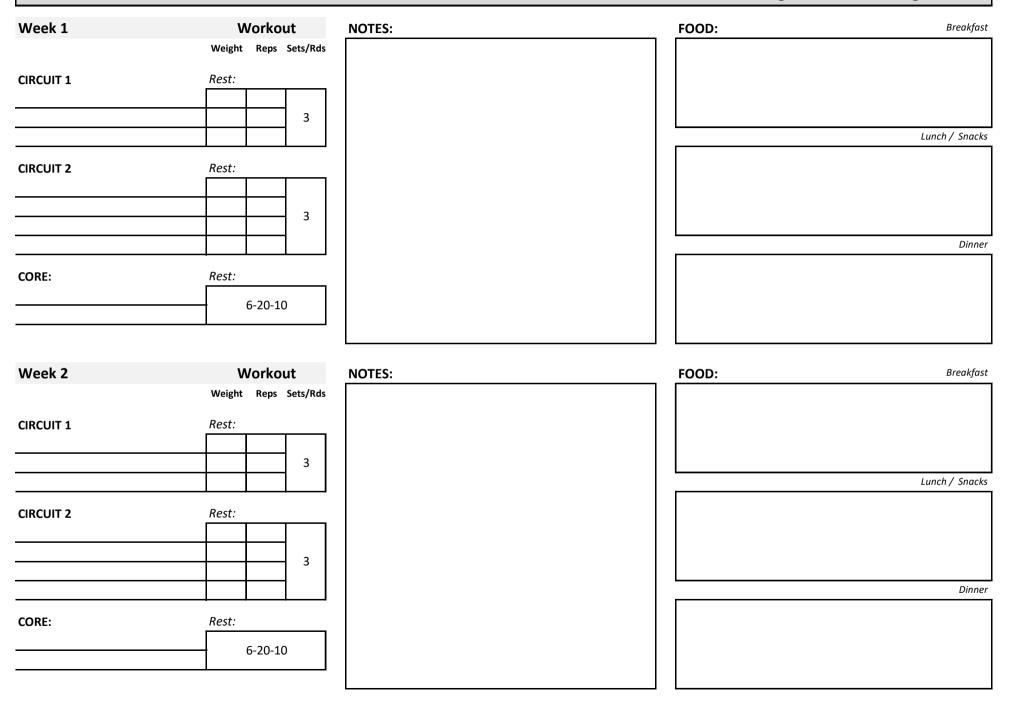
MONDAY - LEGS

Week 1	Workout	NOTES:	FOOD: Break	fast
STRENGTH: (Set Rest 3-5 min)	WeightRepsSets/Rds55			
MOVEMENT:	Rest:			
			Lunch / Sno	ıcks
FINISHER CIRCUIT:	Rest:			
			Dir	nner
CORE:	Rest:			
Week 2	Workout	NOTES:	FOOD: Break	fast
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds			
MOVEMENT:	Rest:			
			Lunch / Sno	ıcks
FINISHER CIRCUIT:	Rest:			
FINISHER CIRCOTT.				
	3		Dir	nner
CORE:	Rest:			

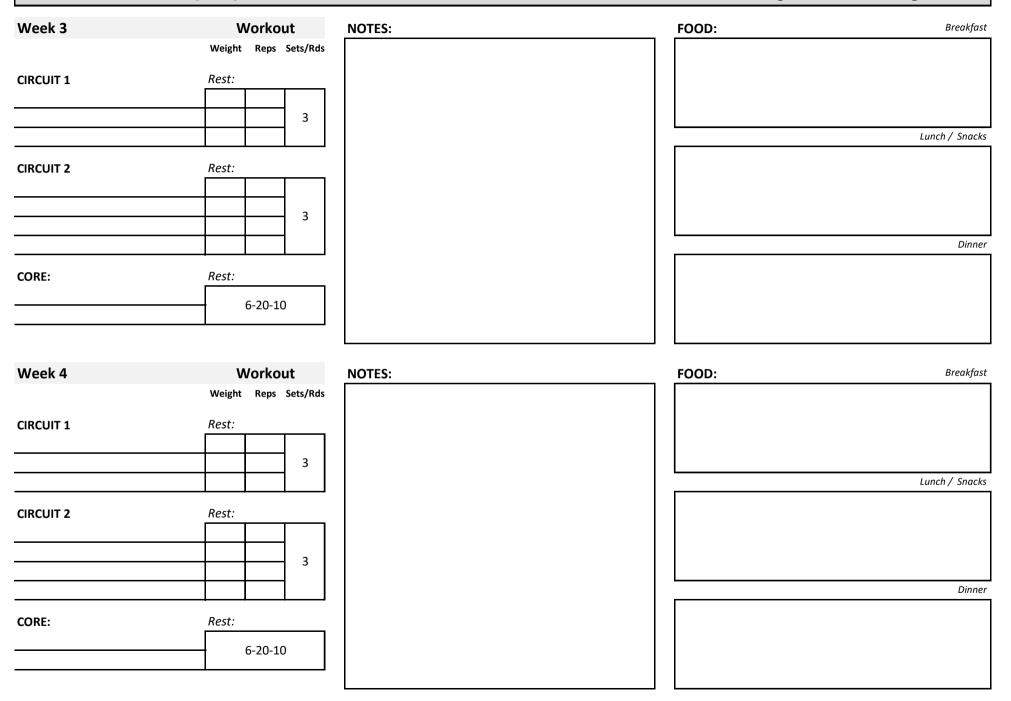
MONDAY - LEGS (cont)

