		Height	BP	BMR	DOB						
Participants Name	Date										
Weight (lbs)											
Body Circumference (in.)											
Neck											
Shoulder											
Chest											
Abdomen											
Waist											
Hips											
Thigh											
Calf											
Bicep											
Forearm											
Skin Fold Test											
Pec											
Triceps											
Midaxillary											
Subscapular											
Abdomen											
suprailliac											
Thigh											
Body Fat %											
Lean Weight											
Fat Weight											
POLOAR WATCH RESULTS:											
Max Heart Rate											
Resting Heart Rate											
Vo2Max											
LifeStyle											
Sleep Hrs											
Water Intake											
Occupation											
Hrs/Week @ Desk											

NOTES:

Medications/Supplements

Goals:

Week 1: Workout 1

Goals				Notes

Activity Phase	Weight	Reps	Duration	
Alternating Side plank			30 - 45 Sec	
A-line Calf Raise			30 - 45 Sec	
A-line Diamond Push Ups			30 - 45 Sec	
V-Ups			30 - 45 Sec	
Bicycle Crunches			30 - 45 Sec	
3x's Through				
Stretch Series				
Neck Stretch 4 Directions			20-30 Sec	
Pectorial Wall Stretch			20-30 Sec	
Shoulder Stretch			20-30 Sec	
Tricep Stretch			20-30 Sec	
Wrist and Finger Stretch			20-30 Sec	
A Line Stretch			20-30 Sec	
Swan Stretch			20-30 Sec	
Side Lying Quadricep Stretch			20-30 Sec	
Childs Pose Stretch			20-30 Sec	
Butterfly Stretch			20-30 Sec	
Lying Hamstring Stretch			20-30 Sec	
Overhead Leg Stretch			20-30 Sec	

Week 1: Workout 2

Goals	Notes

Activity Phase	Weight	Reps	Duration	
Brisk Walk			20 - 30 Min	
Front Plank			ALAP	AS LONG AS POSSIBLE
Back Plank			ALAP	AS LONG AS POSSIBLE
Windmill				
Lying Leg Lifts Right				
Lying Leg Lifts Left				
All 4's Leg Lifts Right				
All 4's Leg Lifts Left				
All 4's Hover				
3 X'S Through				
Stretch		**Reps**	**Duration**	

Week 1: Workout 3

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Alternating Side plank			30 - 45 Sec	
A-line Calf Raise			30 - 45 Sec	
A-line Diamond Push Ups			30 - 45 Sec	
V-Ups			30 - 45 Sec	
Bicycle Crunches			30 - 45 Sec	
3x's Through				
Foam Roll Series				If you do not have access to a foam roller repeat stretch series from WK 1 WO
Low Back Compression			20-30 Sec	Place the foam roller under the small of your back and bring your knees into yo
Hip Flexor Gravity Stretch			20-30 Sec	Release Right leg to relax down toward the floor naturally.
Hip Flexor Gravity Stretch			20-30 Sec	Switch legs and repeat relaxing your left leg
Compression Roll Lats			20-30 Sec	
CR Hips			20-30 Sec	
CR Hamstrings			20-30 Sec	
CRl Glutes			20-30 Sec	
CR Quadriceps			20-30 Sec	
			20-30 Sec	
Tennis Ball Compression			20-30 Sec	Take a tennis or lacross ball and place the ball progressively on each side of yo
			20-30 Sec	Follow the spinal path up and down along each side of your spine compressing
			20-30 Sec	weight of your body for as long as it feels appropriate.

Week 1: Workout 4

Goals	Notes

Activity Phase	Weight	Reps	Duration	
Brisk Walk			20 - 30 Min	
Front Plank			ALAP	AS LONG AS POSSIBLE
Back Plank			ALAP	AS LONG AS POSSIBLE
Windmill				
Lying Leg Lifts Right				
Lying Leg Lifts Left				
All 4's Leg Lifts Right				
All 4's Leg Lifts Left				
All 4's Hover				
3 X'S Through				
Stretch		**Reps**	**Duration**	

Week 1: Workout 5

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Alternating Side plank			30 - 45 Sec	
A-line Calf Raise			30 - 45 Sec	
A-line Diamond Push Ups			30 - 45 Sec	
V-Ups			30 - 45 Sec	
Bicycle Crunches			30 - 45 Sec	
3x's Through				
Stretch Series				
Neck Stretch 4 Directions			20-30 Sec	
Pectorial Wall Stretch			20-30 Sec	
Shoulder Stretch			20-30 Sec	
Tricep Stretch			20-30 Sec	
Wrist and Finger Stretch			20-30 Sec	
A Line Stretch			20-30 Sec	
Swan Stretch			20-30 Sec	
Side Lying Quadricep Stretch			20-30 Sec	
Childs Pose Stretch			20-30 Sec	
Butterfly Stretch			20-30 Sec	
Lying Hamstring Stretch			20-30 Sec	
Overhead Leg Stretch			20-30 Sec	

