

Name :		DAY 1		Weight					
				Date:					
Order	Resistance Training Exercise	Sets	Reps	Tempo	Rest	Lbs	Lbs	Lbs	Lbs
Strength Zone									
1	Squat	2-3	4-6	Norm	90				X
2	Dumbbell or Cable Row	2-3	4-6	Norm	90				X
Transition Zone									
3	Jump Squat	3	8-12	Norm	60				X
4	Dumbbell or Cable Row	3	8-12	Norm	60				X
Burn Zone									
5A	Step Up	2-3	12-15	Norm	60				X
5B	Lat 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									
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
Strength Zone									
1	Snatch Grip Deadlift	2-3	4-6	Norm	90				X
2	Dumbbell or Barbell Bench Press	2-3	4-6	Norm	90				X
Transition Zone									
3	Snatch Grip Deadlift	3	8-12	Norm	60				X
4	Dumbbell or Barbell Bench Press	3	8-12	Norm	60				X
Burn Zone									
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				X
5B	Stand Cable Row	2-3	12-15	Norm					X
5B	Pull Throughs	2-3	12-15	Norm	60				X
5B	Explosive Push Up	2-3	12-15	Norm					X
Metabolic Zone									
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
Strength Zone									
1	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	Lat 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									
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) vry (90s)									
Lateral Step Out Squat (30s) Jump Rope Recovery (90s) Alt. Step Up (30s)									

Name :		DAY 2		Weight					
				Date:					
		Targeted Fat Loss Cardio							
Metabolic Zone & Body Fat Utilization Zone									
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off KB Swings x 60s								
PM	Intervals 120s on / 60s Recover x 3								
Notes (AM Session)									
5 min. between sessions									
20 min. Moderate Aerobic exercise									
DAY 4									
Metabolic Zone & Body Fat Utilization Zone									
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off KB Swings x 60s								
PM	Intervals 120s on / 60s Recover x 3								
Notes									
5 min. between sessions									
20 min. Moderate Aerobic exercise									
DAY 6									
Metabolic Zone & Body Fat Utilization Zone									
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off KB Swings x 60s								
PM	Intervals 120s on / 60s Recover x 3								
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	Stand Cable Row	2-3	12-15	Norm					X
5B	Pull Throughs	2-3	12-15	Norm	60				X
5B	Explosive 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	Squat	2-3	4-6	Norm	90				X
2	Dumbbell or Cable Row	2-3	4-6	Norm	90				X
<i>Transition Zone</i>									
3	Jump Squat	3	8-12	Norm	60				X
4	Dumbbell or Cable Row	3	8-12	Norm	60				X
<i>Burn Zone</i>									
5A	Step Up	2-3	12-15	Norm	60				X
5B	Lat 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	Snatch Grip Deadlift	2-3	4-6	Norm	90				X
2	Dumbbell or Barbell Bench Press	2-3	4-6	Norm	90				X
<i>Transition Zone</i>									
3	Snatch Grip Deadlift	3	8-12	Norm	60				X
4	Dumbbell or Barbell Bench Press	3	8-12	Norm	60				X
<i>Burn Zone</i>									
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				X
5B	Stand Cable Row	2-3	12-15	Norm					X
5B	Pull Throughs	2-3	12-15	Norm	60				X
5B	Explosive 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		Notes
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off KB Swings x 60s / 120s Off / Burpee x 60s	
PM	Intervals 60s on / 120s Recover x 4	
Metabolic Zone & Body Fat Utilization Zone		Notes
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off KB Swings x 60s / 120s Off / Burpee x 60s	
PM	Intervals 60s on / 120s Recover x 4	
Metabolic Zone & Body Fat Utilization Zone		Notes
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off KB Swings x 60s / 120s Off / Burpee x 60s	
PM	Intervals 60s on / 120s Recover x 4	

DAY 11

DAY 13

5 min. between sessions
20 min. Moderate Aerobic exercise

5 min. between sessions
20 min. Moderate Aerobic exercise

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	
<i>Strength Zone</i>										
1	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	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	Lat 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>										
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	
<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	Stand Cable Row	2-3	12-15	Norm					X	
5B	Pull Throughs	2-3	12-15	Norm	60				X	
5B	Explosive Push Up	2-3	12-15	Norm					X	
<i>Metabolic Zone</i>										
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	
<i>Strength Zone</i>										
1	Squat	2-3	4-6	Norm	90				X	
2	Dumbbell or Cable Row	2-3	4-6	Norm	90				X	
<i>Transition Zone</i>										
3	Jump Squat	3	8-12	Norm	60				X	
4	Dumbbell or Cable Row	3	8-12	Norm	60				X	
<i>Burn Zone</i>										
5A	Step Up	2-3	12-15	Norm	60				X	
5B	Lat 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 16 Targeted Fat Loss Cardio Weight
 Date:

Metabolic Zone & Body Fat Utilization Zone			Notes
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off KB Swings x 60s / 120s Off / Burpee x 60s / 120s Off / KB Swings x 60s		
PM	Intervals 120s on / 60s Recover x 5		20 min. Moderate Aerobic exercise

DAY 18

Metabolic Zone & Body Fat Utilization Zone			Notes
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off KB Swings x 60s / 120s Off / Burpee x 60s / 120s Off / KB Swings x 60s		
PM	Intervals 120s on / 60s Recover x 5		20 min. Moderate Aerobic exercise

DAY 20

Metabolic Zone & Body Fat Utilization Zone			Notes
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off KB Swings x 60s / 120s Off / Burpee x 60s / 120s Off / KB Swings x 60s		
PM	Intervals 120s on / 60s Recover x 5		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	Snatch Grip Deadlift	2-3	4-6	Norm	90				X	
2	Dumbbell or Barbell Bench Press	2-3	4-6	Norm	90				X	
<i>Transition Zone</i>										
3	Snatch Grip Deadlift	3	8-12	Norm	60				X	
4	Dumbbell or Barbell Bench Press	3	8-12	Norm	60				X	
<i>Burn Zone</i>										
5A	Bulgarian Split Squat	2-3	12-15	Norm	60				X	
5B	Stand Cable Row	2-3	12-15	Norm					X	
5B	Pull Throughs	2-3	12-15	Norm	60				X	
5B	Explosive 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	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	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	Lat 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	Stand Cable Row	2-3	12-15	Norm					X	
5B	Pull Throughs	2-3	12-15	Norm	60				X	
5B	Explosive 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 Targeted Fat Loss Cardio Weight
 Date:

Metabolic Zone & Body Fat Utilization Zone		Notes
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off Repeat Above 2 More Times	
PM	Intervals 120s on / 60s Recover x 6	5 min. between sessions 20 min. Moderate Aerobic exercise
DAY 25		
Metabolic Zone & Body Fat Utilization Zone		Notes
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off Repeat Above 2 More Times	
PM	Intervals 120s on / 60s Recover x 6	5 min. between sessions 20 min. Moderate Aerobic exercise
DAY 27		
Metabolic Zone & Body Fat Utilization Zone		Notes
AM	Kettlebell Swings x 60s / 120s Off / Burpee x 60s / 120s off Repeat Above 2 More Times	
PM	Intervals 120s on / 60s Recover x 6	5 min. between sessions 20 min. Moderate Aerobic exercise