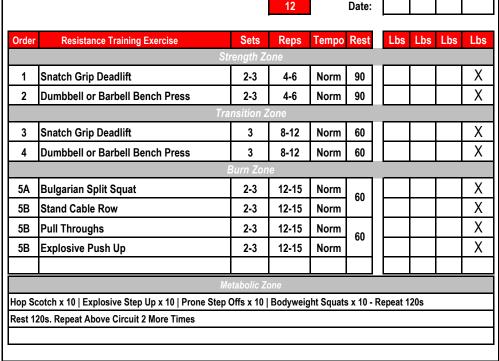
Name:				Weight	
DAY 2		Targeted Fat Cardio	Loss	Date:	
	Metabolic Zone & Body				
АМ	Kettlebell Swings x 60s / 12	0s Off / Burpee x	60s / 120s off		Notes (AM Session)
AW	KB Swi		5 min. between sessions		
PM	Intervals 120s on / 60s F	Recover x 3			20 min. Moderate Aerobic
					exercise
DAY					
4					
	Metabolic Zone & Body	Fat Utilization Zone			
АМ	Kettlebell Swings x 60s / 12	0s Off / Burpee x	60s / 120s off		Notes
Zivi	KB Swi	ngs x 60s			5 min. between sessions
PM	Intervals 120s on / 60s F	Recover x 3			20 min. Moderate Aerobic
					exercise
DAY					
6				_	
	Metabolic Zone & Body	Fat Utilization Zone	•		Notes
АМ	Kettlebell Swings x 60s / 12	0s Off / Burpee x	60s / 120s off		5 min. between sessions
	KB Swi	ngs x 60s			20 min. Moderate Aerobic
PM	Intervals 120s on / 60s F	Recover x 3			exercise



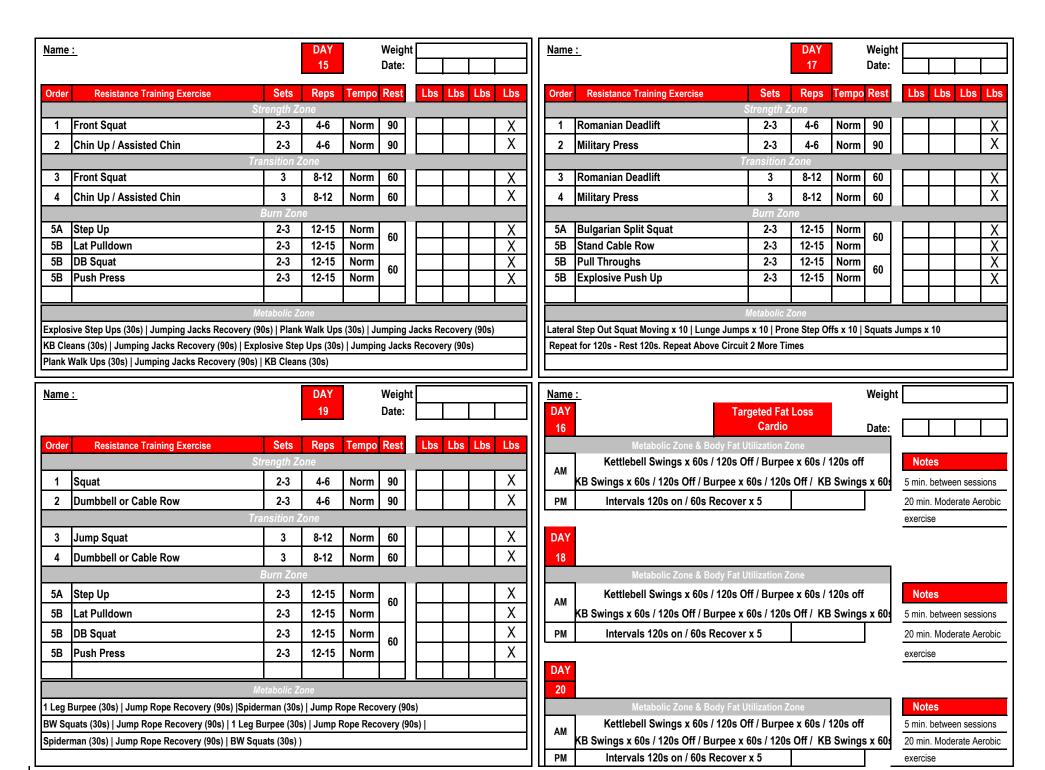
vaille	<u> </u>		10		Date:		T .		
									_
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	l
		Strength Z	one						
1	Squat	2-3	4-6	Norm	90				
2	Dumbbell or Cable Row	2-3	4-6	Norm	90				
		Transition	Zone						
3	Jump Squat	3	8-12	Norm	60				
4	Dumbbell or Cable Row	3	8-12	Norm	60				
Burn Zone									
5A	Step Up	2-3	12-15	Norm	60				
5B	Lat Pulldown	2-3	12-15	Norm	00				
5B	DB Squat	2-3	12-15	Norm	60				
5B	Push Press	2-3	12-15	Norm	-00				
						<u> </u>	<u> </u>		<u>L</u>
		Metabolic Z	one.						
Leg I	Burpee (30s) Jump Rope Recovery (90s	s) Spiderman (30s) Jum	ip Rope l	Recovery	(90s)			
3W Sq	uats (30s) Jump Rope Recovery (90s)	1 Leg Burpee	(30s) Jur	np Rope	Recover	y (90s)			
Spider	man (30s) Jump Rope Recovery (90s)	BW Squats (30)s))						