Weeks 2-4: Workout 1

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Wide Push Ups		20	30 - 45 Sec	You can do this by reps or time. Whichever pushes you harder.
Burpees		20	30 - 45 Sec	
Jumping Jacks		20	30 - 45 Sec	
4 Plank Jacks + Plank Jogs		20	30 - 45 Sec	
Weighted Jumps in 2nd		20	30 - 45 Sec	
High Knees		20	30 - 45 Sec	
Side Plank Scoop		20	30 - 45 Sec	
Weighted Curtsie Lunge		20	30 - 45 Sec	Bar
Side Lying Tricep Push Ups		20	30 - 45 Sec	Single Arm
V - Ups		20	30 - 45 Sec	
Bicycle Crunches		20	30 - 45 Sec	
3 x's Through		20	30 - 45 Sec	

Weeks 2-4: Workout 2

Goals	**Notes**

Activity Phase	**Weight**	**Reps**	**Duration**	
Interval Mixed Terain Cardio			45 Minutes	
Outdoor Terain Intervals				
or				
Treadmill/Bike/Eliptical				
or				
Complimentary Cyber Cycle				Website:
				Access Info:

Weeks 2-4: Workout 3

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Walk Jog or Run			20 Min	You can do this by reps or time. Whichever pushes you harder.
Double Jab Cross Right		20	45 - 60 Sec	
Double Jab Cross Left		20	45 - 60 Sec	
100 Revolutions Jump Rope		100	45 - 60 Sec	
Round House Kick Right		20	45 - 60 Sec	
Round House Kick Left		20	45 - 60 Sec	
100 Revolutions Jump Rope		100	45 - 60 Sec	
Double Squat Front Kick Alt		20	45 - 60 Sec	
100 Revolutions Jump Rope		100	45 - 60 Sec	
3 x's Through				

Weeks 2-4: Workout 4

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Interval Mixed Terain Cardio			45 Minutes	
Outdoor Terain Intervals				
or				
Treadmill/Bike/Eliptical				
or				
Complimentary Cyber Cycle				Website:
				Access Info:

Weeks 2-4: Workout 5

Goals				Notes
				Add weights as needed.
Activity Phase	**Weight**	**Reps**	**Duration**	
2 Alternating Back Lunges		20	30 - 45 Sec	You can do this by reps or time. Whichever pushes you harder.
Dips		20	30 - 45 Sec	
Hip Lifts		20	30 - 45 Sec	
Jog in Place		20	30 - 45 Sec	
Alternating Single Leg Hops		20	30 - 45 Sec	Jumpiing as high as possible with each transition.
Weighted Arm Circles		20	30 - 45 Sec	
Flat Backs		20	30 - 45 Sec	
3x's Through		20	30 - 45 Sec	
			30 - 45 Sec	
Backward Plank		20	30 - 45 Sec	
Sit and Sweep		20	30 - 45 Sec	
Military Push Ups		20	30 - 45 Sec	Modify on Knees if needed.
Alternating Leg Drops		20	30 - 45 Sec	
1-3x'sThrough				

Weeks 5-8: Workout 1

Goals				Notes
				For this workout choose your weights according to the exercise that will have h
				Weights chosen should take you to failure. There should be lots of grunting :
				The pyramid pattern is as follows.
				8/1.7/1,6/1,5/1,4/1,3/1,2/1,1/1
Activity Phase	**Weight**	**Reps**	**Duration**	
8 Lunges R/1 Squat in 2nd		Pyramid		
8 Lunges L/1 Squat in 2nd		Pyramid		
8 Bicep Curlsl/1 OH Press		Pyramid		
8 Side Lunge/1 Side Bend		Pyramid		
8 Outer Thigh Lifts/1 Side Plank		Pyramid		
8 Tricep Extensions/1 Shoulder Raise		Pyramid		
8 Dead lifts/1 Back Fly		Pyramid		
1 Lunge R/8 Squat in 2nd		Pyramid		
1 Lunge L/8 Squat in 2nd		Pyramid		
1 Bicep Curl/8 OH Press		Pyramid		
1 Side Lunge/8 Side Bend		Pyramid		
1 Outer Thigh Lift/8 Side Plank		Pyramid		
1 Tricep extensions/8 Shoulder Raise		Pyramid		
8 Back Fly/1 Dead Lift		Pyramid		
1 x Through 45 Min				
Core Pyramid				
8 Up Down Plank/1 Knee Drop		Pyramid		
8 Crunch/1 Leg Drop		Pyramid		
8 Prone Swims/1 Heel Click		Pyramid		
8 Push Ups/1 Alt Hip Drop		Pyramid		
		Pyramid		
1 Up Down Plank/8 Knee Drop		Pyramid		
1 Crunch/8 Leg Drop		Pyramid		
1 Prone Swims/8 Heel Click		Pyramid		
1 Push Ups/8 Alt Hip Drop		Pyramid		
1x Through 20 Min				

