

▶ TAKE "BEFORE" PHOTO!

TRAINING BLOCK 1

START

ADAPTIVE AND MASTERY PHASE

RECOVERY PHASE

DIET <input type="checkbox"/> Y <input type="checkbox"/> N 1	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 2	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 3	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 4	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 5	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 6	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 7
DIET <input type="checkbox"/> Y <input type="checkbox"/> N 8	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 9	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 10	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 11	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 12	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 13	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 14
DIET <input type="checkbox"/> Y <input type="checkbox"/> N 15	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 16	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 17	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 18	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 19	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 20	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 21
DIET <input type="checkbox"/> Y <input type="checkbox"/> N 22	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 23	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 24	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 25	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 26	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 27	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 28 MEASURE BODY FAT % TAKE PHOTO! ▶

NOTES

DECIDE.

TRAINING BLOCK 2

ADAPTIVE AND MASTERY PHASE

RECOVERY PHASE

DIET <input type="checkbox"/> Y/N 29	DIET <input type="checkbox"/> Y/N 30	DIET <input type="checkbox"/> Y/N 31	DIET <input type="checkbox"/> Y/N 32	DIET <input type="checkbox"/> Y/N 33	DIET <input type="checkbox"/> Y/N 34	DIET <input type="checkbox"/> Y/N 35
DIET <input type="checkbox"/> Y/N 36	DIET <input type="checkbox"/> Y/N 37	DIET <input type="checkbox"/> Y/N 38	DIET <input type="checkbox"/> Y/N 39	DIET <input type="checkbox"/> Y/N 40	DIET <input type="checkbox"/> Y/N 41	DIET <input type="checkbox"/> Y/N 42
DIET <input type="checkbox"/> Y/N 43	DIET <input type="checkbox"/> Y/N 44	DIET <input type="checkbox"/> Y/N 45	DIET <input type="checkbox"/> Y/N 46	DIET <input type="checkbox"/> Y/N 47	DIET <input type="checkbox"/> Y/N 48	DIET <input type="checkbox"/> Y/N 49
DIET <input type="checkbox"/> Y/N 50	DIET <input type="checkbox"/> Y/N 51	DIET <input type="checkbox"/> Y/N 52	DIET <input type="checkbox"/> Y/N 53	DIET <input type="checkbox"/> Y/N 54	DIET <input type="checkbox"/> Y/N 55	DIET <input type="checkbox"/> Y/N 56 MEASURE BODY FAT % TAKE PHOTO!

NOTES



COMMIT.

TRAINING BLOCK 3

ADAPTIVE AND MASTERY PHASE

RECOVERY PHASE

DIET <input type="checkbox"/> Y <input type="checkbox"/> N 57	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 58	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 59	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 60	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 61	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 62	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 63
DIET <input type="checkbox"/> Y <input type="checkbox"/> N 64	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 65	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 66	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 67	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 68	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 69	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 70
DIET <input type="checkbox"/> Y <input type="checkbox"/> N 71	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 72	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 73	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 74	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 75	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 76	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 77
DIET <input type="checkbox"/> Y <input type="checkbox"/> N 78	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 79	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 80	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 81	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 82	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 83	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 84 MEASURE BODY FAT %
DIET <input type="checkbox"/> Y <input type="checkbox"/> N 85	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 86	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 87	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 88	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 89	DIET <input type="checkbox"/> Y <input type="checkbox"/> N 90 MEASURE BODY FAT %	<p>TAKE ◀ "AFTER" PHOTO!</p> <p>SUCCEED.[®]</p>

▶ TRAINING BLOCK 1

ADAPTIVE AND MASTERY PHASE

CLASSIC

WEEKS 1, 2, 3

- DAY_1 Chest & Back, Ab Ripper X
- _2 Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

DOUBLES

WEEKS 1, 2, 3

- DAY_1 Chest & Back, Ab Ripper X
- _2 Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

LEAN

WEEKS 1, 2, 3

- DAY_1 Core Synergistics
- _2 Cardio X
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

RECOVERY PHASE

CLASSIC

WEEK 4

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

DOUBLES

WEEK 4

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

LEAN

WEEK 4

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Cardio X
- _6 Yoga X
- _7 Rest or X Stretch

MEASURE
BODY FAT %

▶ TRAINING BLOCK 2

ADAPTIVE AND MASTERY PHASE

CLASSIC

WEEKS 5, 6, 7

- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
- _2 Plyometrics
- _3 Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

DOUBLES

WEEKS 5, 6, 7

- DAY_1 AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
- _2 Plyometrics
- _3 AM Cardio X; PM Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 AM Cardio X; PM Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

LEAN

WEEKS 5, 6, 7

- DAY_1 Core Synergistics
- _2 Cardio X
- _3 Chest, Shoulders & Triceps, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

RECOVERY PHASE

CLASSIC

WEEK 8

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

DOUBLES

WEEK 8

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

LEAN

WEEK 8

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Cardio X
- _6 Yoga X
- _7 Rest or X Stretch

MEASURE
BODY FAT %

Days 29-56

▶ TRAINING BLOCK 3

ADAPTIVE AND MASTERY PHASE

CLASSIC

WEEKS 9, 11

- DAY_1 Chest & Back, Ab Ripper X
- _2 Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

WEEKS 10, 12

- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
- _2 Plyometrics
- _3 Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

DOUBLES

WEEKS 9, 11

- DAY_1 AM Cardio X; PM Chest & Back, Ab Ripper X
- _2 AM Cardio X; PM Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 AM Cardio X; PM Yoga X
- _5 AM Cardio X; PM Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

WEEKS 10, 12

- DAY_1 AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
- _2 AM Cardio X; PM Plyometrics
- _3 Back & Biceps, Ab Ripper X
- _4 AM Cardio X; PM Yoga X
- _5 AM Cardio X; PM Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

LEAN

WEEKS 9, 11

- DAY_1 Chest & Back, Ab Ripper X
- _2 Cardio X
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Core Synergistics
- _6 Kenpo X
- _7 Rest or X Stretch

WEEKS 10, 12

- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
- _2 Cardio X
- _3 Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 Core Synergistics
- _6 Kenpo X
- _7 Rest or X Stretch

MEASURE
BODY FAT %

RECOVERY PHASE

CLASSIC

WEEK 13

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

DOUBLES

WEEK 13

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

LEAN

WEEK 13

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Cardio X
- _6 Yoga X
- _7 Rest or X Stretch

Days 57-90