

GET ON POINT

8 WEEK TOTAL BODY TRANSFORMATION PROGRAM

A balanced approach to transforming your body
& maintaining new levels of
HEALTH, FITNESS & ENERGY

J.W Titrate to effect diet and training principles

J.W Simple start - 3 & 3 Diet

J.W Easy to follow - 3 & 3 Exercise program

J.W Nutrition journal, training log, assessment report



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ALTERED IMAGE

BY JEREMY WILLIAMS

Promoter - Judge - Coach - Competitor - Paramedic - Anesthesia Technician
Williams Productions - NW Fitness Magazine - Altered Image Supplements

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3 x 3 Diet

3 Meals &

3 Shakes

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3 x 3 Training

3 Sets of

3 exercises

BY JEREMY WILLIAMS

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Each week and day of this program is strategically designed to stress multiple body systems in a variety of pathways in a very organized and specific sequence. Resulting in continued adaptations and progress in response the stresses applied. This program starts out with very easily manageable tasks, along with weekly adjustments that should also be very easily accomplished. Over time these small changes and successful accomplishments translate to large changes and overall progress.

Quick Start Guidelines

The Quick Start Guidelines give you enough info and goals to start making some positive changes. Start implementing these guidelines now. As you take in more information and learn more you will adopt new changes and make adjustments where necessary. For now master the basics and implement the Quick Start Guidelines. Chances are you are not succeeding in all of these 8 basic goals. It is likely that to initiate some major changes in your physical appearance and performance you do not need to implement an extreme training or complex nutrition program. Most of the people I have come across that seeking improvement, from the stay at home mom desiring the youthful body of her past to the advanced competitive bodybuilder, have similar habits hindering their success. They fail to consistently succeed at these Basic Guidelines the majority of the time. Study these 8 Quick Start Guidelines and reflect back on your current lifestyle. Think about your average day, not your best day, not your worst day but the way your training and nutrition is the majority of the time. Reflect back and look at your past week as a whole. How consistent were you at succeeding in the guidelines? Could you do better more often? Yes! Now find a way to do it! Make the decision and start now! Its go time! Get on point

Quick Start Guidelines:

1. Stop eating and drinking the obvious bad things
2. Eat within 3 hours min of waking
3. Eat every 2 – 3 hour
4. Do not go to bed starving. (Eat within 2 hours of going to bed)
5. Every meal needs a protein & carbohydrate source. Strive to eat a vegetable with each meals as well.
6. Drink a Glass of water with every meal, and plenty during exercise.
7. Do Cardio at least 3 times per week
8. Weight train at least 3 times per week

In reviewing these guidelines many new questions may come up for you. You may think you need to have the answer to a few more questions per guideline to properly start out on the right foot. If this is the case, you are not giving yourself enough credit. You are smart enough to get started within these 8 parameters. There is so much information out there on nutrition and training that it seems to overwhelm people and they tend to overcomplicate everything. So many people over complicate it to the point that they never start. It is very likely that the answer to your question will come later in this program when necessary. I will provide you with information and goals in a systematic orderly fashion strategically designed to build upon the principles and skills that you previously will have learned and mastered. Strive to make each day and week better than the last.

Williams Basic Food Tier Guidelines
Food Source Examples - What to eat - How much to eat

Protein

Goal per serving generally 20 - 60 grams of protein per meal.

Strive for Tier 1 sources for quickest results

Tier 1 (Best) Protein examples

Meat of any kind:

Beef, 4-8 oz

Buffalo 4-8 oz

Chicken 4-8 oz

Turkey 4-8 oz

Pork 4-8 oz

Seafood (clam, crab, shrimp, ect) 4-8 oz

Fish (any kind) 4-8 oz

Eggs 2-6

Protein Powder (1-2 scoops or 20-60 grams of protein)

Tier 2 protein examples

Cottage Cheese

Almonds, Legumes, etc

High Protein Yogurt

Protein bar

Meal replacement drink.

Milk

Carbohydrate

Goal per serving generally 20 - 60 grams of carbohydrates per meal.

Strive for Tier 1 sources for quickest results

Tier 1 (Best) Carbohydrate examples

Sweet Potato

Quinoa

Yams

Lentils

Oatmeal (plain whole, slow cook)

Beans (red, black, kidney, pinto, refried, ect)

Tier 2 Carbohydrate examples

White potato

Rice

Red Potato

Yellow or Gold potato

Tier 3 Carbohydrate examples

Most Fruit

Milk

Pasta

Yogurts

Tier 4 Carbohydrate examples

Breads (Bread, muffins, bagels, etc)

Crackers (Saltines, Ritz)

- Strive to eat a large variety of vegetables throughout the day, with as many meals as possible.
- Strive to eat Tier 1 Protein and Carbohydrate sources in each meal for quickest results.

3 & 3 Simple Success Diet Guidelines

3 Meals & 3 Shakes - Titrate To Effect

For many people successfully maintaining consistency with a new nutrition and training routine is a major limiting factor on the road to success. This is why I have laid out a series of small easily obtainable nutrition goals. These goals or levels are implemented in a very strategic and systematic order that build upon one another in various ways as time goes on. You will actively develop habits, routines or rituals for successful fitness optimization that replace passive lazy old lifestyle habits.

At the end of each week look you will look on the past week and perform a self assessment/evaluation. Based upon the progress you would make a appropriate diet changes or adjustments for the following week.

Diet starting goals: 3-4 Daily Food meals to start

- Evenly space meals
- 20-50 grams of protein per meal
- 20-50 grams or low glycemic carbohydrates per meal
- Equal grams of protein and carbohydrate ratio in each meal. (example: 25 grams carbs, 25 grams protein in a meal)
- Meals consistent throughout the day in terms of protein and carbohydrate grams.

The quantity of food in each meal should be enough to keep your craving down and hungry enough to complete the next meal or shake when it's time to eat. 3 meals (protein, carbs, veggies)

Typical order for weekly diet adjustments as program progresses.

1. Add up to 3 new meals of protein powder in water (eat a veggie)
2. Add oats to protein
3. Add protein to all meals each week until protein goal is reached
4. Add low glycemic carbs to each meal each week until low glycemic complex carb goal is reached
5. Make post workout meals higher glycemic complex carb
6. Add 1 pc fruit
7. Add fat (example ¼ cup almonds, ½ avocado, 1 tbsp coconut oil)
8. Add dairy (example, ½ cup greek yogurt)
9. Add 1pc fruit
10. Add fat (example ¼ cup almonds, ½ avocado, 1 tbsp coconut oil)
11. Add dairy (example, ½ cup greek yogurt)
12. Add 1 pc fruit
13. Add fat (example ¼ cup almonds, ½ avocado, 1 tbsp coconut oil)
14. Add dairy (example, ½ cup greek yogurt)
15. Add more veggies any meal there is hunger, or to meal before hunger

*Replace protein shakes with food at any point in the program if hunger and time permits

Before making any new diet change goals be sure you are successfully completing the basics and your first goals. If you have many elements from last week that could have been better, then next weeks change or goals are to stick to the plan that you intended. Do more correct this coming week than you did last week.

If you are hungry then add equal amounts protein and carbs to the meal prior to your hunger issue.

The weight training and cardio vascular training protocols are designed to work synergistically with the nutrition program. Nutrient requirements increase as activity expenditure increases.

As time goes on and your metabolism increases you will find that you will be getting hungry more frequently. This is the time to add in more food. The quantity of food in each meal should be enough to keep your craving down and hungry enough to complete the next meal or shake when it's time to eat.

Shakes can be replaced by food meals if desired

If you have a problem making the shakes with all of those ingredients then a protein shake in water and oatmeal might be a good option. If the oatmeal is not an option for you then maybe a protein shake in water with a piece of fruit. If the fruit is not an option then a protein shake in water would be my next choice.

Diet Assessment / Adjustments

At the end of every week look back on the week diet and perform a personal assessment.

- What did you do right
- What did you do wrong
- What did you learn
- Did you get all of your meals in or did you miss some
- Did you eat anything that was obviously wrong
- Did you make some choices that could have been better
- How was the timing of your meals, were they evenly spaced
- Did you get in all the protein and carbs in each meal
- Did you have cravings
 - What did you crave
 - What time of day did you have cravings
 - Were the cravings constant each day
 - Did you have cravings because you missed the meal prior or didn't finish it
- Did you get all your workouts in
- Did you get your cardio in

Meal Plan Goal, Following the “Get On Point, 8 Week Total Body Transformation” Diet guideline principles after a few steps of changes or level adjustments.