Weeks 5-8: Workout 2

Goals	Notes

Activity Phase	Weight	Reps	Duration	
Interval Mixed Terain Cardio			45 Minutes	
Outdoor Terain Intervals				
or				
Treadmill/Bike/Eliptical				
or				
Complimentary Cyber Cycle				Website:
				Access Info:

Weeks 5-8: Workout 3

Goals				Notes

Activity Phase	Weight	Reps	Duration	
Walk Jog or Run			20 Min	You can do this by reps or time. Whichever pushes you harder.
100 Revolutions Jump Rope		100	45 - 60 Sec	
R.Jab Cross Hook Upper Cut		20	45 - 60 Sec	
L.Jab Cross Hook Upper Cut		20	45 - 60 Sec	
100 Revolutions Jump Rope		100	45 - 60 Sec	
R.Double Jump Knee Jab		20	45 - 60 Sec	
L.Double Jump Knee Jab		20	45 - 60 Sec	
100 Revolutions Jump Rope		100	45 - 60 Sec	
Back Kicks in Plank Hold		20	45 - 60 Sec	
100 Revolutions Jump Rope		100	45 - 60 Sec	
		20	45 - 60 Sec	
3 x's Through				

Weeks 5-8: Workout 4

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Interval Mixed Terain Cardio			45 Minutes	
Outdoor Terain Intervals				
or				
Treadmill/Bike/Eliptical				
or				
Complimentary Cyber Cycle				Website:
				Access Info:

Weeks 5-8: Workout 5

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Split Jumps		20	45- 60 Sec	
Bench Dips		20	45- 60 Sec	
R.Single Leg Hip Lift		20	45- 60 Sec	
L.Single Leg Hip Lift		20	45- 60 Sec	
Bear Crawl.Push Up.Ank Tap		20	45- 60 Sec	
Reverse Frogger		20	45- 60 Sec	
Cross Over Planks		20	45- 60 Sec	
Coccyx Shoulder Drops		20	45- 60 Sec	
Dive Bombers		20	45- 60 Sec	
Scap Squeeze Wall Sit		20	45- 60 Sec	
Side Plank Elow to Knee		20	45- 60 Sec	
3-5x's Through				

Weeks 9-11: Workout 1

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Bicep Curls		6		Choose your weights wisely…work to failure
Plyo Donkey Kicks			30 Sec	
Tricep Extentsions		6		
Weighted Punches			30 Sec	
Over Head Press		6		
Break Dance			30 Sec	
Back Flys		6		
Hand Stand			30 Sec	
Upright Rows		6		
5x's Through				
Pull ups		Max		Modified if needed
Push Ups		Max		
Plank Hold		Max		
32's		32		

Weeks 9-11: Workout 2

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Interval Mixed Terain Cardio			45 Minutes	
Outdoor Terain Intervals				
or				
Treadmill/Bike/Eliptical				
or				
Complimentary Cyber Cycle				Website:
				Access Info:
Pull ups		Max		Modified if needed
Push Ups		Max		
Plank Hold		Max		
32's		32		

Weeks 9-11: Workout 3

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
				You can do this workout by reps or time. Whichever pushes you harder.
R. Lunge Switch Front Kick		10	45 - 60 Sec	Lunges happen perpindicular to the bag.
L. Lunge Switch Front Kick		10	45 - 60 Sec	
High Knees Speed Bag Arms		20 R L	45 - 60 Sec	
R. Plank Round House		20	45 - 60 Sec	
L. Plank Round House		20	45 - 60 Sec	
High Knees Speed Bag Arms		20 R L	45 - 60 Sec	
R. Jab Cross Switch Stance		20	45 - 60 Sec	Alt = Alternating Sides
L. Jab Cross Switch Stance		20	45 - 60 Sec	
High Knees Speed Bag Arms		20 R L	45 - 60 Sec	
R. Dbl. Back Hand Cross		20	45 - 60 Sec	
L. Dbl. Back Hand Cross		20	45 - 60 Sec	
Interval Run			20 Minutes	
Pull ups		Max		Modified if needed
Push Ups		Max		
Plank Hold		Max		
32's		32		

Weeks 9-11: Workout 4

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Interval Mixed Terain Cardio			45 Minutes	
Outdoor Terain Intervals				
or				
Treadmill/Bike/Eliptical				
or				
Complimentary Cyber Cycle				
Pull ups		Max		
Push Ups		Max		
Plank Hold		Max		
32's		32		

