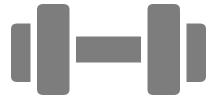


Week 1

Fitness Journal

Name:______
Start Date:______
Estimated Date of Completion:_____
Signature:_____



What are your initial goals?

A crucial part to your success!

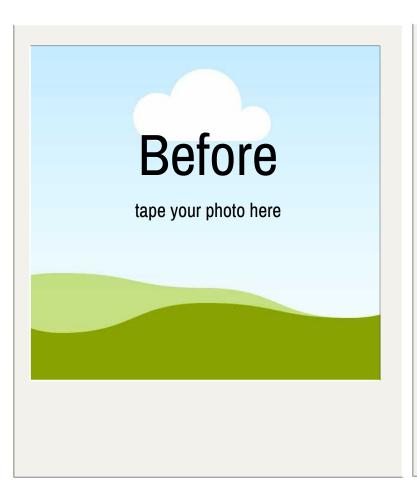
Two Types:

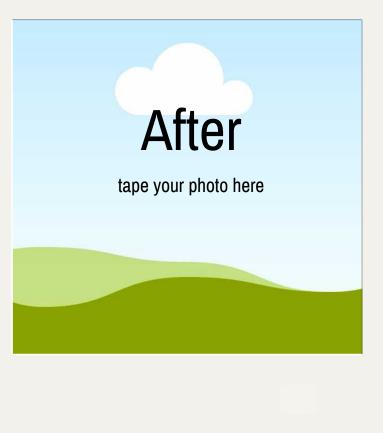
	1 440	i ypes.
	Source of Motivation,	Action Goals: Details (what, where, why, when, how), Short term, Bottom Rung of the Ladder d of 13 weeks
What	Action Goals:	Short-term, Action Goal: This week I will
When		
Where		
Why		Short-term, Action Goal:
How		
Obstacles		
Solution		
		-

Body Composition Records

	Body Weight (lbs)	Body Fat %	Lean Mass (lbs)
Week 1 Initial Assessment			
Week 7 1/2 Way Assessment			
Week 13 Final Assessment			

To set realistic goals and track your progress throughout the program it is highly recommended that you also track your body fat % and lean mass (lbs) measurements. Visit Medpoint Health Care Centre to do a BodPod so you can track you Body Fat % and Lean Mass (lbs) changes.





Girth Measurements

Tips to keep your measurements consistent;

Chest Measurements: Wrap the measuring tape around your torso just under the armpit. Line the tape up with your nipple line. For ladies, feel free to wear a sports bra when measuring, just make sure to consistently wear the same bra when completing future measurements.

Waist Measurements: Wrap the measuring tape around your torso and measure from the smallest part of your waist.

Hip Measurements: Wrap the measuring tape around your hips and measure from the widest part of your hips.

Bicep Measurements: Measure the distance between the top of your shoulder and your elbow. Landmark half way between your shoulder and elbow and measure the width of your bicep at this location.

Thigh Measurements: Measure the distance between the top of your hip (the iliac crest) down to your knee cap. Landmark half way between your hip and knee cap and measure the width of your thigh at this location.

Calf Measurements: Measure the largest part of your calf.

	Week 1 Initial Measurements	Week 7 1/2 Way Measurements	Week 13 Final Measurements
Chest Measurement (cm)			
Waist Measurement (cm)			
Hips Measurement (cm)			
Biceps Measurements (cm)	Left: Right:	Left: Right:	Left: Right:
Thighs Measurements (cm)	Left: Right:	Left: Right:	Left: Right:
Calves Measurements (cm)	Left: Right:	Left: Right:	Left: Right:

Don't feel like leaving it up to chance? Visit Medpoint Health Care Centre to do a Fit3D scan so you can take all the guess work out of doing your regular measurements.

Fitness Level Testing



Resting Heart Rate: Place your index and middle finger together. Place them on the palm side of the opposite wrist approximately 2 inches below the base of the thumb and inline with your index finger. Once you have found the pulse, count the number of beats you feel within a 15 second period and multiply by 4. This will give you an estimation of your resting heart rate. This resting rate may lower as you become more fit during the program. Record this below in the table!

Plank Hold: Lay on a mat face down, bring your elbows tucked into your sides, prop up your lower body on your toes and upper body on your elbows. Your body should be straight from head to heel. Keep a neutral spine; do not raise hips! Engage your core and hold your body up in a straight plank. Hold. Use a stopwatch to time how long you can hold to exhasution.

Wall Sit: Rest your back on a wall and lower hips towards the floor until your upper legs/thighs are parallel to the ground and your back is supported by the wall. Do not use your hands for support. Hold this position for 30 seconds.

Push-Ups: Lay on a mat face down, prop up your lower body on your toes and upper body on your palms with hands shoulder width apart. Your body should be straight from head to heal. Keep a neutral spine. Engage your core and bend at your elbows to lower your chest towards the floor. Then raise your body in one smooth motion upwards to extended arms. Repeat. Count how many repetitions you can complete to exhaustion.

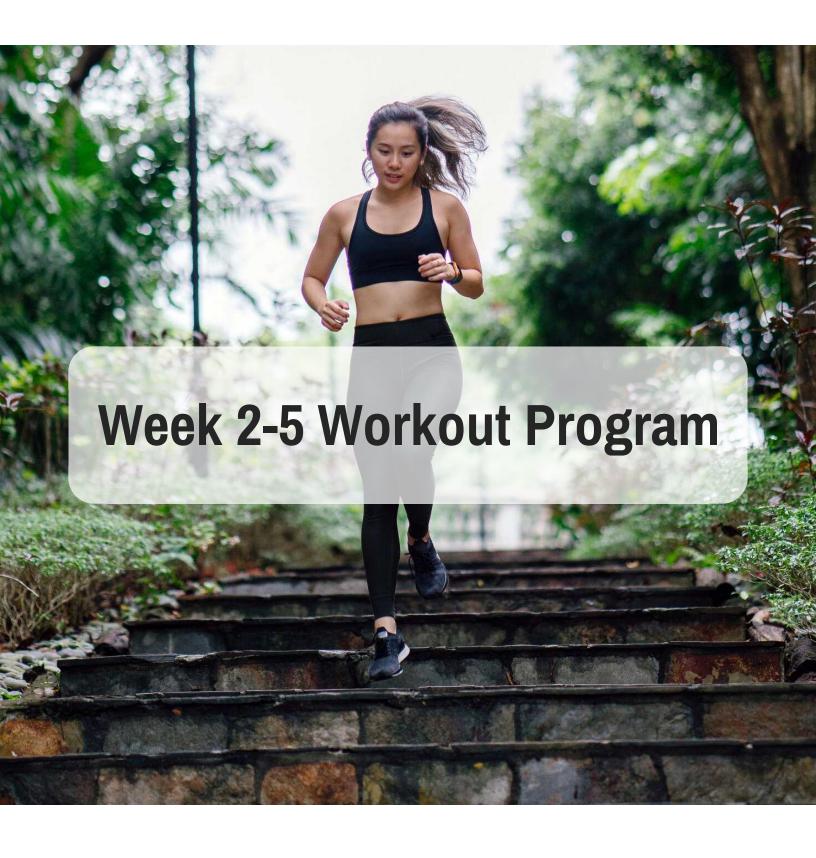
Modified Push Up: If you cannot complete one push-up use this modification. Same instructions as above; however, complete on knees rather than on toes.



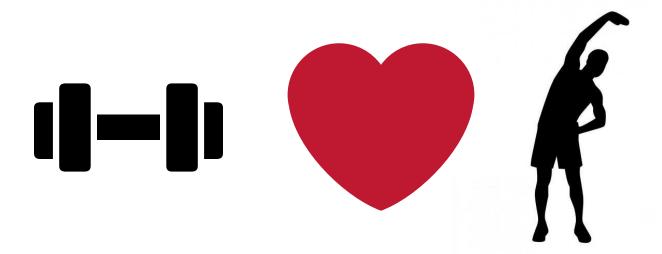




	Week 1 Initial Measurements	Week 7 1/2 Way Measurements	Week 13 Final Measurements
Resting Heart Rate (bpm)			
Plank Hold (secs)			
Wall Sit (secs)			
Push-Ups (# of Reps)			



Weekly Workout Routine





- 3 Full Body Circuit Workouts
- 2 Low Intensity Cardio Training (LICT) Workouts*
- 1 Moderate Intensity Cardio Training (MICT) Workout*
- 1-2 Mobility training

*Find detailed instructions on the LICT, MICT & HICT cardio programs & mobility program in Section 1: Program Outline under *Weekly Exercise Routine*.

Circuit Training Calendar

Week 2-5 Workout Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
	WEEK	#2: Week 2	& 4: Full Body	y Workout 1,	2 & 3	
7	8	9	10	11	12	13
	WEEK	#3: Week 3	& 5: Full Body	y Workout 4,	5 & 6	
14	15	16	17	18	19	20
	WEEK	#4: Week 2	& 4: Full Body	y Workout 1,	2 & 3	
21	22	23	24	25	26	27
	WEEK	#5: Week 3	& 5: Full Body	y Workout 4,	5 & 6	
28	29	30	31	1	2	3

Tip: On WEEK #4 & #5 increase your dumbbell weights by 2.5-5lb and increase your exercise duration (ex., increase your plank time) by 5-15 seconds. Make sure you are recording this in your Workout Log Book so you remember where you left off each time you workout.

