

WEEK 1 NOV.9-13

WEEK 2 NOV.16-20

WEEK 3 NOV.23-27

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
Split Squat	10x	8x	8x	8x
Hip Sled	10x	8x	8x	8x
DB Bench Press	10x	8x	8x	8x
Lat pull down	10x	10x	10x	
ab circuit	10x	10x		
RDL	8x	8x	8x	
3 ball get up	3 sets			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
MT pwr clean	5x	5x	5x	5x
Dead Lift	6x	6x	6x	6x
DB Incline	10x	8x	8x	8x
Military Press	10x	10x	10x	
Goodmorning	10x	10x	10x	
Shoulder circuit	5x	5x		
Gauntlet	1set			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Treadmill day one
RANDOM 6 20 min.
Treadmill day two
STAMINA 6 20 min

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
Split Squat	10x	8x	7x	6x
Hip Sled	10x	8x	7x	6x
DB Bench Press	10x	8x	7x	6x
Lat pull down	10x	10x	10x	
ab circuit	10x	10x		
RDL	8x	8x	8x	
3 ball get up	3 sets			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
MT pwr clean	5x	5x	5x	5x
Dead Lift	6x	6x	6x	6x
DB Incline	10x	8x	7x	6x
Military Press	10x	10x	10x	
Goodmorning	10x	10x	10x	
Shoulder circuit	5x	5x		
Gauntlet	1set			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Treadmill day one
RANDOM 6 20 min.
Treadmill day two
STAMINA 6 20 min

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
Split Squat	10x	8x	6x	6x
Hip Sled	10x	8x	6x	6x
DB Bench Press	10x	8x	6x	6x
Lat pull down	10x	10x	10x	
ab circuit	10x	10x		
RDL	8x	8x	8x	
3 ball get up	3 sets			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
MT pwr clean	5x	5x	5x	5x
Dead Lift	6x	6x	6x	6x
DB Incline	10x	8x	6x	6x
Military Press	10x	10x	10x	
Goodmorning	10x	10x	10x	
Shoulder circuit	5x	5x		
Gauntlet	1set			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Treadmill day one
30 min. 300 calories
Bench Ab circuit 3 x 20
Arm circuit 3 x 10
Treadmill day two
30 min. 300 calories
Bench Ab circuit 3 x 20
Arm circuit 3 x 10

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

WEEK 4 NOV 30 – DEC 4

WEEK 5 DEC 7 – 11

WEEK 6 DEC 14 – DEC 18

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
Split Squat	8x	8x	8x	8x
Hip Sled	8x	8x	8x	8x
DB Bench Press	8x	8x	8x	8x
Lat pull down	10x	10x	10x	10x
ab circuit	10x	10x		
RDL	8x	8x	8x	
3 ball get up	3 sets			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
MT pwr clean	5x	5x	5x	5x
Dead Lift	6x	6x	6x	6x
DB Incline	8x	8x	8x	8x
Military Press	10x	10x	10x	10x
Goodmorning	10x	10x	10x	10x
Shoulder circuit	5x	5x		
Gauntlet	1set			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no (treadmill day one)

Treadmill day one
RANDOM 6 30 min.
Bench Ab circuit 3 x 20
Arm circuit 3 x 10
Treadmill day two
STAMINA 6 30 min
Bench Ab circuit 3 x 20
Arm circuit 3 x 10

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
Split Squat	8x	7x	6x	5x
Hip Sled	8x	7x	6x	5x
DB Bench Press	8x	7x	6x	5x
Lat pull down	10x	10x	10x	10x
ab circuit	10x	10x		
RDL	8x	8x	8x	
3 ball get up	3 sets			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
MT pwr clean	5x	5x	5x	5x
Dead Lift	6x	6x	6x	6x
DB Incline	8x	7x	6x	5x
Military Press	10x	10x	10x	10x
Goodmorning	10x	10x	10x	10x
Shoulder circuit	5x	5x		
Gauntlet	1set			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no (treadmill day one)

Treadmill day one
RANDOM 7 20 min.
Bench Ab circuit 3 x 20
Arm circuit 3 x 10
Treadmill day two
STAMINA 7 20 min
Bench Ab circuit 3 x 20
Arm circuit 3 x 10