3 Meals & 3 Shakes - Titrate To Effect

Large glass water with fresh lemon or lime

1 cup green tea with fresh cut lemon, 1 tablespoon apple cider vinegar, 1 teaspoon honey

Protein shake meal

25-50 of low carb protein powder

1/4 cup oats

1/4 cup fresh or frozen fruit

1/2 cup Kale

1/2 cup Spinach

1/4 cup Greek Yogurt

Food meal

3-6 whole eggs or 6-12 whites (onion, garlic, peppers, mushrooms) and any other fresh herbs are a bonus

Oatmeal (1/2 cup to 1 cup when measured dry) add cinnamon, and 1 tbsp almond butter

Protein shake meal

25-50 of low carb protein powder

1/4 cup oats

1/4 cup fresh or frozen fruit

1/2 cup Kale

1/2 cup Spinach

1/4 cup Greek Yogurt

Food meal

3-8 oz meat

1/2- cup to 1 cup beans (examples; pinto, kidney, red ,black) or 3-8 oz sweet potato

1 cup veggies or a large salad with apple cider vinegar and olive oil

1/2 avocado or handful of almonds

Protein shake meal

25-50 of low carb protein powder

1/4 cup oats

1/4 cup fresh or frozen fruit

1/2 cup Kale

1/2 cup Spinach

1/4 cup Greek Yogurt

Water

Food meal

3-8 oz meat

1/2- cup to 1 cup beans (examples; pinto, kidney, red ,black) or 3-8 oz sweet potato

1 cup veggies or a large salad with apple cider vinegar and olive oil

1/2 avocado or handful of almonds

Large glass water with fresh lemon or lime

1 cup green tea with fresh cut lemon, 1 tablespoon apple cider vinegar

3 SETS TO SUCCESS

3 x 3 Weight training principle begins with with three sets of one exercise, or one set of three exercises. Over time this develops into 3 sets of three exercises.

Williams Program Basic Weight Training Guidelines

- 1. Train each body part once a week to with intensity (to failure).
- 2. 3-9 sets per body part max
- 3. 1-9 sets per exercise max
- 4. 1-9 exercises per bodypart max
- 5. Train each set to failure
- 6. Train with good form
- 7. Do not do movements that hurt do to a pre-existing injury

Bodypart workout template example

Warm up set 12-50 reps

Exercise # 1 1-3 sets 12-20 reps	Exercise # 2 1-3 sets 8-12 reps	Exercise # 3 1-3 sets 1-8 reps
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or 1 set of 6 different exercises

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Quads Calves	Chest Abs	Back (Upper & lower)	Hams Calves	Shoulders (Delts & Traps) Abs	Biceps Forearms	Triceps Abs

Examples of weekly body part grouping options

7 days/week program option

Day 1 Quads, Calves

Day 2 Chest, Abs

Day 3 Back, Upper & lower

Day 4 Hams, Calves

Day 5 Shoulders (Delts & Traps)

Day 6 Biceps, Forearms

Day 7 triceps, Abs

6 days/week program option

1 Day off per week. You may adjust where your “Off day falls depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest

Day 3 Back

Day 4 Shoulders (deltoid, trapezius)

Day 5 Biceps

Day 6 Triceps

5 days/week program option

2 Days off per week. You may adjust where your “Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest

Day 3 Back

Day 4 Shoulders (deltoid, trapezius)

Day 5 Biceps, Triceps

4 days/week program option -A

3 Days off per week. You may adjust where your “Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest, Triceps

Day 3 Back, Biceps

Day 4 Shoulders (deltoid, trapezius)

4 days/week program option - B

3 Days off per week. You may adjust where your “Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest, Shoulders (deltoid, trapezius)

Day 3 Back

Day 4 Biceps, Triceps

4 days/week program option - C

3 Days off per week. You may adjust where your “Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest

Day 3 Back, Biceps

Day 4 Triceps, Shoulders (deltoid, trapezius)

3 days/week program option

4 Days off per week. You may adjust where your “Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest, Triceps, Shoulders (deltoid, trapezius)

Day 3 Back, Biceps

Examples of exercises for each bodypart. These are just examples to choose from as a starting point. There are countless additional variations of these to choose from as with.

(Quads & Calves)

Squats

Hack Squat

Leg press

Lunges, variations focusing on quads

Leg extension

Standing calf raises

Calf raises on leg press

Seated calf raises

(Chest & Abs)

Bench press dumbbell or barbell

Incline bench press dumbbell or barbell

Decline bench press dumbbell or barbell

Dumbbell flyes, flat, incline or decline

Dips

Cable crossovers

Pullovers

(Back)

Bent over rows

Pull ups

Seated rows

Deadlifts

Dumbbell rows

Thu (Hamstrings & Calves)

Straight leg deadlifts

Leg curls, standing or lying

Lunges, variations focusing on hamstrings

Leg press with higher foot position

Hack squat with higher foot position

Standing calf raises

Standing calf raises

Calf raises on leg press

Seated calf raises

(Shoulders (Delts & Traps))

Side lateral raises

Front lateral raises

Rear lateral raises

Dumbbell or barbell press

Upright rows

Shrugs

(Biceps & Forearms)

Curls, barbell or dumbbell, cable or band

Reverse grip curls

Hammer curls

Preacher bench curls

Wrist curls, dumbbell or barbell

Reverse grip wrist curls, dumbbell or barbell

(Triceps)

Overhead tricep extensions, dumbbell or barbell

Lying tricep extensions, dumbbell or barbell

Tricep pushdowns

Close grip bench press

Dips on bar focusing on tricep, or bench dips

Weekly weight training program overview

Week 1

Very very light Whole body circuit warm up everyday (10-20 reps per body part)

3 sets of for each body part

Set 1 (12-20 reps)

Set 2 (8-12 reps)

Set 3 (1-8 reps)

Week 2

Very very light Whole body circuit warm up everyday (10-20 reps per body part)

4 sets of for each body part

Set 1 (12-20 reps)

Set 2 (8-12 reps)

Set 3 (1-8 reps)

Set 4 (12-20 reps)

Week 3

Very very light Whole body circuit warm up everyday (10-20 reps per body part)

5 sets of for each body part

Set 1 (12-20 reps)

Set 2 (8-12 reps)

Set 3 (1-8 reps)

Set 4 (12-20 reps)

Set 5 (8-12 reps)

Week 4

Very very light Whole body circuit warm up everyday (10-20 reps per body part)

6 sets of for each body part

Set 1 (12-20 reps)

Set 2 (8-12 reps)

Set 3 (1-8 reps)

Set 4 (12-20 reps)

Set 5 (8-12 reps)

Set 6 (1-8 reps)

Week 5

Very very light Whole body circuit warm up everyday (10-20 reps per body part)

7 sets of for each body part

Set 1 (12-20 reps)

Set 2 (8-12 reps)

Set 3 (1-8 reps)

Set 4 (12-20 reps)

Set 5 (8-12 reps)

Set 6 (1-8 reps)

Set 7 (12-20 reps)

Week 6

Very very light Whole body circuit warm up everyday (10-20 reps per body part)

8 sets of for each body part

Set 1 (12-20 reps)

Set 2 (8-12 reps)

Set 3 (1-8 reps)

Set 4 (12-20 reps)

Set 5 (8-12 reps)

Set 6 (1-8 reps)

Set 7 (12-20 reps)

Set 8 (8-12 reps)

Week 7

Very very light Whole body circuit warm up everyday (10-20 reps per body part)

9 sets of for each body part

Set 1 (12-20 reps)

Set 2 (8-12 reps)

Set 3 (1-8 reps)

Set 4 (12-20 reps)

Set 5 (8-12 reps)

Set 6 (1-8 reps)

Set 7 (12-20 reps)

Set 8 (8-12 reps)

Set 9 (1-8 reps)

Week 8

Very very light Whole body circuit warm up everyday (10-20 reps per body part)

9 sets of for each body part

Set 1 (12-20 reps)

Set 2 (8-12 reps)

Set 3 (1-8 reps)

Set 4 (12-20 reps)

Set 5 (8-12 reps)

Set 6 (1-8 reps)

Set 7 (12-20 reps)

Set 8 (8-12 reps)

Set 9 (1-8 reps)

Cardiovascular training program overview

Week 1

20 min cardio- Alternating intensity every other day.

One day low intensity with heart rate 60% of max ($220 - \text{age} \times .6$). The next day higher intensity with heart rate 80% or max ($220 - \text{age} \times .8$)

- Day 1 - 20 min low intensity (hr 60% / max)
- Day 2 - 20 min higher intensity (hr 80% of max)
- Day 3 - 20 min low intensity (hr 60% / max)
- Day 4 - 20 min higher intensity (hr 80% of max)
- Day 5 - 20 min low intensity (hr 60% / max)
- Day 6 - 20 min higher intensity (hr 80% of max)
- Day 7 - 20 min low intensity (hr 60% / max)

Week 2

30 min cardio-

One day low intensity with heart rate 60% of max ($220 - \text{age} \times .6$) for 30 min. The next day higher intensity with heart rate 80% or max ($220 - \text{age} \times .8$) for 20 min followed by 10 min low intensity to complete the 30 min.