Weeks 9-11: Workout 5

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Weighted Squats		6		
Squat Jumps			30 Sec	
R.Weighted In Place Lunges		6		
L.Weighted In Place Lunges		6		
Lunge Jumps			30 Sec	
R. Single Leg Deadlifts		6		
L. Single Leg Deadlifts		6		
R. Single Leg Hop			15 Seconds	
L. Single Leg Hop			15 Seconds	
Weighted Sumo Squats		6		
Jumps in Wide 2nd Position			30 Sec	
Weighted Calf Raises		6		
Repeat 5x's				
Pull ups		Max		Modified if needed
Push Ups		Max		
Plank Hold		Max		
32's		32		

Weeks 12 : Workout 1

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Alternating Side plank			30 - 45 Sec	
A-line Calf Raise			30 - 45 Sec	
A-line Diamond Push Ups			30 - 45 Sec	
V-Ups			30 - 45 Sec	
Bicycle Crunches			30 - 45 Sec	
3x's Through				
Stretch Series				
Neck Stretch 4 Directions			20-30 Sec	
Pectorial Wall Stretch			20-30 Sec	
Shoulder Stretch			20-30 Sec	
Tricep Stretch			20-30 Sec	
Wrist and Finger Stretch			20-30 Sec	
A Line Stretch			20-30 Sec	
Swan Stretch			20-30 Sec	
Side Lying Quadricep Stretch			20-30 Sec	
Childs Pose Stretch			20-30 Sec	
Butterfly Stretch			20-30 Sec	
Lying Hamstring Stretch			20-30 Sec	
Overhead Leg Stretch			20-30 Sec	

Weeks 12 : Workout 2

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
R. In Place Lunges		25		
Plank Hold Knee Drops		25		
Tricep Push Ups		25		
L. In Place Lunges		25		
Plank Hold knee Drops		25		
R. Side Plank Hip Drops		25		
Seated Sacpula Squeeze		25		
L. Side Plank Hip Drops		25		
R. Leg Lifts on all 4's		25		
R. Leg Lifts on all 4's		25		
Aline Crown Push Ups		25		
Alt. Back Attitude planks		25		

Weeks 12 : Workout 3

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Alternating Side plank			30 - 45 Sec	
A-line Calf Raise			30 - 45 Sec	
A-line Diamond Push Ups			30 - 45 Sec	
V-Ups			30 - 45 Sec	
Bicycle Crunches			30 - 45 Sec	
3x's Through				
Foam Roll Series				If you do not have access to a foam roller repeat stretch series from WK 1 WO
Low Back Compression			20-30 Sec	Place the foam roller under the small of your back and bring your knees into yo
Hip Flexor Gravity Stretch			20-30 Sec	Release Right leg to relax down toward the floor naturally.
Hip Flexor Gravity Stretch			20-30 Sec	Switch legs and repeat relaxing your left leg
Compression Roll Lats			20-30 Sec	
CR Hips			20-30 Sec	
CR Hamstrings			20-30 Sec	
CRl Glutes			20-30 Sec	
CR Quadriceps			20-30 Sec	
			20-30 Sec	
Tennis Ball Compression			20-30 Sec	Take a tennis or lacross ball and place the ball progressively on each side of yo
			20-30 Sec	Follow the spinal path up and down along each side of your spine compressing
			20-30 Sec	weight of your body for as long as it feels appropriate.

Weeks 12 : Workout 4

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
R. In Place Lunges		25		
Plank Hold Knee Drops		25		
Tricep Push Ups		25		
L. In Place Lunges		25		
Plank Hold knee Drops		25		
R. Side Plank Hip Drops		25		
Seated Sacpula Squeeze		25		
L. Side Plank Hip Drops		25		
R. Leg Lifts on all 4's		25		
R. Leg Lifts on all 4's		25		
Aline Crown Push Ups		25		
Alt. Back Attitude planks		25		

Weeks 12 : Workout 5 Clean Cuts Previev

Goals				Notes
Activity Phase	**Weight**	**Reps**	**Duration**	
Burpee/Divebomber			30 Sec	
Star Crunch			30 Sec	
Star Jump			30 Sec	
3x's through				
3 Pos Push Ups			30 Sec	Military - Wide - Diamond
SQ Jack to Knee Slap			30 Sec	
Yoga Belly			30 Sec	
3x's Through				
Plank Kick Through			30 Sec	
Butterfly Squats			30 Sec	
Heel Clicks			30 Sec	
3x's Through				
Wall Push			30 Sec	
Can Can			30 Sec	
Jump Twists			30 Sec	
3x's Through				