Weekly Workout Plan

Monday	Tuesday	Wednesday
Circuit Workout	Circuit Workout	Circuit Workout
LICT	LICT	LICT
MICT	MICT	MICT
HICT	HICT	HICT
Mobility/Flexibility	Mobility/Flexibility	Mobility/Flexibility
Thursday	Friday	Saturday OR Sunday
Thursday Circuit Workout	Friday Circuit Workout	Saturday OR Sunday
Circuit Workout	Circuit Workout	Circuit Workout
Circuit Workout	Circuit Workout	Circuit Workout
Circuit Workout LICT MICT	Circuit Workout LICT MICT	☐ Circuit Workout ☐ LICT ☑ MICT

^{*}This is the recommended weekly workout plan. If this does not work with your schedule, use your own calendar and adjust the weekly workout plan to suit you.

Dumbbell Weight Recommendations for Each Exercise





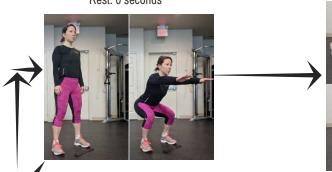
Circuit #1

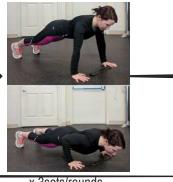
Exercise 1: Air Squat Tip: Increase challenge by holding dumbbells at your sides

Repetitions: 15 Rest: 0 seconds

Exercise 2: Push Ups Option to perform push ups from a kneeling position Repetitions: 10 Rest: 0 seconds

Exercise 3: Floor Plank Hold: 30 seconds Rest: 2 minutes







x 3sets/rounds

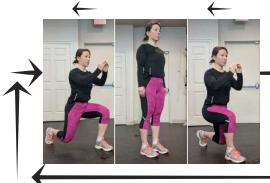
Circuit #2

Exercise 1: Alternating Reverse Lunge Tip: Increase challenge by holding dumbbells at your sides Repetitions: 10/side

Rest: 0 seconds

Exercise 2: Dumbbell Bent Over Row Repetitions: 12 Rest: 0 seconds

Exercise 3: Mountain Climbers Repetitions: 15/side Rest: 2 minutes







x 3sets/rounds

Circuit #3

Exercise 1: Dumbbell Shoulder Press Repetitions: 12 Rest: 0 seconds

Exercise 2: Platform Single Leg Step Ups with Knee Drive Tip: Increase challenge by holding dumbbells in each hand Duration: 30 seconds/side

Rest: 0 seconds

Exercise 3: Jump Squats Repetitions: 12 Rest: 2 minutes







x 3sets/rounds



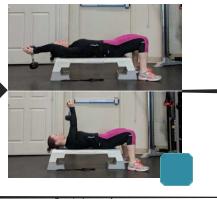
Exercise 1: Alternating Side Lunges Tip: Increase challenge by holding dumbbells at your sides Repetitions: 12/side Rest: 0 seconds

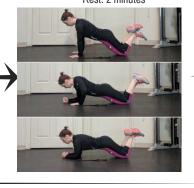
Exercise 2: Dumbbell Pullovers Repetitions: 12 Rest: 0 seconds

Exercise 3: Push Plank/Commandos Tip: Increase challenge by propping yourself up on your toes instead of the knees

> Repetitions: 12/side Rest: 2 minutes







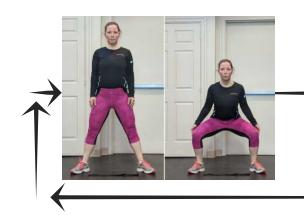
x 3sets/rounds

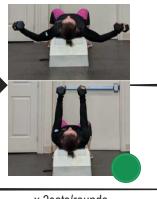
Circuit #2

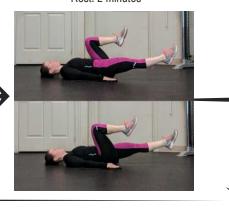
Exercise 1: Sumo Squats Repetitions: 15 Rest: 0 seconds

Exercise 2: Dumbbell Chest Fly Repetitions: 12 Rest: 0 seconds

Exercise 3: Modified Core Bicycles Repetitions: 15/side Rest: 2 minutes







x 3sets/rounds

Circuit #3

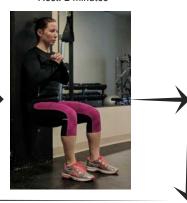
Exercise 1: Dumbbell Frontal Raise Repetitions: 12 Rest: 0 seconds

Exercise 2: Jumping Jacks Duration: 30 seconds Rest: 0 seconds

Exercise 3: Wall Sit Hold: 30 seconds Rest: 2 minutes







x 3sets/rounds



Exercise 1: Alternating Curtsy Lunge

Repetitions: 12/side Rest: 0 seconds

Exercise 2: Triceps Push Ups Tip: Increase challenge by holding dumbbells at your sides Tip: Increase challenge by performing triceps push ups propped up on the toes instead of the knees

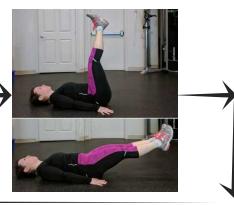
Repetitions: 10

Rest: 0 seconds



x 3sets/rounds

Exercise 3: Core Leg-Lowering Drill Repetitions: 12 Rest: 2 minutes



Circuit #2

Exercise 1: Air Squat

Tip: Increase challenge by holding dumbbells in hands at sides. Repetitions: 15 Rest: 0 seconds

Exercise 2: Dumbbell Split Stance Single Arm Bent Over Row

Repetitions: 10/side

Rest: 0 seconds



Exercise 3: Rotary Plank Repetitions: 10/side Rest: 2 minutes



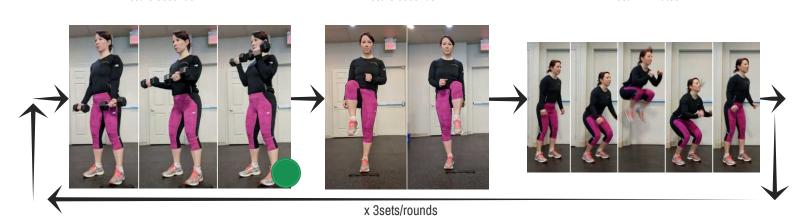
x 3sets/rounds

Circuit #3

Exercise 1: Dumbbell Biceps Curl Repetitions: 12 Rest: 0 seconds

Exercise 2: High Knees Duration: 30 seconds Rest: 0 seconds

Exercise 3: Tuck Jump Repetitions: 10 Rest: 2 minutes



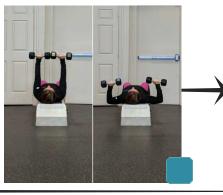




Exercise 1: Alternating Forward Lunges
Repetitions: 12/side
Rest: 0 seconds

Exercise 2: Dumbbell Chest Press Repetitions: 12 Rest: 0 seconds Exercise 3: Side Plank Hold: 30 seconds/side Rest: 2 minutes







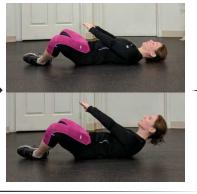
x 3sets/rounds

Circuit #2

Exercise 1: Sumo Squats Repetitions: 15 Rest: 0 seconds Exercise 2: Dumbbell Lateral Raise Repetitions: 12 Rest: 0 seconds Exercise 3: Frog Crunches
Repetitions: 15
Rest: 2 minutes







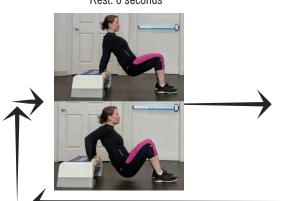
x 3sets/rounds

Circuit #3

Exercise 1: Triceps Dips Repetitions: 15 Rest: 0 seconds

Exercise 2: Dumbbell Biceps Curls Repetitions: 12 Rest: 0 seconds

Exercise 3: Dumbbell Squat Thruster Repetitions: 15 Rest: 2 minutes







x 3sets/rounds

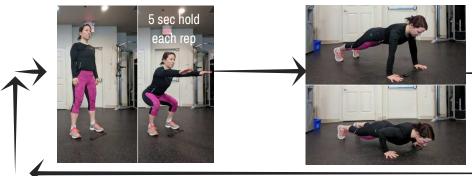
Circuit #1

Exercise 1: Air Squat with 5 Second Hold at the Bottom Tip: Increase challenge by holding dumbbells at your sides Repetitions: 12

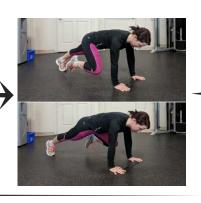
Rest: 0 seconds

Exercise 2: Push Ups Option to perform push ups from a kneeling position Repetitions: 10 Rest: 0 seconds

Exercise 3: Mountain Climbers Repetitions: 15/side Rest: 2 minutes



x 3sets/rounds



Circuit #2

Exercise 1: Alternating Side Lunges Tip: Increase challenge by holding dumbbells at your sides Repetitions: 12

Rest: 0 seconds

Exercise 2: Dumbbell Reverse Fly Repetitions: 12 Rest: 0 seconds

Exercise 3: Floor Plank Hold: 30 seconds Rest: 2 minutes





x 3sets/rounds

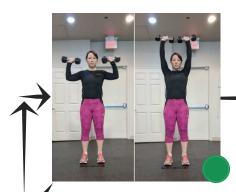
Circuit #3

Exercise 1: Dumbbell Shoulder Press Repetitions: 12

Rest: 0 seconds

Exercise 2: Dumbbell Alternating Punches Duration: 45 seconds Rest: 0 seconds

Exercise 3: Platform Single Leg Step Up with Knee Drive Tip: Increase challenge by holding dumbbells in each hand Duration: 30 seconds/side Rest: 2 minutes