- Day 8 - 20 min at 80% then 10 min at 60% = Total time 30 min
- Day 9 - 30 min low intensity (hr 60% / max)
- Day 10 - 20 min at 80% then 10 min at 60% = Total time 30 min
- Day 11 - 30 min low intensity (hr 60% / max)
- Day 12 - 20 min at 80% then 10 min at 60% = Total time 30 min
- Day 13 - 30 min low intensity (hr 60% / max)
- Day 14 - 20 min at 80% then 10 min at 60% = Total time 30 min

Week 3

40 min cardio-

One day low intensity with heart rate 60% of max (220 minus age times .6) for 40 min.
The next day higher intensity with heart rate 80% or max (220 minus age times .8) for 20 min followed by 20 min low intensity to complete the 40 min.

Day 15 - 40 min low intensity (hr 60% / max)

Day 16- 20 min at 80% then 20 min at 60% = Total time 40 min

Day 17 - 40 min low intensity (hr 60% / max)

Day 18 - 20 min at 80% then 20 min at 60% = Total time 40 min

Day 19 - 40 min low intensity (hr 60% / max)

Day 20 - 20 min at 80% then 20 min at 60% = Total time 40 min

Day 21 - 40 min low intensity (hr 60% / max)

Week 4

50 min cardio-

One day low intensity with heart rate 60% of max (220 minus age times .6) for 50 min.
The next day higher intensity with heart rate 80% or max (220 minus age times .8) for 20 min followed by 30 min low intensity to complete the 50 min.

Day 22- 20 min at 80% then 30 min at 60% = Total time 50 min

Day 23 - 50 min low intensity (hr 60% / max)

Day 24 - 20 min at 80% then 30 min at 60% = Total time 50 min

Day 25 - 50 min low intensity (hr 60% / max)

Day 26 - 20 min at 80% then 30 min at 60% = Total time 50 min

Day 27 - 50 min low intensity (hr 60% / max)

Day 28 - 20 min at 80% then 30 min at 60% = Total time 50 min

Week 5

60 min cardio-

One day low intensity with heart rate 60% of max (220 minus age times .6) for 60 min.
The next day higher intensity with heart rate 80% or max (220 minus age times .8) for 20 min followed by 40 min low intensity to complete the 60 min.

Day 29 - 60 min low intensity (hr 60% / max)

Day 30 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 31 - 60 min low intensity (hr 60% / max)

Day 32 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 33 - 60 min low intensity (hr 60% / max)

Day 34 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 35 - 60 min low intensity (hr 60% / max)

Week 6

60 min cardio-

One day low intensity with heart rate 60% of max (220 minus age times .6) for 60 min.
The next day higher intensity with heart rate 80% or max (220 minus age times .8) for 20 min followed by 40 min low intensity to complete the 60 min.

Day 36 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 37 - 60 min low intensity (hr 60% / max)

Day 38 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 39 - 60 min low intensity (hr 60% / max)

Day 40 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 42 - 60 min low intensity (hr 60% / max)

Day 42 - 20 min at 80% then 40 min at 60% = Total time 60 min

Week 7

60 min cardio-

One day low intensity with heart rate 60% of max (220 minus age times .6) for 60 min.
The next day higher intensity with heart rate 80% or max (220 minus age times .8) for 20 min followed by 40 min low intensity to complete the 60 min.

Day 43 - 60 min low intensity (hr 60% / max)

Day 44 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 45 - 60 min low intensity (hr 60% / max)

Day 46 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 47 - 60 min low intensity (hr 60% / max)

Day 48 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 49 - 60 min low intensity (hr 60% / max)

Week 8

60 min cardio-

One day low intensity with heart rate 60% of max (220 minus age times .6) for 60 min.
The next day higher intensity with heart rate 80% or max (220 minus age times .8) for 20 min followed by 40 min low intensity to complete the 60 min.

Day 50 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 51 - 60 min low intensity (hr 60% / max)

Day 52 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 53 - 60 min low intensity (hr 60% / max)

Day 54 - 20 min at 80% then 40 min at 60% = Total time 60 min

Day 55 - 60 min low intensity (hr 60% / max)

Day 56 - 20 min at 80% then 40 min at 60% = Total time 60 min

Cardiovascular training program overview

Heart rate goals for high / low intensity variations on alternating days as described in program.

Age	Low intensity (60 %) (220 - Age) Times 0.6	high intensity (80 %) (220 - Age) Times 0.8
15	123	164
20	120	160
25	117	156
30	114	152
35	111	148
40	108	144
45	105	140
50	102	136
55	99	132
60	96	128
65	93	124
70	90	120

STOP

Starting Assessment / Evaluation

Flip to the back of the program and find the assessment/evaluations charts.

Perform and record whatever data points are available and relevant to you.

DO IT

Daily goal journal - Day 1 - Week 1

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 1 - Week 1

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Workout - Day 1 - Week 1 - Monday - Quads & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Quads

Set 1 (12-20 reps) Squats - Wider stance toes out

Set 2 (8-12 reps) Squats - Closer stance feet straight forward

Set 3 (1-8 reps) Squats - Stance shoulder wide

Calves

Set 1 (12-20 reps) Standing calf raises - Toes out

Set 2 (8-12 reps) Standing calf raises - Toes in

Set 3 (1-8 reps) Standing calf raises - Toes straight forward

Stretch Legs

Cardio 20 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 1 - Week 1

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 2 - week 1

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 2 - Week 1

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 2 - Week 1 - Tuesday - Chest & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Chest

Set 1 (12-20 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 2 (8-12 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 3 (1-18 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Stretch chest, shoulders, and triceps

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min higher intensity (hr 80% of max)

Stretch legs

Training Journal - Day 2 - Week 1

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 3 - Week 1

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 3 - Week 1

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 3 - Week 1 - Wednesday - Back & lower back

Very very light Whole body circuit warm up (10-20 reps per body part)

Back

Set 1 (12-20 reps) Bent over rows - Wide grip

Set 2 (8-12 reps) Bent over rows - Shoulder grip

Set 3 (1-8 reps) Bent over rows - Close reverse grip

Set 1 (12-20 reps) Good mornings, or hyperextensions

Set 2 (8-12 reps) Good mornings, or hyperextensions

Set 3 (1-8 reps) Good mornings, or hyperextensions

Stretch back

Cardio - 20 min low intensity (hr 60% / max)

Stretch legs

Training Journal - Day 3 - Week 1

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 4 - Week 1

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 4 - Week 1

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 4 - Week 1 - Thursday - Hamstrings, Glutes & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Hamstrings, Glutes

Set 1 (12-20 reps) Leg curls - Standing or lying

Set 2 (8-12 reps) Leg curls - Standing or lying

Set 3 (1-8 reps) Leg curls - Standing or lying

Calves

Set 1 (12-20 reps) Seated calf raises - Toes out

Set 2 (8-12 reps) Seated calf raises - Toes in

Set 3 (1-8 reps) Seated calf raises - Toes straight forward

Stretch Legs

Cardio - 20 min higher intensity (hr 80% of max)

Stretch Legs

Training Journal Day 4 - Week 1

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 5 - Week 1

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 5 - Week 1

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 5 - Week 1 - Friday - Shoulders (Delts & Traps) & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Delts

One giant shoulder warm up set to include internal & external rotation, front lateral raises, side lateral raises, rear lateral raises (10 reps of each very light weight).

Set 1 (12-20 reps) Shoulder press (Dumbbell or barbell)

Set 2 (8-12 reps) Shoulder press (Dumbbell or barbell)

Set 3 (1-8 reps) Shoulder press (Dumbbell or barbell)

Traps

Set 1 (12-20 reps) Shrugs dumbbell or barbell

Set 2 (8-12 reps) Shrugs dumbbell or barbell

Set 3 (1-8 reps) Shrugs dumbbell or barbell

Stretch shoulders

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio 20 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 5 - Week 1

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 6 - Week 1

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 6 - Week 1

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 6 - Week 1 - Saturday - Biceps & Forearms

Very very light Whole body circuit warm up (10-20 reps per body part)

Biceps

Set 1 (12-20 reps) Barbell curls - Wide grip

Set 2 (8-12 reps) Barbell curls - Close grip

Set 3 (1-8 reps) barbell curls - Shoulder grip

Forearms

Set 1 (12-20 reps) Wrist curls (barbell or dumbbell)

Set 2 (8-12 reps) Wrist curls (barbell or dumbbell)

Set 3 (1-8 reps) Wrist curls (barbell or dumbbell)

Set 1 (12-20 reps) Reverse wrist curls (barbell or dumbbell)

Set 2 (8-12 reps) Reverse wrist curls (barbell or dumbbell)

Set 3 (1-8 reps) Reverse wrist curls (barbell or dumbbell)

Stretch Biceps and forearms

Cardio - 20 min higher intensity (hr 80% of max)

Stretch Legs

Training Journal - Day 6 - Week 1

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 7 - Week 1

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 7 - Week 1

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 7 - Week 1 - Sunday - Triceps & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Triceps

Set 1 (12-20 reps) Overhead tricep extensions (dumbbell or barbell)

Set 2 (8-12 reps) Overhead tricep extensions (dumbbell or barbell)

Set 3 (1-8 reps) Overhead tricep extensions (dumbbell or barbell)

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio 20 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 7 - Week 1

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

STOP

Assessment / Evaluation

Flip to the back of the program and find the assessment/evaluations charts.