Week 3	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	WeightRepsSets/Rds55			
MOVEMENT:	Rest:			
				Lunch / Snacks
FINISHER CIRCUIT:	Rest:			
				Dinner
CORE:	Rest:			
Week 4	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	Weight Reps Sets/Rds			
MOVEMENT:	Rest:			
				Lunch / Snacks
FINISHER CIRCUIT:	Rest:			
	3			Dinner
				Sinner
CORE:	Rest:			

TUESDAY - FULL BODY



TUESDAY - FULL BODY (cont)



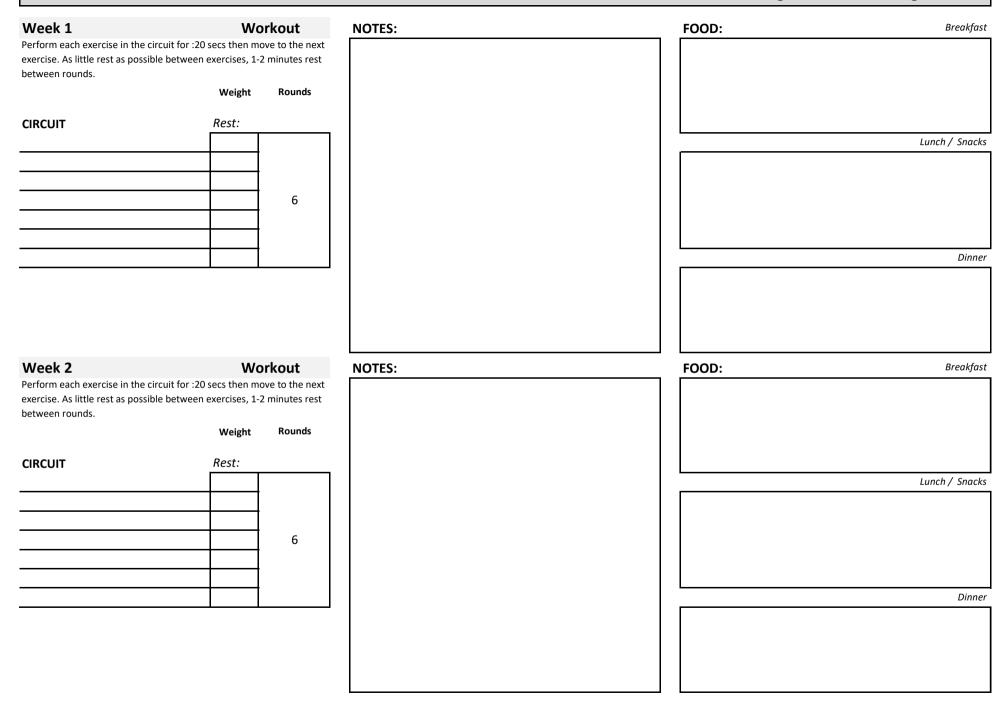
THURSDAY - UPPER BODY PUSH/PULL

Week 1	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	WeightRepsSets/Rds55			
CIRCUIT:	Rest:			Lunch / Snacks
CORE:	Rest: 6-20-10			Dinner
Week 2	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	WeightRepsSets/Rds55			
MOVEMENT:	Rest:			
	3			Lunch / Snacks
CORE:	Rest:			
	6-20-10			Dinner

THURSDAY - UPPER BODY PUSH/PULL (cont)

Week 3	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	WeightRepsSets/Rds55			
MOVEMENT:	Rest:		Lunch	/ Snacks
CORE:	Rest: 6-20-10			Dinner
Week 4	Workout	NOTES:	FOOD:	Breakfast
STRENGTH: (Set Rest 3-5 min)	WeightRepsSets/Rds55			
MOVEMENT:	Rest:		Lunch	/ Snacks
CORE:	Rest: 6-20-10			
				Dinner

FRIDAY - FULL BODY



FRIDAY - FULL BODY (cont)