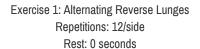






x 3sets/rounds





Exercise 2: Dumbbell Row Repetitions: 12 Rest: 0 seconds

Exercise 3: Bent Knee Jackknife Repetitions: 12 Rest: 2 minutes



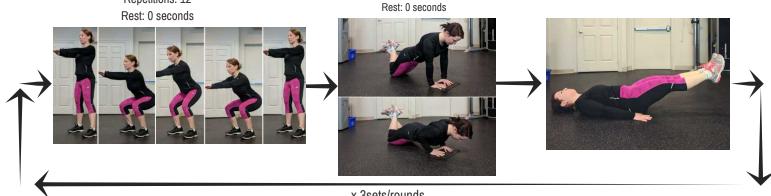
Circuit #2

Exercise 1: Air Squat with Pulse at the Bottom Tip: Increase challenge by holding dumbbells at your sides

> Repetitions: 12 Rest: 0 seconds

Exercise 2: Triceps Push Up Tip: Increase challenge by propping yourself up on your toes instead of your knees) Repetitions: 10

Exercise 3: Hollow Body Hold Hold: 30 seconds Rest: 2 minutes

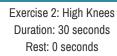


x 3sets/rounds

Circuit #3

Exercise 1: Dumbbell Frontal Raise Repetitions: 12

Rest: 0 seconds

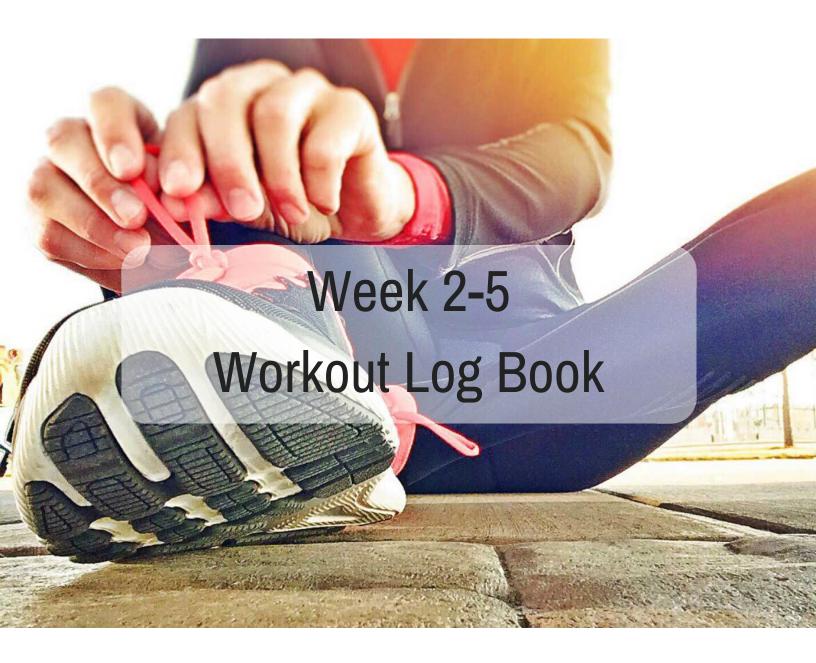




Exercise 3: Jumping Jacks Duration: 30 seconds Rest: 2 minutes



x 3sets/rounds



Week 2 & 4 Full Body Workout 1

W: Weights Alt. = Alternating R: Reps S:Sets DB = Dumbbell D: Duration (Sec/Min) SA = Single Arm SL = Single Leg

	Circuit 1			Circuit 2			Circuit 3		
Name of Exercise	Air Squat	Push Ups	Plank	Alt. Reverse Lunge	DB Row	Mountain Climbers	DB Shoulder Press	SL Step Ups	Squat Jumps
Week 2	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:
Week 4	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:

Mobility Exercise Notes:			

Week 2 & 4 Full Body Workout 2

W: Weights Alt. = Alternating R: Reps S:Sets DB = Dumbbell D: Duration (Sec/Min) SA = Single Arm SL = Single Leg

	Circuit 1		Circuit 2			Circuit 3			
Name of Exercise	Alt. Side Lunges	DB Pullover	Commandos	Sumo Squat	DB Chest Fly	Core Bicycles	DB Front Raise	Jumping Jacks	Wall Sit
Week 2	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:
Week 4 Workout (//)	W:	W:	W:	W:	W:	W:	W:	W:	W:
	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
	D:	D:	D:	D:	D:	D:	D:	D:	D:

Cardio Exercise Notes:		 	
	·	 	
Mobility Exercise Notes:		 	

Week 2 & 4 Full Body Workout 3

W: Weights Alt. = Alternating
R: Reps S:Sets DB = Dumbbell
D: Duration (Sec/Min) SA = Single Arm
SL = Single Leg

	Circuit 1			Circuit 2			Circuit 3		
Name of Exercise	Alt. Cross- over Lunge	Triceps Push Ups	Leg Lowering Drill	Air Squat	DB, SA Bent Over Row	Rotary Plank	DB Biceps Curl	High Knees	Tuck Jumps
Week 2	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:
Week 4	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:
Cardio Exe	rcise Notes	:							
Mobility Ex	ercise Note	s:							

Week 3 & 5 Full Body Workout 4

W: Weights Alt. = Alternating
R: Reps S:Sets DB = Dumbbell
D: Duration (Sec/Min) SA = Single Arm
SL = Single Leg

	Circuit 1			Circuit 2			Circuit 3		
Name of Exercise	Alt. Forward Lunges	DB Chest Press	Side Plank	Sumo Squat	DB Lateral Raise	Frog Crunch	Triceps Dips	DB Bicep Curl	DB Squat Thruster
Week 3	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:
Week 5	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:

Cardio Exercise Notes:		
Mobility Exercise Notes: _	 	

Week 3 & 5 Full Body Workout 5

W: Weights Alt. = Alternating
R: Reps S:Sets DB = Dumbbell
D: Duration (Sec/Min) SA = Single Arm
SL = Single Leg

		Circuit 1			Circuit 2			Circuit 3	
Name of Exercise	Air Squat 5 Sec Hold	Push Ups	Mountain Climbers	Alt. Side Lunge	DB, Rear Delt Fly	Plank	DB Shoulder Press	DB, Alt. Punches	SL Step Ups
Week 3	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout (//)	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:
Week 5 Workout	W: R: S:	W:	W: R: S:	W: R: S:	W:	W: R:S:	W: R: S:	W: R: S:	W: R: S:
(//)	R:S: D:	R:S: D:	R:S: D:	D:	R:S: D:	D:	R:S: D:	D:	D:

Cardio Exercise Notes:		
Mobility Exercise Notes:		
,		

Week 3 & 5 Full Body Workout 6

W: Weights
R: Reps S:Sets
D: Duration (Sec/Min)
SA = Single Arm
SL = Single Leg

		Circuit 1			Circuit 2			Circuit 3	
Name of Exercise	Alt. Reverse Lunges	DB Bent Over Row	Bent Knee Jackknife	Squat with Pulse	Triceps Push Ups	Hollow Body	DB Front Raise	High Knees	Jumping Jacks
Week 3	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:
Week 5	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//_)	D:	D:	D:	D:	D:	D:	D:	D:	D:

Cardio Exercise Notes:		
Mobility Exercise Notes:		

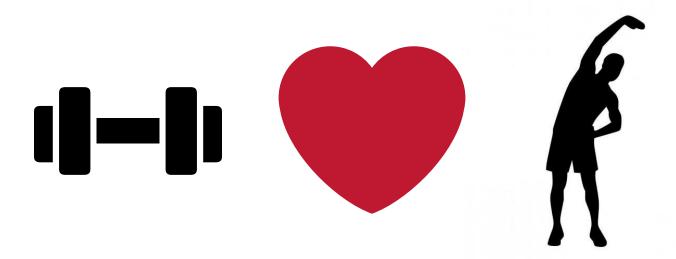
End of Week 5: Wins & Losses²³

Upon completion of week 5, self-reflect and set new action goals! This is crucial for maintaining motivated!

Week 2-5 Wins! In week 2-5 I accomplished	Week 2-5 Losses! In week 2-5 I struggled with
	Why?
	t's who you think you're not." -Denis Waitley comfort zone." - Michael John Bobak
	e end of 13 weeks has it changed?)
Action Goal: This week I will	Action Goal: This month I will



Weekly Workout Routine





- 1 Upper Body Circuit Workout
- 1 Lower Body Circuit Workout
- 1 Full Body Circuit Workout
- 1 Low Intensity Cardio Training (LICT) Workouts*
- 1 Moderate Intensity Cardio Training (MICT)
 Workout*
- 1 High Intensity Cardio Training (HICT) Workout *
- 2 Mobility training

*Find detailed instructions on the LICT, MICT & HICT cardio programs & mobility program in Section 1: Program Outline under *Weekly Exercise Routine*.