Perform and record whatever data points are available and relevant to you.

DO IT

Daily goal journal - Day 8 - Week 2

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 8 - Week 2

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 8 - Week 2 - Monday - Quads & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Quads

- Set 1 (12-20 reps) Squats - Wider stance toes out
- Set 2 (8-12 reps) Squats - Closer stance feet straight forward
- Set 3 (1-8 reps) Squats - Stance shoulder width
- Set 4 (12-20 reps) Squats - Stance shoulder width

Calves

- Set 1 (12-20 reps) Standing calf raises - Toes out
- Set 2 (8-12 reps) Standing calf raises - Toes in
- Set 3 (1-8 reps) Standing calf raises - Toes straight forward
- Set 4 (12-20 reps) Standing calf raises - Toes straight forward

Stretch Legs

Cardio - 20 min at 80% then 10 min at 60% = Total time 30 min

Stretch Legs

Training Journal - Day 8 - Week 2

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 9 - Week 2

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 9 - Week 2

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 9 - Week 2 - Tuesday - Chest & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Chest

Set 1 (12-20 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 2 (8-12 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 3 (1-8 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 4 (12-20 reps) Incline Bench press - Barbell, dumbbell or dumbbell flyes

Stretch chest, shoulders, and triceps

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio -30 min low intensity (hr 60% / max)

Stretch legs

Training Journal - Day 9 - Week 2

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 10 - Week 2

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 10 - Week 2

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 10 - Week 2 - Wednesday - Back & lower back

Very very light Whole body circuit warm up (10-20 reps per body part)

Back

Set 1 (12-20 reps) Bent over rows - Wide grip

Set 2 (8-12 reps) Bent over rows - Shoulder grip

Set 3 (1-8 reps) Bent over rows - Closer reverse grip

Set 4 (12-20 reps) Pull downs or pull ups - Wide grip

Set 1 (12-20 reps) Good mornings, or hyperextensions

Set 2 (8-12 reps) Good mornings, or hyperextensions

Set 3 (1-8 reps) Good mornings, or hyperextensions

Stretch back

Cardio - 20 min at 80% then 10 min at 60% = Total time 30 min

Stretch legs

Training Journal - Day 10 - Week 2

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 11 - Week 2

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 11 - Week 2

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 11 - Week 2 - Thursday - Hamstrings, Glutes & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Hamstrings, Glutes

Set 1 (12-20 reps) Leg curls - Standing or lying

Set 2 (8-12 reps) Leg curls - Standing or lying

Set 3 (1-8 reps) Leg curls - Standing or lying

Set 4 (12-20 reps) Straight leg deadlifts

Calves

Set 1 (12-20 reps) Seated calf raises - Toes out

Set 2 (8-12 reps) Seated calf raises - Toes in

Set 3 (1-8 reps) Seated calf raises - Toes straight forward

Set 4 (12-20 reps) Standing calf raises - Toes straight forward

Stretch Legs

Cardio -30 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 11- Week 2

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 12 - Week 2

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 12 - Week 2

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 12 - Week 2 - Friday - Shoulders (Delts & Traps) & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Delts

One giant shoulder warm up set to include internal & external rotation, front lateral raises, side lateral raises, rear lateral raises (10 reps of each very light weight).

Set 1 (12-20 reps) Shoulder press (Dumbbell or barbell)

Set 2 (8-12 reps) Shoulder press (Dumbbell or barbell)

Set 3 (1-8 reps) Shoulder press (Dumbbell or barbell)

Set 4 (12-20 reps) Side lateral raises

Traps

Set 1 (12-20 reps) Shrugs barbell

Set 2 (8-12 reps) Shrugs barbell

Set 3 (1-8 reps) Shrugs barbell

Set 4 (12-20 reps) Shrugs dumbbell

Stretch shoulders

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min at 80% then 10 min at 60% = Total time 30 min

Stretch Legs

Training Journal - Day 12 - Week 2

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 13 - Week 2

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 13 - Week 2

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 13 - Week 2 - Saturday - Biceps & Forearms

Very very light Whole body circuit warm up (10-20 reps per body part)

Biceps

- Set 1 (12-20 reps) Barbell curls - Wide grip
- Set 2 (8-12 reps) Barbell curls - Close grip
- Set 3 (1-8 reps) Barbell curls - Shoulder grip
- Set 4 (12-20 reps) Barbell curls - Reverse grip

Forearms

- Set 1 (12-20 reps) Wrist curls (barbell or dumbbell)
- Set 2 (8-12 reps) Wrist curls (barbell or dumbbell)
- Set 3 (1-8 reps) Wrist curls (barbell or dumbbell)
- Set 1 (12-20 reps) Reverse wrist curls (barbell or dumbbell)
- Set 2 (8-12 reps) Reverse wrist curls (barbell or dumbbell)
- Set 3 (1-8 reps) Reverse wrist curls (barbell or dumbbell)

Stretch Biceps and forearms

Cardio -30 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 13 - Week 2

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 14 - Week 2

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 14 - Week 2

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 14 - Week 2- Sunday - Triceps & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Triceps

Set 1 (12-20 reps) Overhead tricep extensions (dumbbell or barbell)

Set 2 (8-12 reps) Overhead tricep extensions (dumbbell or barbell)

Set 3 (1-8 reps) Overhead tricep extensions (dumbbell or barbell)

Set 4 (12-20 reps) Dumbbell kickbacks

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min at 80% then 10 min at 60% = Total time 30 min

Stretch Legs

Training Journal - Day 14 - Week 2

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

STOP

Assessment / Evaluation

Flip to the back of the program and find the assessment/evaluations charts.

Perform and record whatever data points are available and relevant to you.

DO IT

Daily goal journal - Day 15 - Week 3

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 15 - Week 3

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 15 - Week 3 - Monday - Quads & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Quads

- Set 1 (12-20 reps) Squats - Wider stance toes out
- Set 2 (8-12 reps) Squats - Closer stance feet straight forward
- Set 3 (1-8 reps) Squats - Stance shoulder width
- Set 4 (12-20 reps) Squats - Stance shoulder width
- Set 5 (8-12 reps) Leg extensions

Calves

- Set 1 (12-20 reps) Standing calf raises - Toes out
- Set 2 (8-12 reps) Standing calf raises - Toes in
- Set 3 (1-8 reps) Standing calf raises - Toes straight forward
- Set 4 (12-20 reps) Seated calf raises - Toes out
- Set 5 (8-12 reps) Seated calf raises - Toes in

Stretch Legs

Cardio - 40 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 15 - Week 3

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 16 - Week 3

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 16 - Week 3

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 16 - Week 3 - Tuesday - Chest & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Chest

Set 1 (12-20 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 2 (8-12 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 3 (1-8 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 4 (12-20 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 5 (8-12 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Stretch chest, shoulders, and triceps

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min at 80% then 20 min at 60% = Total time 40 min

Stretch legs

Training Journal - Day 16 - Week 3

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 17 - Week 3

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 17 - Week 3

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 17 - Week 3 - Wednesday - Back & lower back

Very very light Whole body circuit warm up (10-20 reps per body part)

Back

Set 1 (12-20 reps) Bent over rows - Wide grip

Set 2 (8-12 reps) Bent over rows - Shoulder grip

Set 3 (1-8 reps) Bent over rows - Closer reverse grip

Set 4 (12-20 reps) Pull downs or pull ups - Wide grip

Set 5 (8-12 reps) Pull downs or pull ups - Shoulder grip

Set 1 (12-20 reps) Good mornings, or hyperextensions

Set 2 (8-12 reps) Good mornings, or hyperextensions

Set 3 (1-8 reps) Good mornings, or hyperextensions

Stretch back

Cardio - 40 min low intensity (hr 60% / max)

Stretch legs

Training Journal - Day 17 - Week 3

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 18 - Week 3

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 18 - Week 3

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 18 - Week 3 - Thursday - Hamstrings, Glutes & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Hamstrings, Glutes

Set 1 (12-20 reps) Leg curls - Standing or lying

Set 2 (8-12 reps) Leg curls - Standing or lying

Set 3 (1-8 reps) Leg curls - Standing or lying

Set 4 (12-20 reps) Straight leg deadlifts

Set 5 (8-12 reps) Straight leg deadlifts

Calves

Set 1 (12-20 reps) Seated calf raises - Toes out

Set 2 (8-12 reps) Seated calf raises - Toes in

Set 3 (1-8 reps) Seated calf raises - Toes straight forward

Set 4 (12-20 reps) Standing calf raises - Toes straight forward

Set 5 (12-20 reps) Standing calf raises - Toes out

Stretch Legs

Cardio - 20 min at 80% then 20 min at 60% = Total time 40 min

Stretch Legs

Training Journal - Day 18 - Week 3

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 19 - Week 3

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 19 - Week 3

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 19 - Week 3 - Friday - Shoulders (Delts & Traps) & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Delts

One giant shoulder warm up set to include internal & external rotation, front lateral raises, side lateral raises, rear lateral raises (10 reps of each very light weight).