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
Split Squat	8x	6x	5x	4x
Hip Sled	8x	6x	5x	4x
DB Bench Press	8x	6x	5x	4x
Lat pull down	10x	10x	10x	10x
ab circuit	10x	10x		
RDL	8x	8x	8x	
3 ball get up	3 sets			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
MT pwr clean	5x	5x	5x	5x
Dead Lift	6x	6x	6x	6x
DB Incline	8x	6x	5x	4x
Military Press	10x	10x	10x	10x
Goodmorning	10x	10x	10x	10x
Shoulder circuit	5x	5x		
Gauntlet	1set			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no (treadmill day one)

Treadmill day one
RANDOM 7 30 min.
Bench Ab circuit 3 x 20
Arm circuit 3 x 10
Treadmill day two
STAMINA 7 30 min
Bench Ab circuit 3 x 20
Arm circuit 3 x 10

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

WEEK 7 DEC 21 - 25

WEEK 8 DEC 28 - JAN 1

WEEK 9 JAN 4 - 8

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
Split Squat	8x	8x	6x	6x
Hip Sled	8x	8x	8x	8x
DB Bench Press	10x	8x	8x	8x
Lat pull down	10x	10x	10x	10x
ab circuit	10x	10x		
RDL	8x	8x	8x	
3 ball get up	3 sets			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
MT pwr clean	5x	5x	5x	5x
Dead Lift	6x	6x	6x	6x
DB Incline	10x	8x	8x	8x
Military Press	10x	10x	10x	10x
Goodmorning	10x	10x	10x	10x
Shoulder circuit	5x	5x		
Gauntlet	1set			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no (treadmill day one)

Treadmill day one
40 min. 350 calories
Bench Ab circuit 3 x 20
Arm circuit 3 x 10
Treadmill day two
40 min 350 calories
Bench Ab circuit 3 x 20
Arm circuit 3 x 10

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
Split Squat	6x	6x	6x	6x
Hip Sled	6x	6x	6x	6x
DB Bench Press	6x	6x	6x	6x
Lat pull down	10x	10x	10x	10x
ab circuit	10x	10x		
RDL	8x	8x	8x	
3 ball get up	3 sets			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
MT pwr clean	5x	5x	5x	5x
Dead Lift	6x	6x	6x	6x
DB Incline	10x	8x	8x	8x
Military Press	10x	10x	10x	10x
Goodmorning	10x	10x	10x	10x
Shoulder circuit	5x	5x		
Gauntlet	1set			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no (treadmill day one)

Treadmill day one
45 min 400 calories
Bench Ab circuit 3 x 20
Arm circuit 3 x 10
Treadmill day two
45 min 400 calories
Bench Ab circuit 3 x 20
Arm circuit 3 x 10

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
Split Squat	8x	8x	6x	6x
Hip Sled	8x	8x	8x	8x
DB Bench Press	10x	8x	8x	8x
Lat pull down	10x	10x	10x	10x
ab circuit	10x	10x		
RDL	8x	8x	8x	
3 ball get up	3 sets			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
MT pwr clean	5x	5x	5x	5x
Dead Lift	6x	6x	6x	6x
DB Incline	10x	8x	8x	8x
Military Press	10x	10x	10x	10x
Goodmorning	10x	10x	10x	10x
Shoulder circuit	5x	5x		
Gauntlet	1set			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no (treadmill day one)

Treadmill day one
50 min 450 calories
Bench Ab circuit 3 x 20
Arm circuit 3 x 10
Treadmill day two
50 min 450 calories
Bench Ab circuit 3 x 20
Arm circuit 3 x 10

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

WEEK 10 JAN11 - 15

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
Split Squat	8x	8x	6x	6x
Hip Sled	8x	8x	8x	8x
DB Bench Press	10x	8x	8x	8x
Lat pull down	10x	10x	10x	
ab circuit	10x	10x		
RDL	8x	8x	8x	
3 ball get up	3 sets			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

Lift	set 1	set 2	set 3	set 4
MT pwr clean	5x	5x	5x	5x
Dead Lift	6x	6x	6x	6x
DB Incline	10x	8x	8x	8x
Military Press	10x	10x	10x	
Goodmorning	10x	10x	10x	
Shoulder circuit	5x	5x		
Gauntlet	1set			

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no (treadmill day one)

Treadmill day one
55 min 500 calories
Bench Ab circuit 3 x 20
Arm circuit 3 x 10
Treadmill day two
55 min 500 calories
Bench Ab circuit 3 x 20
Arm circuit 3 x 10

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no (treadmill day two)