Circuit Training Calendar

Week 6-9 Workout Schedule

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31	1	2	3	4	5	6
	WE	EK #6: Week	6 & 8 Upper	Body, Lower	Body & Full	Body Workou	t 1
	7	8	9	10		12	13
	WE	EK #7: Weel	k 7 & 9 Uppei	Body, Lower	r Body & Full	Body Workou	ıt 2
1	Re-visit yoι	ır Fitness Journa	I to record your r	new Body Compo	sition, Girth Mea	surements & Fiti	ness Level
	14	15	16	17	18	19	20
	WE	EK #8: Week	6 & 8 Upper	Body, Lower	Body & Full	Body Workou	ıt 1
	21	22	23	24	25	26	27
	WE	EK #9: Week	7 & 9 Upper	Body, Lower	Body & Full	Body Workou	t 2
	28	29	30	31	1	2	3

Tip: On Week 7 & 8 increase your dumbbell weights by 2.5-5lb and increase your exercise duration (ex., increase your plank time) by 5-15 seconds. Make sure you are recording this in your Workout Log Book so you remember where you left off each time you workout.

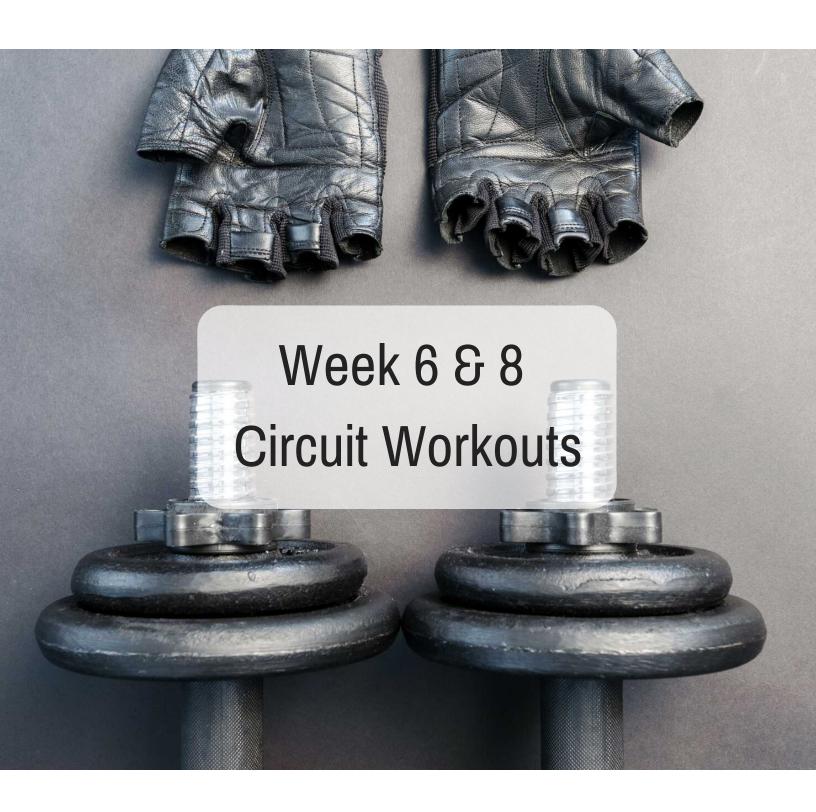
Weekly Workout Plan

Monday	Tuesday	Wednesday
Circuit Workout	Circuit Workout	Circuit Workout
LICT	LICT	LICT
MICT	✓ MICT	MICT
HICT	HICT	HICT
Mobility/Flexibility	Mobility/Flexibility	Mobility/Flexibility
Notes: <u>upper Body Circuit</u>	Notes: 25-35 min jog, elliptical	Notes: Lower Body Circuit
	<u>recumbent/spin/outdoor bike</u> + 10 min stretch to cool down	
Thursday	Friday	Saturday OR Sunday
Thursday Circuit Workout	Friday Circuit Workout	Saturday OR Sunday Circuit Workout
<u> </u>		
Circuit Workout	Circuit Workout	Circuit Workout
Circuit Workout	Circuit Workout	Circuit Workout
Circuit Workout LICT MICT	Circuit Workout LICT MICT	Circuit Workout LICT MICT
Circuit Workout LICT MICT HICT	Circuit Workout LICT MICT HICT	Circuit Workout LICT MICT HICT

^{*}This is the recommended weekly workout plan. If this does not work with your schedule, use your own calendar and adjust the weekly workout plan to suit you.

Dumbbell Weight Recommendations for Each Exercise

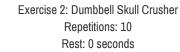




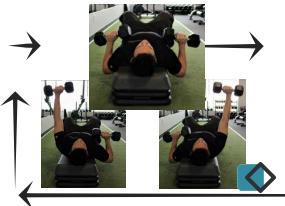
Upper Body Workout 1

Circuit #1

Exercise 1: Alternating Dumbbell Chest Press Repetitions: 10/side Rest: 0 seconds



Exercise 3: Single Arm Dumbbell Shoulder Press Repetitions: 10/side Rest: 2 minutes









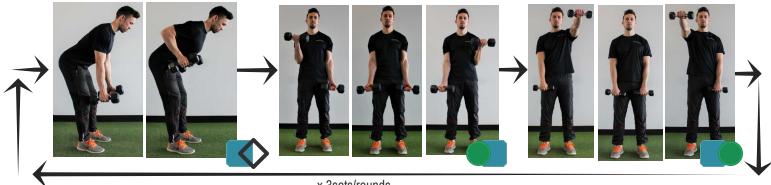
x 3sets/rounds

Circuit #2

Exercise 1: Dumbbell Bent Over Row Repetitions: 15 Rest: 0 seconds

Exercise 2: Alternating Dumbbell Bicep Curls Repetitions: 15/side Rest: 0 seconds

Exercise 3: Alternating Dumbbell Frontal Raise Repetitions: 15/side Rest: 2 minutes



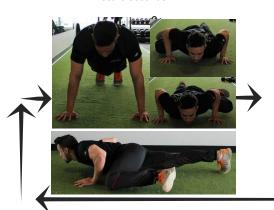
x 3sets/rounds

Circuit #3

Exercise 1: Spider-Man Push Ups Repetitions: 5/side Rest: 0 seconds

Exercise 2: Single Arm Dumbbell Squat Thrusters Repetitions: 10/side Rest: 0 seconds

Exercise 3: Seated Dumbbell Reverse Fly Repetitions: 12 Rest: 2 minutes





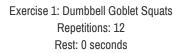




x 3sets/rounds

Lower Body Workout 1





Exercise 2: Good Mornings Repetitions: 12 Rest: 0 seconds

Exercise 3: Fire Hydrants Repetitions: 12/side Rest: 2 minutes









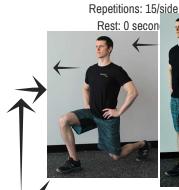


x 3sets/rounds

Circuit #2

Exercise 1: Alternating Forward Lunge Tip: Increase challenge by holding dumbbells at your Exercise 2: Donkey Kickbacks Repetitions: 12/side Rest: 0 seconds

Exercise 3: Dumbbell Calf Raises Repetitions: 15 Rest: 2 minutes











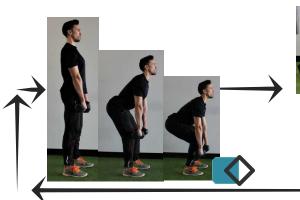
x 3sets/rounds

Circuit #3

Exercise 1: Dumbbell Deadlift Repetitions: 12 Rest: 0 seconds

Exercise 2: Stability Ball Hamstring Curls Repetitions: 15 Rest: 0 seconds

Exercise 3: Single Leg Calf Raises Repetitions: 15/side Rest: 2 minutes







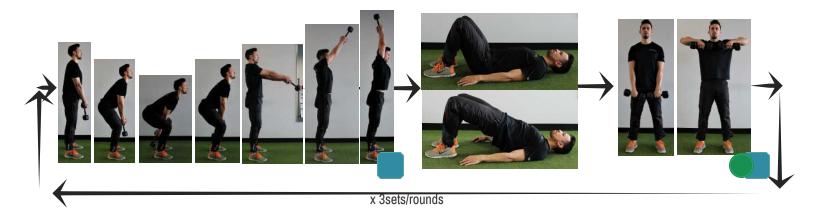


x 3sets/rounds

Circuit #1

Exercise 1: Dumbbell Swings (Floor to Ceiling)
Repetitions: 12
Rest: 0 seconds

Exercise 2: Glute Bridge Repetitions: 20 Rest: 0 seconds Exercise 3: Dumbbell High Pulls Repetitions: 12 Rest: 2 minutes



Circuit #2

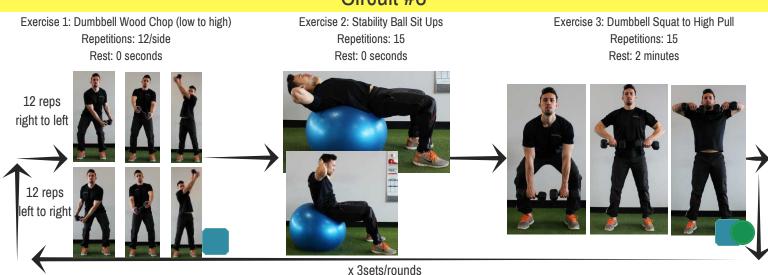
Exercise 1: Single Arm Dumbbell Squat Thrusters Repetitions: 10/side

Exercise 2: Inch Worm Repetitions: 10 Rest: 0 seconds Exercise 3: Dumbbell Russian Twists
Repetitions: 15/side
Rest: 2 minutes



x 3sets/rounds

Circuit #3





Upper Body Workout 2

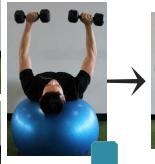
Circuit #1

Exercise 1: Stability Ball Dumbbell Chest Press Repetitions: 12 Rest: 0 seconds

Exercise 2: Dumbbell Triceps Kickbacks
Repetitions: 15
Rest: 0 seconds

Exercise 3: Alternating Dumbbell Shoulder Press Repetitions: 12/side Rest: 2 minutes