Set 1 (12-20 reps) Shoulder press (Dumbbell or barbell)

Set 2 (8-12 reps) Shoulder press (Dumbbell or barbell)

Set 3 (1-8 reps) Shoulder press (Dumbbell or barbell)

Set 4 (12-20 reps) Side lateral raises

Set 5 (8-12 reps) Front lateral raises

Traps

Set 1 (12-20 reps) Barbell shrugs

Set 2 (8-12 reps) Barbell shrugs

Set 3 (1-8 reps) Barbell shrugs

Set 4 (12-20 reps) Dumbbell shrugs

Set 5 (8-12 reps) Dumbbell shrugs

Stretch shoulders

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 40 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 19 - Week 3

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 20 - Week 3

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 20 - Week 3

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 20 - Week 3 - Saturday - Biceps & Forearms

Very very light Whole body circuit warm up (10-20 reps per body part)

Biceps

- Set 1 (12-20 reps) Barbell curls - Wide grip
- Set 2 (8-12 reps) Barbell curls - Close grip
- Set 3 (1-8 reps) Barbell curls - Shoulder grip
- Set 4 (12-20 reps) Barbell curls - Reverse grip
- Set 5 (8-12 reps) Barbell curls - Reverse grip

Forearms

- Set 1 (12-20 reps) Wrist curls (barbell or dumbbell)
- Set 2 (8-12 reps) Wrist curls (barbell or dumbbell)
- Set 3 (1-8 reps) Wrist curls (barbell or dumbbell)
- Set 1 (12-20 reps) Reverse wrist curls (barbell or dumbbell)
- Set 2 (8-12 reps) Reverse wrist curls (barbell or dumbbell)
- Set 3 (1-8 reps) Reverse wrist curls (barbell or dumbbell)

Stretch Biceps and forearms

Cardio - 20 min at 80% then 20 min at 60% = Total time 40 min

Stretch Legs

Training Journal - Day 20 - Week 3

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 21 - Week 3

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 21- Week 3

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 21 - Week 3 - Sunday - Triceps & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Triceps

Set 1 (12-20 reps) Overhead tricep extensions (dumbbell or barbell)

Set 2 (8-12 reps) Overhead tricep extensions (dumbbell or barbell)

Set 3 (1-8 reps) Overhead tricep extensions (dumbbell or barbell)

Set 4 (12-20 reps) Dumbbell kickbacks

Set 5 (8-12 reps) Dumbbell kickbacks

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 40 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 21 - Week 3

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

STOP

Assessment / Evaluation

Flip to the back of the program and find the assessment/evaluations charts.

Perform and record whatever data points are available and relevant to you.

DO IT

Daily goal journal - Day 22 - Week 4

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 22 - Week 4

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 22 - Week 4 - Monday - Quads & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Quads

- Set 1 (12-20 reps) Squats - Wider stance toes out
- Set 2 (8-12 reps) Squats - Closer stance feet straight forward
- Set 3 (1-8 reps) Squats - Stance shoulder width
- Set 4 (12-20 reps) Squats - Stance shoulder width

- Set 5 (8-12 reps) Leg extensions
- Set 6 (1-8 reps) Leg extensions

Calves

- Set 1 (12-20 reps) Standing calf raises - Toes out
- Set 2 (8-12 reps) Standing calf raises - Toes in
- Set 3 (1-8 reps) Standing calf raises - Toes straight forward
- Set 4 (12-20 reps) Seated calf raises - Toes out
- Set 5 (8-12 reps) Seated calf raises - Toes in
- Set 6 (1-8 reps) Seated calf raises - Toes straight forward

Stretch Legs

Cardio - 20 min at 80% then 30 min at 60% = Total time 50 min

Stretch Legs

Training Journal - Day 22 - Week 4

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 23 - Week 4

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 23 - Week 4

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 23 - Week 4 - Tuesday - Chest & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Chest

Set 1 (12-20 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 2 (8-12 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 3 (1-8 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 4 (12-20 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 5 (8-12 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 6 (1-8 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Stretch chest, shoulders, and triceps

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 50 min low intensity (hr 60% / max)

Stretch legs

Training Journal - Day 23 - Week 4

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 24 - Week 4

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 24 - Week 4

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 24 - Week 4 - Wednesday - Back & lower back

Very very light Whole body circuit warm up (10-20 reps per body part)

Back

Set 1 (12-20 reps) Bent over rows - Wide grip

Set 2 (8-12 reps) Bent over rows - Shoulder grip

Set 3 (1-8 reps) Bent over rows - Closer reverse grip

Set 4 (12-20 reps) Pull downs or pull ups - Wide grip

Set 5 (8-12 reps) Pull downs or pull ups - Shoulder grip

Set 6 (1-8 reps) Pull downs or pull ups - Closer reverse grip

Set 1 (12-20 reps) Good mornings, or hyperextensions

Set 2 (8-12 reps) Good mornings, or hyperextensions

Set 3 (1-8 reps) Good mornings, or hyperextensions

Stretch back

Cardio - 20 min at 80% then 30 min at 60% = Total time 50 min

Stretch legs

Training Journal - Day 24 - Week 4

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 25 - Week 4

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 25 - Week 4

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 25 - Week 4 - Thursday - Hamstrings, Glutes & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Hamstrings, Glutes

Set 1 (12-20 reps) Leg curls - Standing or lying

Set 2 (8-12 reps) Leg curls - Standing or lying

Set 3 (1-8 reps) Leg curls - Standing or lying

Set 4 (12-20 reps) Straight leg deadlifts

Set 5 (8-12 reps) Straight leg deadlifts

Set 6 (1-8 reps) Straight leg deadlifts

Calves

Set 1 (12-20 reps) Seated calf raises - Toes out

Set 2 (8-12 reps) Seated calf raises - Toes in

Set 3 (1-8 reps) Seated calf raises - Toes straight forward

Set 4 (12-20 reps) Standing calf raises - Toes out

Set 5 (8-12 reps) Standing calf raises - Toes in

Set 6 (1-8 reps) Standing calf raises - Toes straight forward

Stretch Legs

Cardio - 50 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 25 - Week 4

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 26 - Week 4

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 26 - Week 4

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 26 - Week 4 - Friday - Shoulders (Delts & Traps) & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Delts

One giant shoulder warm up set to include internal & external rotation, front lateral raises, side lateral raises, rear lateral raises (10 reps of each very light weight).

Set 1 (12-20 reps) Shoulder press (Dumbbell or barbell)

Set 2 (8-12 reps) Shoulder press (Dumbbell or barbell)

Set 3 (1-8 reps) Shoulder press (Dumbbell or barbell)

Set 4 (12-20 reps) Side lateral raises

Set 5 (8-12 reps) Front lateral raises

Set 6 (1-8 reps) Rear lateral raises

Traps

Set 1 (12-20 reps) Barbell shrugs

Set 2 (8-12 reps) Barbell shrugs

Set 3 (1-8 reps) Barbell shrugs

Set 4 (12-20 reps) Dumbbell shrugs

Set 5 (8-12 reps) Dumbbell shrugs

Set 6 (1-8 reps) Dumbbell shrugs

Stretch shoulders

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min at 80% then 30 min at 60% = Total time 50 min

Stretch Legs

Training Journal - Day 26 - Week 4

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 27 - Week 4

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 27 - Week 4

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 27 - Week 4- Saturday - Biceps & Forearms

Very very light Whole body circuit warm up (10-20 reps per body part)

Biceps

Set 1 (12-20 reps) Barbell curls - Wide grip
Set 2 (8-12 reps) Barbell curls - Close grip
Set 3 (1-8 reps) Barbell curls - Shoulder grip

Set 4 (12-20 reps) Barbell curls - Reverse grip
Set 5 (8-12 reps) Barbell curls - Reverse grip
Set 6 (1-8 reps) Barbell curls - Reverse grip

Forearms

Set 1 (12-20 reps) Wrist curls (barbell or dumbbell)
Set 2 (8-12 reps) Wrist curls (barbell or dumbbell)
Set 3 (1-8 reps) Wrist curls (barbell or dumbbell)

Set 1 (12-20 reps) Reverse wrist curls (barbell or dumbbell)
Set 2 (8-12 reps) Reverse wrist curls (barbell or dumbbell)
Set 3 (1-8 reps) Reverse wrist curls (barbell or dumbbell)

Stretch Biceps and forearms

Cardio - 50 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 27 - Week 4

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 28 - Week 4

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 28 - Week 4

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 28 - Week 4 - Sunday - Triceps & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Triceps

Set 1 (12-20 reps) Overhead tricep extensions (dumbbell or barbell)

Set 2 (8-12 reps) Overhead tricep extensions (dumbbell or barbell)

Set 3 (1-8 reps) Overhead tricep extensions (dumbbell or barbell)

Set 4 (12-20 reps) Dumbbell kickbacks

Set 5 (8-12 reps) Dumbbell kickbacks

Set 6 (1-8 reps) Dumbbell kickbacks

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min at 80% then 30 min at 60% = Total time 50 min

Stretch Legs

Training Journal - Day 28 - Week 4

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

STOP

Assessment / Evaluation

Flip to the back of the program and find the assessment/evaluations charts.