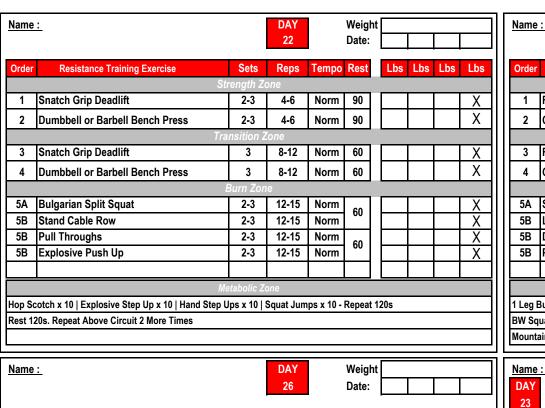
DAY

Weight



Name :			Weigh	nt T
DAY 9	Targeted Fat Cardio	Loss	Date:	
	Metabolic Zone & Body Fat Utilization Zone	•		
AM	Kettlebell Swings x 60s / 120s Off / Burpee x	60s / 120s	s off	Notes
Aiii	KB Swings x 60s / 120s Off / Burpee	x 60s		5 min. between sessions
PM	Intervals 60s on / 120s Recover x 4			20 min. Moderate Aerobic
			<u></u>	exercise
DAY				
11				
	Metabolic Zone & Body Fat Utilization Zone			
AM	Kettlebell Swings x 60s / 120s Off / Burpee x	60s / 120s	s off	Notes
AWI	KB Swings x 60s / 120s Off / Burpee	x 60s		5 min. between sessions
PM	Intervals 60s on / 120s Recover x 4			20 min. Moderate Aerobic
				exercise
DAY				
13				
	Metabolic Zone & Body Fat Utilization Zone			Notes
АМ	Kettlebell Swings x 60s / 120s Off / Burpee x	60s / 120s	s off	5 min. between sessions
Airi	KB Swings x 60s / 120s Off / Burpee	x 60s		20 min. Moderate Aerobic
PM	Intervals 60s on / 120s Recover x 4			exercise





Name:		DAY		Weight	i				
		24		Date:					
Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs	
Strength Zone									
Front Squat	2-3	4-6	Norm	90				Χ	
Chin Up / Assisted Chin	2-3	4-6	Norm	90				Χ	
Transition Zone									
Front Squat	3	8-12	Norm	60				Χ	
Chin Up / Assisted Chin	3	8-12	Norm	60				Χ	
Burn Zone									
Step Up	2-3	12-15	Norm	60				Χ	
Lat 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>	<u> </u>			
Metabolic Zone									
Burpee (30s) Jump Rope Recovery (90s	s) Mountain C	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 Front Squat Chin Up / Assisted Chin Front Squat Chin Up / Assisted Chin Step Up Lat Pulldown DB Squat Push Press Burpee (30s) Jump Rope Recovery (90s) uats (30s) Jump Rope Recovery (90s)	Sets Strength 2	Resistance Training Exercise Sets Reps	Resistance Training Exercise	Resistance Training Exercise	Resistance Training Exercise Sets Reps Tempo Rest Lbs	Resistance Training Exercise	Resistance Training Exercise	

Order	Resistance Training Exercise	Sets Sets	Reps	Tempo	Nest	Lbs	LUS	Lbs	Lbs
Strength Zone									
1	Romanian Deadlift	2-3	4-6	Norm	90				Х
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	Stand Cable Row	2-3	12-15	Norm					Χ
5B	Pull Throughs	2-3	12-15	Norm	60				Χ
5B	Explosive Push Up	2-3	12-15	Norm	00				Χ
		Metabolic Zo	one						
.ateral	Step-Out Squat Moving x 10 Alt Step Up	x 10 Plank Wal	k Ups x 10) Burpee	s x 10 -	Repeat	120s		
Rest 1	20s. Repeat Above Circuit 2 More Times								

Name :		Weigh	nt
DAY 23	Targeted Fat Loss Cardio	Date:	
	Metabolic Zone & Body Fat Utilization Zone		
АМ	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s of	off	Notes
7.11	Repeat Above 2 More Times		5 min. between sessions
PM	Intervals 120s on / 60s Recover x 6		20 min. Moderate Aerobic
		•	exercise
DAY			
25			
	Metabolic Zone & Body Fat Utilization Zone		
АМ	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s of	off	Notes
AW	Repeat Above 2 More Times		5 min. between sessions
PM	Intervals 120s on / 60s Recover x 6		20 min. Moderate Aerobic
			exercise
DAY			
27			
	Metabolic Zone & Body Fat Utilization Zone		Notes
АМ	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s of	off	5 min. between sessions
AIVI	Repeat Above 2 More Times		20 min. Moderate Aerobic
PM	Intervals 120s on / 60s Recover x 6		exercise