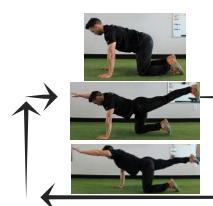
x 3sets/rounds

Circuit #2

Exercise 1: Bird Dogs Repetitions: 12/side Rest: 0 seconds

Exercise 2: Stability Ball Isolation Bicep Curl Repetitions: 10 Rest: 0 seconds

Exercise 3: Dumbbell Shrugs Repetitions: 12 Rest: 2 minutes









x 3sets/rounds

Circuit #3

Exercise 1: Stability Ball T's, Y's, & I's
Repetitions: 5/T,Y & I position
Rest: 0 seconds

Exercise 2: Dumbbell Chest Fly Repetitions: 15 Rest: 0 seconds

Exercise 3: Dumbbell External Rotations Repetitions: 12 Rest: 2 minutes







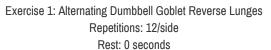




x 3sets/rounds

Lower Body Workout 2

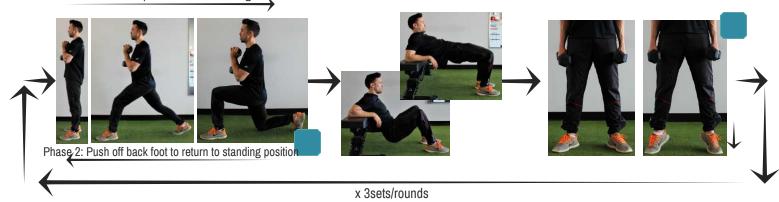




Phase 1: Step back into reverse lunge

Exercise 2: Bench Glute Thruster Repetitions: 15 Rest: 0 seconds

Exercise 3: Dumbbell Calf Raises - Toes Out Repetitions: 15 Rest: 2 minutes

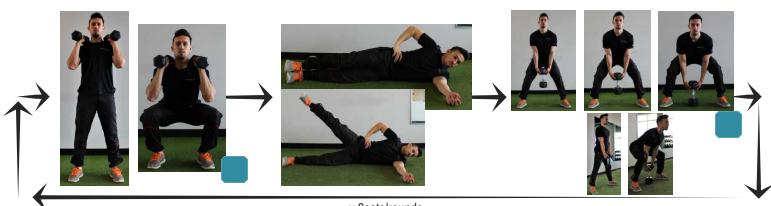


Circuit #2

Exercise 1: Racked Dumbbell Squats Repetitions: 12 Rest: 0 seconds

Exercise 2: Floor Leg Abduction Repetitions: 15/side Rest: 0 seconds

Exercise 3: Dumbbell Sumo Deadlift Repetitions: 12 Rest: 2 minutes



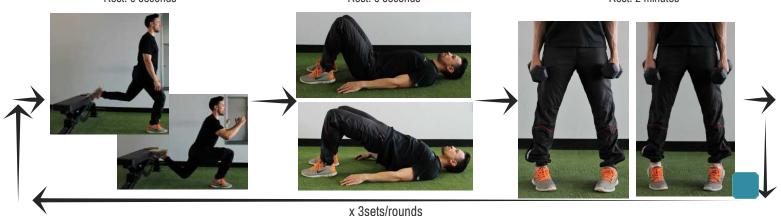
x 3sets/rounds

Circuit #3

Exercise 1: Bench or Platform/Step Rear Elevated Split Squat Repetitions: 10/side

Exercise 2: Glute Bridge Repetitions: 20 Rest: 0 seconds Rest: 0 seconds

Exercise 3: Dumbbell Calf Raises - Toes in Repetitions: 15 Rest: 2 minutes



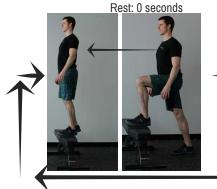
Full Body Workout 2

Circuit #1

Exercise 1: Platform/Bench Step Ups Tip: Increase challenge by holding dumbbells at sides or increasing platform/bench/step height Duration: 1 minute (30 seconds/lead foot)

Exercise 2: Staggered Arm Push Ups Repetitions: 5/side Rest: 0 seconds

Exercise 3: Alternating Dumbbell Bent Over Row Repetitions: 12/arm Rest: 2 minutes











x 3sets/rounds

Circuit #2

Exercise 1: Box Jumps Tip: Start with low step/platform, move to a higher platform/bench when more comfortable with the exercise

Duration: 30 seconds Rest: 0 seconds

Exercise 2: Plank With Hip Dips Duration: 45 seconds Rest: 0 seconds





Exercise 3: Star Jumps













x 3sets/rounds

Circuit #3

Exercise 1: Alternating Dumbbell Squat Thrusters Repetitions: 10/side

Rest: 0 seconds

Exercise 2: Burpee (no push up) Repetitions: 10 Rest: 0 seconds

Exercise 3: Wall Sit Hold: 45 sec Rest: 2 minutes



















Week 6 & 8 Upper Body Workout 1

W = Weights Alt. = Alternating
R = Reps S = Sets DB = Dumbbell
D = Duration (Sec/Min) SA = Single Arm
SB = Stability Ball SL = Single Leg

		Circuit 3		
Name of Alt. DB Chest DB Skull SA, I Shoulder Shoulder		erman SA, DB Squat DB Revers n Ups Thruster Fly		
Week 6 W: W: W: Workout R: S: R: S:				
(_/_/_) D: D: D:		D: D:		
Week 8 W: W: W: Workout R:S: R:S: R:S (_/_/_) D: D:	W: W: W: W: R:S: R:S: R:S: R: D: D: D: D:			

Week 6 & 8 Lower Body Workout 1

		Circuit 1			Circuit 2			Circuit 3	
Name of Exercise	DB Goblet Squat	Good Mornings	Fire Hydrants	Alt. Forward Lunges	Donkey Kickbacks	DB Calf Raises	DB Deadlifts	SB Hamstring Curls	SL Calf Raises
Week 6	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:
Week 8	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:

Cardio Exercise Notes:		 	
	·	 	
Mobility Exercise Notes:		 	

Week 6 & 8 Full Body Workout 1

W = Weights Alt. = Alternating
R = Reps S = Sets DB = Dumbbell
D = Duration (Sec/Min) SA = Single Arm
SB = Stability Ball SL = Single Log

Name of Exercise DB Swings Glute Bridge DB High Pulls SA, DB Squat Thruster Inch Squat Thruster Week 6 W:	DB Russian Twists W:	DB Wood Chops	SB Sit Ups	DB Squat t
Workout R:S: R	W:	1.1.		High Pull
(D D D D D	R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:
Week 8 W: W: W: W: W: W: W: Workout R:S: R:S: R:S: R:S: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:

Week 7 & 9 Upper Body Workout 2

		Circuit 1			Circuit 2			Circuit 3	
Name of Exercise	SB, DB Chest Press	DB Triceps Kickbacks	Alt. DB Shoulder Press	Bird Dogs	SB Isolation Biceps Curls	DB Shrugs	SB T's, Y's & I's	DB Chest Fly	DB External Rotations
Week 7	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout (//)	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:
Week 9	W: R: S:	W:	W: R: S:	W:	W:	W:	W:	W:	W:
Workout (//)	R:S: D:	R:S: D:	D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:	R:S: D:

Cardio Exercise Notes:	 	
Mobility Exercise Notes:	 	

40

Week 7 & 9 Lower Body Workout 2

W = Weights Alt. = Alternating
R = Reps S = Sets DB = Dumbbell
D = Duration (Sec/Min) SA = Single Arm
SB = Stability Ball SL = Single Leg

t. DB Goblet verse Lunges V:	Bench/Step Glute Thrusters	DB Calf Raise	Racked DB	Floor Log	DD 0			
V:		- Toes Out	Squat	Floor Leg Abduction	DB Sumo Deadlift	Rear Elevated Split Squat	Glute Bridge	DB Calf Rais - Toes In
S:):	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:
V: S:):	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:
		D	D	D	D	D	D	D
ise Note	s:							
V S	se Notes	W: S: R:S: : D:	W: W: W:			W: W: W: W: W: W: W: W:		::

Week 7 & 9 Full Body Workout 2

		Circuit 1			Circuit 2			Circuit 3	
Name of Exercise	Alt. Step Ups	Staggered Arm Push Ups	Alt. DB Bent Over Row	Box Jumps	Plank with Hip Dips	Star Jumps	Alt. DB Squat Thrusters	Burpee	Wall Sit
Week 7	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:
Week 9	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:

Cardio Exercise Notes:		
Mobility Exercise Notes:	 	

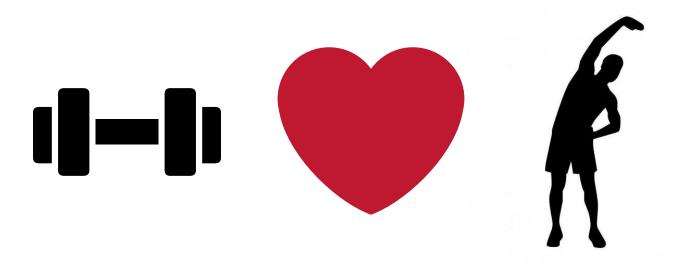
End of Week 9: Wins & Losses

Upon completion of week 9, self-reflect and set new action goals! This is crucial for maintaining motivated!