Perform and record whatever data points are available and relevant to you.

DO IT

Daily goal journal - Day 29 - Week 5

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 29 - Week 5

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 29 - Week 5 - Monday - Quads & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Quads

- Set 1 (12-20 reps) Squats - Wider stance toes out
- Set 2 (8-12 reps) Squats - Closer stance feet straight forward
- Set 3 (1-8 reps) Squats - Stance shoulder width
- Set 4 (12-20 reps) Squats - Stance shoulder width

- Set 5 (8-12 reps) Leg extensions
- Set 6 (1-8 reps) Leg extensions
- Set 7 (12-20 reps) Leg extensions

Calves

- Set 1 (12-20 reps) Standing calf raises - Toes out
- Set 2 (8-12 reps) Standing calf raises - Toes in
- Set 3 (1-8 reps) Standing calf raises - Toes straight forward

- Set 4 (12-20 reps) Seated calf raises - Toes out
- Set 5 (8-12 reps) Seated calf raises - Toes in
- Set 6 (1-8 reps) Seated calf raises - Toes straight forward

Stretch Legs

Cardio - 60 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 29 - Week 5

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 30 - Week 5

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 30 Week 5

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 30 - Week 5 - Tuesday - Chest & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Chest

Set 1 (12-20 reps) Bench press - Barbell, dumbbell or dumbbell flies

Set 2 (8-12 reps) Bench press - Barbell, dumbbell or dumbbell flies

Set 3 (1-8 reps) Bench press - Barbell, dumbbell or dumbbell flies

Set 4 (12-20 reps) Incline bench press - Barbell, dumbbell or dumbbell flies

Set 5 (8-12 reps) Incline bench press - Barbell, dumbbell or dumbbell flies

Set 6 (1-8 reps) Incline bench press - Barbell, dumbbell or dumbbell flies

Set 7 (12-20 reps) Decline bench press - Barbell, dumbbell or dumbbell flies

Stretch chest, shoulders, and triceps

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch legs

Training Journal - Day 30 - Week 5

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 31 - Week 5

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 31 - Week 5

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 31 - Week 5 - Wednesday - Back & lower back

Very very light Whole body circuit warm up (10-20 reps per body part)

Back

Set 1 (12-20 reps) Bent over rows - Wide grip

Set 2 (8-12 reps) Bent over rows - Shoulder grip

Set 3 (1-8 reps) Bent over rows - Closer reverse grip

Set 4 (12-20 reps) Pull downs or pull ups - Wide grip

Set 5 (8-12 reps) Pull downs or pull ups - Shoulder grip

Set 6 (1-8 reps) Pull downs or pull ups - Closer reverse grip

Set 7 (12-20 reps) Deadlift

Set 1 (12-20 reps) Good mornings, or hyperextensions

Set 2 (8-12 reps) Good mornings, or hyperextensions

Set 3 (1-8 reps) Good mornings, or hyperextensions

Stretch back

Cardio - 60 min low intensity (hr 60% / max)

Stretch legs

Training Journal - Day 31 - Week 5

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 32 - Week 5

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 32 - Week 5

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 32 - Week 5 - Thursday - Hamstrings, Glutes & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Hamstrings, Glutes

Set 1 (12-20 reps) Leg curls - Standing or lying

Set 2 (8-12 reps) Leg curls - Standing or lying

Set 3 (1-8 reps) Leg curls - Standing or lying

Set 4 (12-20 reps) Straight leg deadlifts

Set 5 (8-12 reps) Straight leg deadlifts

Set 6 (1-8 reps) Straight leg deadlifts

Set 7 (12-20 reps) Lunges focus on hamstrings & glutes

Calves

Set 1 (12-20 reps) Seated calf raises - Toes out

Set 2 (8-12 reps) Seated calf raises - Toes in

Set 3 (1-8 reps) Seated calf raises - Toes straight forward

Set 4 (12-20 reps) Standing calf raises - Toes out

Set 5 (8-12 reps) Standing calf raises - Toes in

Set 6 (1-8 reps) Standing calf raises - Toes straight forward

Stretch Legs

20 min at 80% then 40 min at 60% = Total time 60 min

Stretch Legs

Training Journal - Day 32 - Week 5

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Diet Journal - Day 33 - Week 5

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 33 - Week 5 - Friday - Shoulders (Delts & Traps) & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Delts

One giant shoulder warm up set to include internal & external rotation, front lateral raises, side lateral raises, rear lateral raises (10 reps of each very light weight).

Set 1 (12-20 reps) Shoulder press (Dumbbell or barbell)

Set 2 (8-12 reps) Shoulder press (Dumbbell or barbell)

Set 3 (1-8 reps) Shoulder press (Dumbbell or barbell)

Set 4 (12-20 reps) Side lateral raises

Set 5 (8-12 reps) Front lateral raises

Set 6 (1-8 reps) Rear lateral raises

Set 7 (12-20 reps) Upright rows - Wider grip

Traps

Set 1 (12-20 reps) Barbell shrugs

Set 2 (8-12 reps) Barbell shrugs

Set 3 (1-8 reps) Barbell shrugs

Set 4 (12-20 reps) Dumbbell shrugs

Set 5 (8-12 reps) Dumbbell shrugs

Set 6 (1-8 reps) Dumbbell shrugs

Stretch shoulders

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 60 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 33 - Week 5

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 34 - Week 5

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 34 - Week 5

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 34 - Week 5- Saturday - Biceps & Forearms

Very very light Whole body circuit warm up (10-20 reps per body part)

Biceps

- Set 1 (12-20 reps) Barbell curls - Wide grip
- Set 2 (8-12 reps) Barbell curls - Close grip
- Set 3 (1-8 reps) Barbell curls - Shoulder grip

- Set 4 (12-20 reps) Barbell curls - Reverse grip
- Set 5 (8-12 reps) Barbell curls - Reverse grip
- Set 6 (1-8 reps) Barbell curls - Reverse grip

- Set 7 (12-20 reps) Dumbbell curls

Forearms

- Set 1 (12-20 reps) Wrist curls (barbell or dumbbell)
- Set 2 (8-12 reps) Wrist curls (barbell or dumbbell)
- Set 3 (1-8 reps) Wrist curls (barbell or dumbbell)

- Set 1 (12-20 reps) Reverse wrist curls (barbell or dumbbell)
- Set 2 (8-12 reps) Reverse wrist curls (barbell or dumbbell)
- Set 3 (1-8 reps) Reverse wrist curls (barbell or dumbbell)

Stretch Biceps and forearms

20 min at 80% then 40 min at 60% = Total time 60 min

Stretch Legs

Training Journal - Day 34 - Week 5

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 35 - Week 5

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 35 - Week 5

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 35 - Week 5 - Sunday - Triceps & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Triceps

Set 1 (12-20 reps) Overhead tricep extensions (dumbbell or barbell)

Set 2 (8-12 reps) Overhead tricep extensions (dumbbell or barbell)

Set 3 (1-8 reps) Overhead tricep extensions (dumbbell or barbell)

Set 4 (12-20 reps) Dumbbell kickbacks

Set 5 (8-12 reps) Dumbbell kickbacks

Set 6 (1-8 reps) Dumbbell kickbacks

Set 7 (12-20 reps) Tricep pushdowns

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 60 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 35 - Week 5

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

STOP

Assessment / Evaluation

Flip to the back of the program and find the assessment/evaluations charts.

Perform and record whatever data points are available and relevant to you.

DO IT

Daily goal journal - Day 36 - Week 6

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 36 - Week 6

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 36 - Week 6 - Monday - Quads & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Quads

Set 1 (12-20 reps) Squats - Wider stance toes out

Set 2 (8-12 reps) Squats - Closer stance feet straight forward

Set 3 (1-8 reps) Squats - Stance shoulder width

Set 4 (12-20 reps) Squats - Stance shoulder width

Set 5 (8-12 reps) Leg extensions

Set 6 (1-8 reps) Leg extensions

Set 7 (12-20 reps) Leg extensions

Set 8 (8-12 reps) Leg press - feet lower / closer together / straight forward

Calves

Set 1 (12-20 reps) Standing calf raises - Toes out

Set 2 (8-12 reps) Standing calf raises - Toes in

Set 3 (1-8 reps) Standing calf raises - Toes straight forward

Set 4 (12-20 reps) Seated calf raises - Toes out

Set 5 (8-12 reps) Seated calf raises - Toes in

Set 6 (1-8 reps) Seated calf raises - Toes straight forward

Stretch Legs

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch Legs

Training Journal - Day 36 - Week 6

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 37 - Week 6

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 37 - Week 6

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 37 - Week 6 - Tuesday - Chest & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Chest

Set 1 (12-20 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 2 (8-12 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 3 (1-8 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 4 (12-20 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 5 (8-12 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 6 (1-8 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 7 (12-20 reps) Decline bench press - Barbell, dumbbell or dumbbell flyes

Set 8 (8-12 reps) Decline bench press - Barbell, dumbbell or dumbbell flyes

Stretch chest, shoulders, and triceps

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 60 min low intensity (hr 60% / max)

Stretch legs

Training Journal - Day 37 - Week 6

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 38 - Week 6

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 38 - Week 6

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 38 - Week 6 - Wednesday - Back & lower back

Very very light Whole body circuit warm up (10-20 reps per body part)

Back

Set 1 (12-20 reps) Bent over rows - Wide grip

Set 2 (8-12 reps) Bent over rows - Shoulder grip

Set 3 (1-8 reps) Bent over rows - Closer reverse grip

Set 4 (12-20 reps) Pull downs or pull ups - Wide grip

Set 5 (8-12 reps) Pull downs or pull ups - Shoulder grip

Set 6 (1-8 reps) Pull downs or pull ups - Closer reverse grip

Set 7 (12-20 reps) Deadlift

Set 8 (8-12 reps) Deadlift

Set 1 (12-20 reps) Good mornings, or hyperextensions

Set 2 (8-12 reps) Good mornings, or hyperextensions

Set 3 (1-8 reps) Good mornings, or hyperextensions

Stretch back

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch legs

Training Journal - Day 38 - Week 6

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 39 - Week 6

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 39 - Week 6

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 39 - Week 6 - Thursday - Hamstrings, Glutes & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Hamstrings, Glutes

Set 1 (12-20 reps) Leg curls - Standing or lying

Set 2 (8-12 reps) Leg curls - Standing or lying

Set 3 (1-8 reps) Leg curls - Standing or lying

Set 4 (12-20 reps) Straight leg deadlifts

Set 5 (8-12 reps) Straight leg deadlifts

Set 6 (1-8 reps) Straight leg deadlifts

Set 7 (12-20 reps) Lunges focus on hamstrings & glutes

Set 8 (8-12 reps) Lunges focus on hamstrings & glutes

Calves

Set 1 (12-20 reps) Seated calf raises - Toes out

Set 2 (8-12 reps) Seated calf raises - Toes in

Set 3 (1-8 reps) Seated calf raises - Toes straight forward

Set 4 (12-20 reps) Standing calf raises - Toes out

Set 5 (8-12 reps) Standing calf raises - Toes in

Set 6 (1-8 reps) Standing calf raises - Toes straight forward

Stretch Legs

Cardio - 60 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 39 - Week 6

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 40 - Week 6

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 40 - Week 6

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 40 - Week 6 - Friday - Shoulders (Delts & Traps) & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Delts

One giant shoulder warm up set to include internal & external rotation, front lateral raises, side lateral raises, rear lateral raises (10 reps of each very light weight).

Set 1 (12-20 reps) Shoulder press (Dumbbell or barbell)

Set 2 (8-12 reps) Shoulder press (Dumbbell or barbell)

Set 3 (1-8 reps) Shoulder press (Dumbbell or barbell)

Set 4 (12-20 reps) Side lateral raises

Set 5 (8-12 reps) Front lateral raises

Set 6 (1-8 reps) Rear lateral raises

Set 7 (12-20 reps) Upright rows - Wider grip (wider than shoulders)

Set 8 (8-12 reps) Upright rows - Medium grip (shoulder width)

Traps

Set 1 (12-20 reps) Barbell shrugs

Set 2 (8-12 reps) Barbell shrugs

Set 3 (1-8 reps) Barbell shrugs

Set 4 (12-20 reps) Dumbbell shrugs

Set 5 (8-12 reps) Dumbbell shrugs

Set 6 (1-8 reps) Dumbbell shrugs

Stretch shoulders

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch Legs

Training Journal - Day 40 - Week 6

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 41 - Week 6

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 41 - Week 6

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 41 - Week 6- Saturday - Biceps & Forearms

Very very light Whole body circuit warm up (10-20 reps per body part)

Biceps

Set 1 (12-20 reps) Barbell curls - Wide grip
Set 2 (8-12 reps) Barbell curls - Close grip
Set 3 (1-8 reps) Barbell curls - Shoulder grip

Set 4 (12-20 reps) Barbell curls - Reverse grip
Set 5 (8-12 reps) Barbell curls - Reverse grip
Set 6 (1-8 reps) Barbell curls - Reverse grip

Set 7 (12-20 reps) Dumbbell curls
Set 8 (8-12 reps) Dumbbell curls

Forearms

Set 1 (12-20 reps) Wrist curls (barbell or dumbbell)
Set 2 (8-12 reps) Wrist curls (barbell or dumbbell)
Set 3 (1-8 reps) Wrist curls (barbell or dumbbell)

Set 1 (12-20 reps) Reverse wrist curls (barbell or dumbbell)
Set 2 (8-12 reps) Reverse wrist curls (barbell or dumbbell)
Set 3 (1-8 reps) Reverse wrist curls (barbell or dumbbell)

Stretch Biceps and forearms

Cardio - 60 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 41 - Week 6

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 42- Week 6

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 42 - Week 6

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 42 - Week 6 - Sunday - Triceps & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Triceps

Set 1 (12-20 reps) Overhead tricep extensions (dumbbell or barbell)

Set 2 (8-12 reps) Overhead tricep extensions (dumbbell or barbell)

Set 3 (1-8 reps) Overhead tricep extensions (dumbbell or barbell)

Set 4 (12-20 reps) Dumbbell kickbacks

Set 5 (8-12 reps) Dumbbell kickbacks

Set 6 (1-8 reps) Dumbbell kickbacks

Set 7 (12-20 reps) Tricep pushdowns

Set 8 (8-12 reps) Tricep pushdowns

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch Legs

Training Journal - Day 42 - Week 6

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

STOP

Assessment / Evaluation

Flip to the back of the program and find the assessment/evaluations charts.

Perform and record whatever data points are available and relevant to you.

DO IT

Daily goal journal - Day 43 - Week 7

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 43 - Week 7

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 43 - Week 7 - Monday - Quads & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Quads

Set 1 (12-20 reps) Squats - Wider stance toes out

Set 2 (8-12 reps) Squats - Closer stance feet straight forward

Set 3 (1-8 reps) Squats - Stance shoulder width

Set 4 (12-20 reps) Squats - Stance shoulder width

Set 5 (8-12 reps) Leg extensions

Set 6 (1-8 reps) Leg extensions

Set 7 (12-20 reps) Leg extensions

Set 8 (8-12 reps) Leg press - feet lower / closer together / straight forward

Set 9 (1-8 reps) Leg press - feet shoulder width / toes slightly pointed out

Calves

Set 1 (12-20 reps) Standing calf raises - Toes out

Set 2 (8-12 reps) Standing calf raises - Toes in

Set 3 (1-8 reps) Standing calf raises - Toes straight forward

Set 4 (12-20 reps) Seated calf raises - Toes out

Set 5 (8-12 reps) Seated calf raises - Toes in

Set 6 (1-8 reps) Seated calf raises - Toes straight forward

Stretch Legs

Cardio - 60 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 43 Week 7

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No	Time/Duration	Comments
	Distance	HR	
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 44 - Week 7

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 44 - Week 7

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 44 - Week 7 - Tuesday - Chest & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Chest

Set 1 (12-20 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 2 (8-12 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 3 (1-8 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 4 (12-20 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 5 (8-12 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 6 (1-8 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 7 (12-20 reps) Decline bench press - Barbell, dumbbell or dumbbell flyes

Set 8 (8-12 reps) Decline bench press - Barbell, dumbbell or dumbbell flyes

Set 9 (1-8 reps) Decline bench press - Barbell, dumbbell or dumbbell flyes

Stretch chest, shoulders, and triceps

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch legs

Training Journal - Day 44 - Week 7

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 45 - Week 7

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 45 - Week 7

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 45 - Week 7 - Wednesday - Back & lower back

Very very light Whole body circuit warm up (10-20 reps per body part)