Week 6-9 Wins! In week 6-9 I accomplished	Week 6-9 Losses! In week 6-9 I struggled with
	Why?
responsibility for	to accept conditions as they exist, or accept or changing them." is Waitley
	the end of 13 weeks or has it changed?)
Action Goal: This week I will	Action Goal: This month I will



Weekly Workout Routine





- 1 Chest & Quadriceps Circuit Workout
- 1 Back & Hamstrings Circuit Workout
- 1 Full Body Circuit Workout
- 1 Arm & Core Workout
- 1 Moderate Intensity Cardio Training (MICT)
 Workout*
- 2 High Intensity Cardio Training (HICT) Workout *
- 2-3 Mobility Training*

*Find detailed instructions on the LICT, MICT & HICT cardio programs & mobility program in Section 1: Program Outline under *Weekly Exercise Routine*.

Circuit Training Calendar

Week 10-13 Workout Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
WEEK	#10: Week 10	& 12 Chest/Qua	ad, Back/Hamst	ring, Full Body,	Arm/Core Worl	kout 1
7	8	9	10	11	12	13
WEEK	#11: Week 11	& 13 Chest/Qua	ad, Back/Hamst	ring, Full Body,	Arm/Core Worl	kout 2
14	15	16	17	18	19	20
WEEK	#12: Week 10	& 12 Chest/Qua	ad, Back/Hamst	ring, Full Body,	Arm/Core Worl	kout 1
21	22	23	24	25	26	27
	#13: Week 11					
Re-visit you	ır Fitness Journa	I to record your r	iew Body Compo	sition, Girth Mea	surements & Fiti	ness Level
28	29	30	31	1	2	3

Tip: On WEEK #11 & #12 increase your dumbbell weights by 2.5-5lb and increase your exercise duration (ex., increase your plank time) by 5-15 seconds. Make sure you are recording this in your Workout Log Book so you remember where you left off each time you workout.

Weekly Workout Plan

Monday	Tuesday	Wednesday
Circuit Workout	Circuit Workout	Circuit Workout
MICT HICT Mobility/Flexibility Notes: Chest & Quadriceps Circuit	MICT HICT Mobility/Flexibility Notes: 25-35 min jog. elliptical recumbent/spin/outdoor bike	MICT HICT Mobility/Flexibility Notes: Back & Hamstrings Circuit
Thursday	+ 10 min stretch to cool down Friday	Saturday OR Sunday
Circuit Workout LICT MICT HICT Mobility/Flexibility	Circuit Workout LICT MICT HICT Mobility/Flexibility	Circuit Workout LICT MICT HICT Mobility/Flexibility
Notes: 15 min interval cardio	Notes: Full Body Circuit	Notes: 15 min interval cardio + Arm/Core Circuit + 10 min stretch to cool down

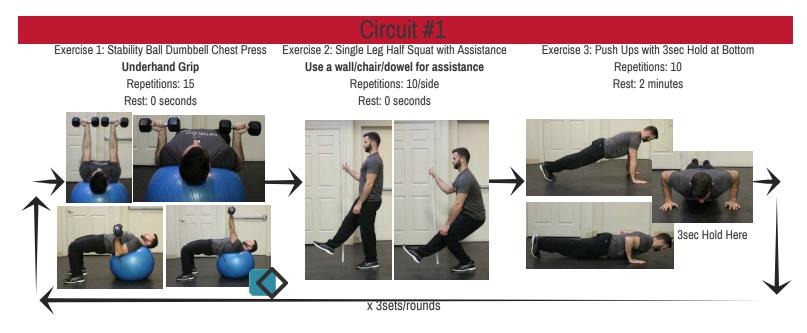
^{*}This is the recommended weekly workout plan. If this does not work with your schedule, use your own calendar and adjust the weekly workout plan to suit you.

Dumbbell Weight Recommendations for Each Exercise

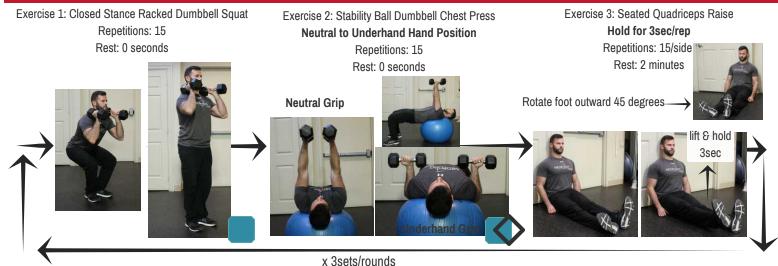


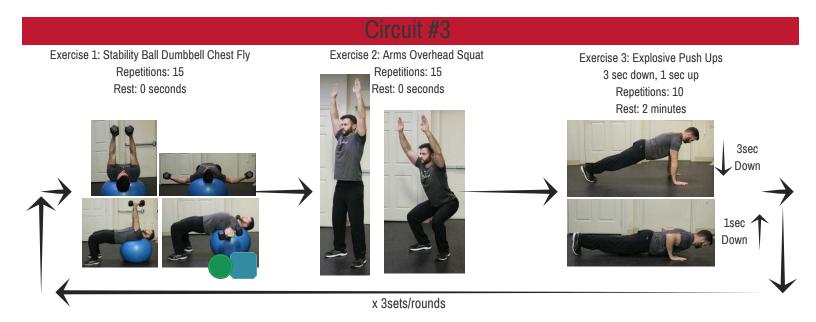


Chest & Quadriceps Workout 1

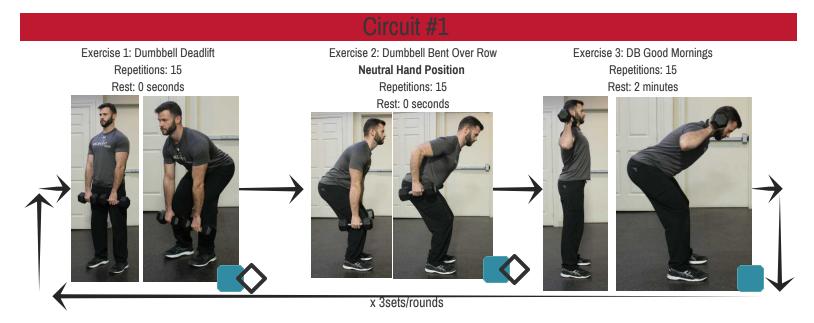








Back & Hamstrings Workout 1





Exercise 1: Alternating Dumbbell Bent Over Row **Underhand Grip**

> Repetitions: 15/side Rest: 0 seconds

Exercise: Stability Ball Single Leg Glute Bridge Repetitions: 10/side

Rest: 0 seconds

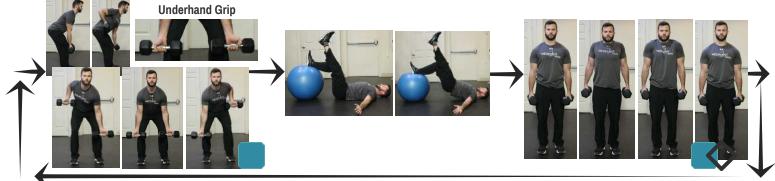
Exercise 3: Dumbbell Shrug **Rolling Shoulders Forward** Repetitions: 15

Rest: 2 minutes

Exercise 3: Stability Ball Single Leg Glute Thrusters

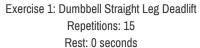
Repetitions: 10/side

Rest: 2 minutes



x 3sets/rounds

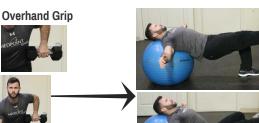




Exercise 2: Alternating Dumbbell Bent Over Row **Rotate Hand from Neutral to Overhand Grip**

Repetitions: 12/side **Neutral Grip**

Rest: 0 seconds

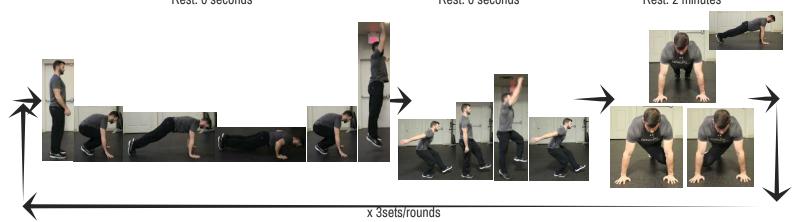




Full Body Workout 1



Exercise 1: Burpee with Push Up Repetitions: 10 Rest: 0 seconds Exercise 2: Single Leg Squat Jump Exercise 3: Mountain Climbers with Cross
Repetitions: 10/side Repetitions: 25/side
Rest: 0 seconds Rest: 2 minutes



Circuit #2

Exercise 1: Alternating Renegade Row Repetitions: 10/side Rest: 0 seconds Exercise 2: Pulse Squat

Stay Low and Pulse Up and Down

Duration: 45 Seconds

Rest: 0 seconds

Exercise 3: Stability Ball Reverse Crunches
Repetitions: 12
Rest: 2 minutes









x 3sets/rounds

Circuit #3

Exercise 1: Alternating Dumbbell Bent Over Row Neutral Grip Hand Position

> Repetitions: 15/side Rest: 0 seconds

Exercise 2: Two Foot Bound Repetitions: 10 Rest: 0 seconds

Exercise 3: Dumbbell Push Press Repetitions: 15 Rest: 2 minutes

















Arms & Core Workout 1

Circuit #1

Exercise 1: Kneeling Alternating Dumbbell Biceps Curls
Repetitions: 15/side
Rest: 0 seconds

Exercise 2: Bicycle Crunches Repetitions: 15/side Rest: 0 seconds Exercise 3: Kneeling Overhead Dumbbell Triceps Extensions Repetitions: 15 Rest: 2 minutes





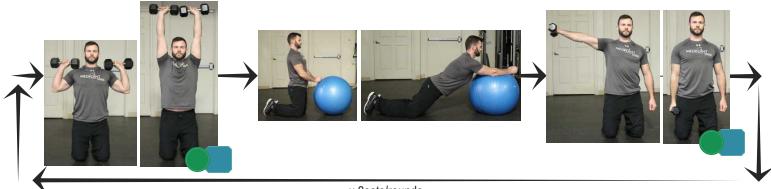




x 3sets/rounds

Circuit #2

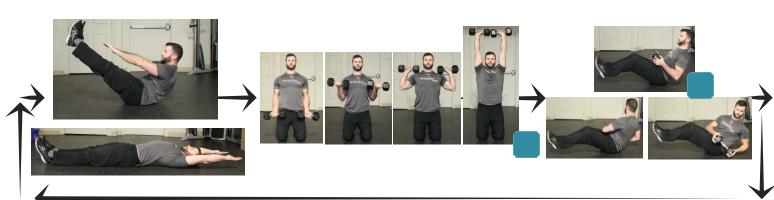
Exercise 1: Kneeling Dumbbell Shoulder Press Repetitions: 15 Rest: 0 seconds Exercise 2: Stability Ball Roll Out Repetitions: 12 Rest: 0 seconds Exercise 3: Kneeling Single Arm Dumbbell Lateral Raise
Repetitions: 12/side
Rest: 2 minutes

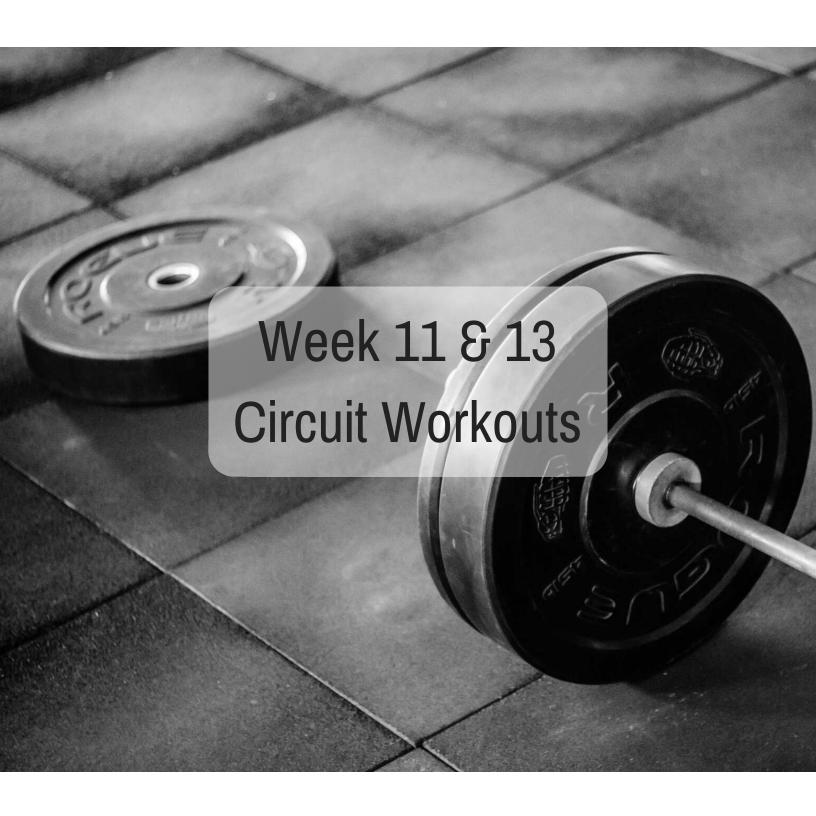


x 3sets/rounds

Circuit #3

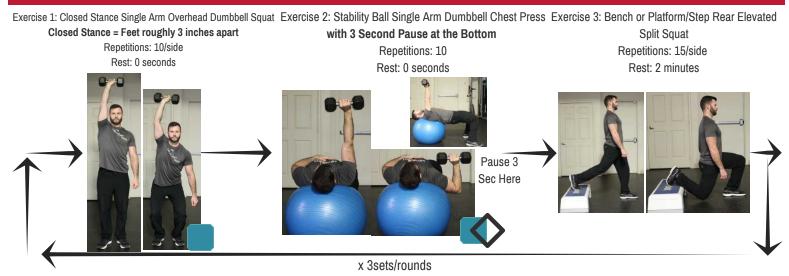
Exercise 1: Jackknifes Repetitions: 10 Rest: 0 seconds Exercise 2: Kneeling Dumbbell Biceps Curl to Shoulder Press Repetitions: 12 Rest: 0 seconds Exercise 3: Dumbbell Russian Twists
Repetitions: 15
Rest: 2 minutes



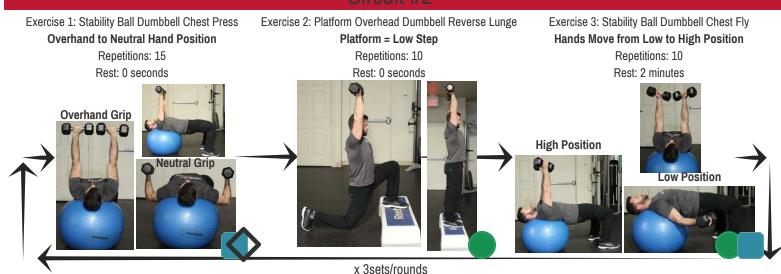


Chest & Quadriceps Workout 2

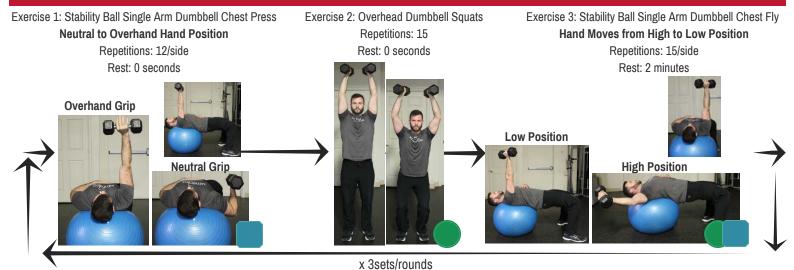
Circuit #1











Back & Hamstrings Workout 2



Exercise 1: Stability Ball Single Leg Dumbbell Glute Thruster Repetitions: 12/side

Rest: 0 seconds

Exercise 2: Dumbbell Bent Over Row **Underhand Grip with Elbows Out** Repetitions: 15

Exercise 3: Stability Ball Single Leg Hamstring Curl Keep hips off the ground for duration of the repetitions

Repetitions: 12 Rest: 2 minutes









x 3sets/rounds

Repetitions: 15

Rest: 0 seconds

Hold Hips off the Ground for the Duration Duration: 30-60 seconds

Rest: 0 seconds

Exercise 3: Dumbbell Bent Over Shrugs Repetitions: 15 Rest: 2 minutes



x 3sets/rounds

Exercise 1: Stability Ball Dumbbell Reverse Fly Repetitions: 15

Rest: 0 seconds



Exercise 2: Stability Ball Glute/Hamstring Extension Repetitions: 12/side Rest: 0 seconds





Exercise 3: Dumbbell Straight Leg Deadlift Repetitions: 15



x 3sets/rounds

Full Body Workout 2



Exercise 1: Turkish Get Up Repetitions: 5-8/side Rest: 0 seconds

Exercise 2: Bench/Platform Step Ups Tip: Use a higher step/bench to increase challenge

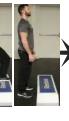
Exercise 3: Single Arm Dumbbell Squat to High Pull Repetitions: 15 Rest: 2 minutes

Duration: 1 minute Rest: 0 seconds













x 3sets/rounds

Exercise: Floor Thrusters Exercise 1: Dumbbell Overhead Squats Jump Both Feet from Tall Plank to Knee Tucked Position Repetitions: 15 Repetitions: 15 Rest: 0 seconds

Rest: 0 seconds

Exercise 3: Dumbbell Figure 8's Duration: 45 seconds Rest: 2 minutes



















x 3sets/rounds

Exercise 1: DB Swings Repetitions: 15 Rest: 0 seconds

Exercise 2: Jumping Lunges Repetitions: 12 Rest: 0 seconds

Exercise 3: Dumbbell Around the World Repetitions: 15/direction Rest: 2 minutes















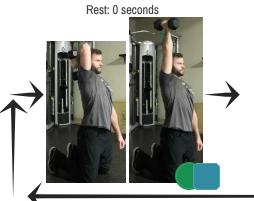






Arms & Core Workout 2

Exercise 1: Kneeling Single Arm Overhead Dumbbell Triceps Extension Repetitions: 12/side

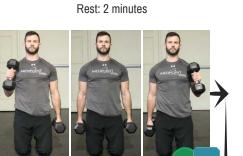


Exercise 2: Dumbbell Jackknifes Repetitions: 10 Rest: 0 seconds





Exercise 3: Kneeling Alternating Dumbbell Biceps Curl Neutral/Hammer Curl Hand Position Repetitions: 12/side



x 3sets/rounds

Exercise 1: Kneeling Dumbbell Shoulder Press Arnolds

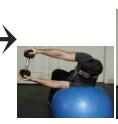
> Repetitions: 15 Rest: 0 seconds

Exercise 2: Stability Ball Dumbbell Russian Twist Repetitions: 12/side Rest: 0 seconds

Exercise 3: Kneeling Alternating Dumbbell Frontal Raises Repetitions: 12/side

Rest: 2 minutes











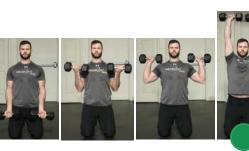


x 3sets/rounds

Exercise 1: Core Leg-Lowering Drill Repetitions: 15

Rest: 0 seconds

Exercise 2: Kneeling Dumbbell Biceps Curl to Shoulder Press Repetitions: 15 Rest: 0 seconds



Exercise 3: Cross Crunches Hold: 10/side Rest: 2 minutes

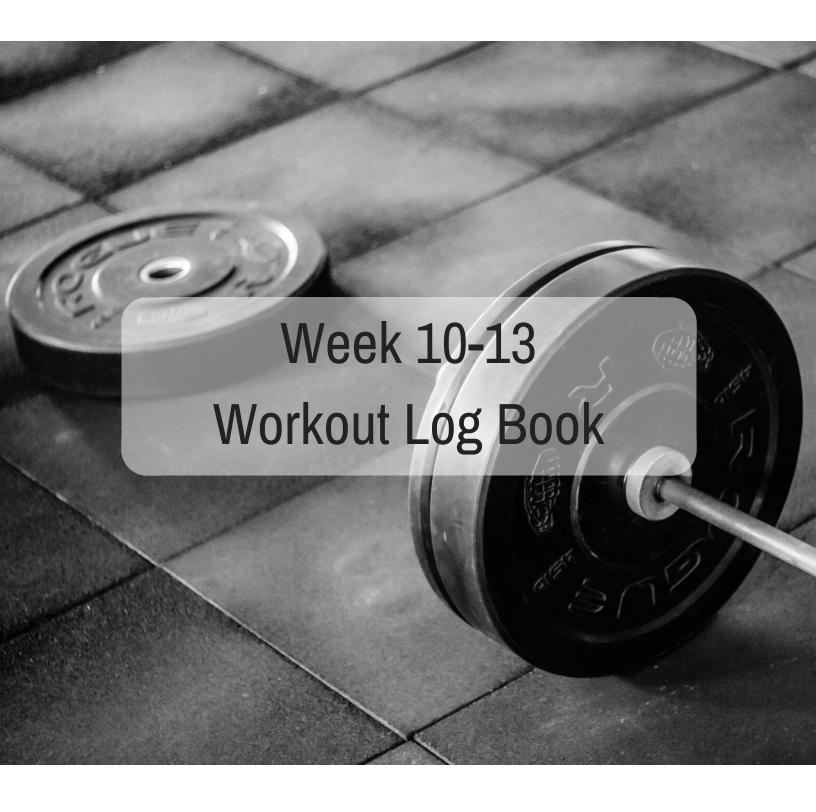








egs Hover Over the Ground



Week 10 & 12 Chest & Quadriceps Workout 1

W = Weights Alt. = Alternating
R = Reps S = Sets DB = Dumbbell
D = Duration (Sec/Min) SA = Single Arm
SB = Stability Ball SL = Single Leg

Name of Exercise SB, DB Chest Press SL Half Squat Push Ups 3 Sec Hold Racked DB Squats SB, DB Chest Raise w 3 sec hold SB, DB Chest Raise w 3 sec hold SB, DB Chest Squat SB, DB Chest Squat SB, DB Chest Squat SB, DB Chest Fly Squat SB, D
Week 10 W:
Workout R:S:

Week 10 & 12 Back & Hamstrings Workout 1

 $\begin{tabular}{ll} W = Weights & Alt. = Alternating \\ R = Reps S = Sets & DB = Dumbbell \\ D = Duration (Sec/Min) & SA = Single Arm \\ SB = Stability Ball & SL = Single Leg \\ \end{tabular}$

	Circuit 1			Circuit 2			Circuit 3			
Name of Exercise	DB Deadlift	DB Bent Over Row	DB Good Mornings	Alt. DB Bent Over Row	SB, SL Glute Bridge	DB Shrugs	DB Straight Leg Deadlift	Alt. DB Bent Over Row	SB, SL Glute Thrusters	
Week 10	W:	W:	W:	W:	W:	W:	W:	W:	W:	
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:	
Week 12	W:	W:	W:	W:	W:	W:	W:	W:	W:	
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:	

Cardio Exercise Notes:	 	
Mobility Exercise Notes:		
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Week 10 & 12 Full Body Workout 1

W = Weights Alt. = Alternating
R = Reps S = Sets DB = Dumbbell
D = Duration (Sec/Min) SA = Single Arm
SB = Stability Ball SL = Single Leg

	Circuit 1			Circuit 2			Circuit 3		
Name of Exercise	Burpee with Push Up	SL Jump Squat	Mountain Climber w Cross	Alt. Renegade Row w Push Up		SB Reverse Crunch	Alt. DB Bent Over Row	2 Foot Bound	DB Push Press
Week 10 Workout (//)	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:
Week 12 Workout (//)	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:
Cardio Exe	rcise Notes	:							
Mobility Ev	ercise Note								
	EIGISE NOG								

Week 10 & 12 Arms & Core Workout 1

	Circuit 1			Circuit 2			Circuit 3		
Name of Exercise	Kneeling Alt. DB Biceps Curl	Bicycles Crunches	Kneeling Overhead DB Triceps Ext.	Kneeling DB Shoulder Press	SR ROILOHIS	Kneeling SA, DB Lateral Raise	Jackknifes	Kneeling DB Biceps Curl to Shoulder Press	DB Russian Twists
Week 10	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:
Week 12 Workout (//)	W:	W:	W:	W:	W:	W:	W:	W:	W:
	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
	D:	D:	D:	D:	D:	D:	D:	D:	D:

Cardio Exercise Notes:	 	
Mobility Exercise Notes: _		

60

Week 11 & 13 Chest & Quadriceps Workout 2

W = Weights Alt. = Alternating
R = Reps S = Sets DB = Dumbbell
D = Duration (Sec/Min) SA = Single Arm
SB = Stability Pall SL = Single Log

			Jul Z	SB = Stability Ball SL = Single Leg					
		Circuit 1			Circuit 2			Circuit 3	
Name of Exercise	SA, DB Overhead Squat	SA, SB, DB Chest Press	Platform Rear Elevated Lunge	SB, DB Chest Press	Platform Reverse	SB, DB Chest Fly	SB, SA, DB Chest Press	Overhead DB Squat	SB, SA, DI Chest Fly
Week 11 Workout (//)	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:
Week 13 Workout (//)	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:	W: R:S: D:
Cardio Exe	ercise Notes	:							
Mobility Ex	ercise Note	s:							

Week 11 & 13 Back & Hamstrings Workout 2

	Circuit 1			Circuit 2			Circuit 3		
Name of Exercise	SB, SL, DB Glute Thruster	DB Bent Over Row	SB, SL Hamstring Curl	SB Bent Over Shoulder Retraction	Reverse Plank w Feet on Platform		SB, DB Reverse Fly	SB Glute/ Hamstring	DB Straight Leg Deadlift
Week 11	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:
Week 13	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
()	D:	D:	D:	D:	D:	D:	D:	D:	D:

Cardio Exercise Notes:	
Mobility Exercise Notes:	

Full

			-61
Wash 11 0 10	W = Weights	Alt. = Alternating	U
Week 11 & 13	R = Reps S = Sets	DB = Dumbbell	
II Dady Markout O	D = Duration (Sec/Min)	SA = Single Arm	
ll Body Workout 2	SB = Stability Ball	SL = Single Leg	

	Circuit 1				Circuit 3		
Name of Turkish Get Up Platform St Ups	P SA DB Squat to High Pull	DB Overhead Squat	Floor Thrusters	DB Figure 8's	DB Swings	Jumping Lunges	DB Around the Worlds
Week 11 W:	W: R:S: D: W: R:S: D:						

Week 11 & 13 Arms & Core Workout 2

	Circuit 1			Circuit 2			Circuit 3		
Name of Exercise	Kneeling SA Triceps Ext.	DB Jackknifes	Kneeling Alt. DB Biceps Curl	Kneeling DB Shoulder Press	SD, DB Russian Twist	Kneeling Alt. DB Frontal Raise	Leg Lowering Drill	Kneeling DB Biceps Curl to Shoulder Press	Cross Crunches
Week 11	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:
Week 13	W:	W:	W:	W:	W:	W:	W:	W:	W:
Workout	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:	R:S:
(//)	D:	D:	D:	D:	D:	D:	D:	D:	D:

Cardio Exercise Notes:		
Mobility Exercise Notes:		

End of Week 13: Wins & Losses

Congratulations!

You have completed the 13 Week Workout Program!
We highly recommend that you self-reflect and set new goals!
This is crucial for maintaining motivation!

Tillo lo ordolar for	i mamaming monvation:
Week 10-13 Wins! In week 10-13 I accomplished	Week 10-13 Losses! In week 10-13 I struggled with Why?
spirit." -	up the slack, toughen the body, and polish the Morihei Ueshiba Did you reach your ult goal?
If yes What's is your new goal?	If no What great thing's did you accomplish over these 13 weeks?