Back

Set 1 (12-20 reps) Bent over rows - Wide grip

Set 2 (8-12 reps) Bent over rows - Shoulder grip

Set 3 (1-8 reps) Bent over rows - Closer reverse grip

Set 4 (12-20 reps) Pull downs or pull ups - Wide grip

Set 5 (8-12 reps) Pull downs or pull ups - Shoulder grip

Set 6 (1-8 reps) Pull downs or pull ups - Closer reverse grip

Set 7 (12-20 reps) Deadlift

Set 8 (8-12 reps) Deadlift

Set 9 (1-8 reps) Deadlift

Set 1 (12-20 reps) Good mornings, or hyperextensions

Set 2 (8-12 reps) Good mornings, or hyperextensions

Set 3 (1-8 reps) Good mornings, or hyperextensions

Stretch back

Cardio - 60 min low intensity (hr 60% / max)

Stretch legs

Training Journal - Day 45 - Week 7

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 46 - Week 7

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 46 - Week 7

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 46 - Week 7 - Thursday - Hamstrings, Glutes & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Hamstrings, Glutes

Set 1 (12-20 reps) Leg curls - Standing or lying

Set 2 (8-12 reps) Leg curls - Standing or lying

Set 3 (1-8 reps) Leg curls - Standing or lying

Set 4 (12-20 reps) Straight leg deadlifts

Set 5 (8-12 reps) Straight leg deadlifts

Set 6 (1-8 reps) Straight leg deadlifts

Set 7 (12-20 reps) Lunges focus on hamstrings & glutes

Set 8 (8-12 reps) Lunges focus on hamstrings & glutes

Set 9 (1-8 reps) Lunges focus on hamstrings & glutes

Calves

Set 1 (12-20 reps) Seated calf raises - Toes out

Set 2 (8-12 reps) Seated calf raises - Toes in

Set 3 (1-8 reps) Seated calf raises - Toes straight forward

Set 4 (12-20 reps) Standing calf raises - Toes out

Set 5 (8-12 reps) Standing calf raises - Toes in

Set 6 (1-8 reps) Standing calf raises - Toes straight forward

Stretch Legs

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch Legs

Training Journal - Day 46 - Week 7

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 47 Week 6

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 47 - Week 7

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 47 - Week 7 - Friday - Shoulders (Delts & Traps) & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Delts

One giant shoulder warm up set to include internal & external rotation, front lateral raises, side lateral raises, rear lateral raises (10 reps of each very light weight).

Set 1 (12-20 reps) Shoulder press (Dumbbell or barbell)

Set 2 (8-12 reps) Shoulder press (Dumbbell or barbell)

Set 3 (1-8 reps) Shoulder press (Dumbbell or barbell)

Set 4 (12-20 reps) Side lateral raises

Set 5 (8-12 reps) Front lateral raises

Set 6 (1-8 reps) Rear lateral raises

Set 7 (12-20 reps) Upright rows - Wider grip (wider than shoulders)

Set 8 (8-12 reps) Upright rows - Medium grip (shoulder width)

Set 9 (1-8 reps) Upright rows - Close grip (shoulder width)

Traps

Set 1 (12-20 reps) Barbell shrugs

Set 2 (8-12 reps) Barbell shrugs

Set 3 (1-8 reps) Barbell shrugs

Set 4 (12-20 reps) Dumbbell shrugs

Set 5 (8-12 reps) Dumbbell shrugs

Set 6 (1-8 reps) Dumbbell shrugs

Stretch shoulders

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 60 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 47 - Week 7

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 48 - Week 7

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 48 - Week 7

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 48 - Week 7- Saturday - Biceps & Forearms

Very very light Whole body circuit warm up (10-20 reps per body part)

Biceps

Set 1 (12-20 reps) Barbell curls - Wide grip
Set 2 (8-12 reps) Barbell curls - Close grip
Set 3 (1-8 reps) Barbell curls - Shoulder grip

Set 4 (12-20 reps) Barbell curls - Reverse grip
Set 5 (8-12 reps) Barbell curls - Reverse grip
Set 6 (1-8 reps) Barbell curls - Reverse grip

Set 7 (12-20 reps) Dumbbell curls
Set 8 (8-12 reps) Dumbbell curls
Set 9 (1-8 reps) Dumbbell curls

Forearms

Set 1 (12-20 reps) Wrist curls (barbell or dumbbell)
Set 2 (8-12 reps) Wrist curls (barbell or dumbbell)
Set 3 (1-8 reps) Wrist curls (barbell or dumbbell)

Set 1 (12-20 reps) Reverse wrist curls (barbell or dumbbell)
Set 2 (8-12 reps) Reverse wrist curls (barbell or dumbbell)
Set 3 (1-8 reps) Reverse wrist curls (barbell or dumbbell)

Stretch Biceps and forearms

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch Legs

Training Journal - Day 48 - Week 7

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 49 - Week 7

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 49 - Week 7

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 49 - Week 7 - Sunday - Triceps & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Triceps

Set 1 (12-20 reps) Overhead tricep extensions (dumbbell or barbell)

Set 2 (8-12 reps) Overhead tricep extensions (dumbbell or barbell)

Set 3 (1-8 reps) Overhead tricep extensions (dumbbell or barbell)

Set 4 (12-20 reps) Dumbbell kickbacks

Set 5 (8-12 reps) Dumbbell kickbacks

Set 6 (1-8 reps) Dumbbell kickbacks

Set 7 (12-20 reps) Tricep pushdowns

Set 8 (8-12 reps) Tricep pushdowns

Set 8 (1-9 reps) Tricep pushdowns

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 60 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 49 - Week 7

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

STOP

Assessment / Evaluation

Flip to the back of the program and find the assessment/evaluations charts.

Perform and record whatever data points are available and relevant to you.

DO IT

Daily goal journal - Day 50 - Week 8

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 50 - Week 8

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 50 - Week 8 - Monday - Quads & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Quads

Set 1 (12-20 reps) Squats - Wider stance toes out

Set 2 (8-12 reps) Squats - Closer stance feet straight forward

Set 3 (1-8 reps) Squats - Stance shoulder width

Set 4 (12-20 reps) Squats - Stance shoulder width

Set 5 (8-12 reps) Leg extensions

Set 6 (1-8 reps) Leg extensions

Set 7 (12-20 reps) Leg extensions

Set 8 (8-12 reps) Leg press - feet lower / closer together / straight forward

Set 9 (1-8 reps) Leg press - feet shoulder width / toes slightly pointed out

Calves

Set 1 (12-20 reps) Standing calf raises - Toes out

Set 2 (8-12 reps) Standing calf raises - Toes in

Set 3 (1-8 reps) Standing calf raises - Toes straight forward

Set 4 (12-20 reps) Seated calf raises - Toes out

Set 5 (8-12 reps) Seated calf raises - Toes in

Set 6 (1-8 reps) Seated calf raises - Toes straight forward

Stretch Legs

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch Legs

Training Journal - Day 50 - Week 8

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 51 - Week 8

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 51 - Week 8

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Training Journal - Day 51 - Week 8

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Day 51 - Week 8 - Tuesday - Chest & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Chest

Set 1 (12-20 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 2 (8-12 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 3 (1-8 reps) Bench press - Barbell, dumbbell or dumbbell flyes

Set 4 (12-20 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 5 (8-12 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 6 (1-8 reps) Incline bench press - Barbell, dumbbell or dumbbell flyes

Set 7 (12-20 reps) Decline bench press - Barbell, dumbbell or dumbbell flyes

Set 8 (8-12 reps) Decline bench press - Barbell, dumbbell or dumbbell flyes

Set 9 (1-8 reps) Decline bench press - Barbell, dumbbell or dumbbell flyes

Stretch chest, shoulders, and triceps

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 60 min low intensity (hr 60% / max)

Stretch legs

Training Journal - Day 51 - Week 8

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 52 - Week 8

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 52 - Week 8

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 52 - Week 8 - Wednesday - Back & lower back

Very very light Whole body circuit warm up (10-20 reps per body part)

Back

Set 1 (12-20 reps) Bent over rows - Wide grip

Set 2 (8-12 reps) Bent over rows - Shoulder grip

Set 3 (1-8 reps) Bent over rows - Closer reverse grip

Set 4 (12-20 reps) Pull downs or pull ups - Wide grip

Set 5 (8-12 reps) Pull downs or pull ups - Shoulder grip

Set 6 (1-8 reps) Pull downs or pull ups - Closer reverse grip

Set 7 (12-20 reps) Deadlift

Set 8 (8-12 reps) Deadlift

Set 9 (1-8 reps) Deadlift

Set 1 (12-20 reps) Good mornings, or hyperextensions

Set 2 (8-12 reps) Good mornings, or hyperextensions

Set 3 (1-8 reps) Good mornings, or hyperextensions

Stretch back

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch legs

Training Journal - Day 52 - Week 8

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 53 - Week 8

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 53 - Week 8

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 53 - Week 8 - Thursday - Hamstrings, Glutes & Calves

Very very light Whole body circuit warm up (10-20 reps per body part)

Hamstrings, Glutes

Set 1 (12-20 reps) Leg curls - Standing or lying

Set 2 (8-12 reps) Leg curls - Standing or lying

Set 3 (1-8 reps) Leg curls - Standing or lying

Set 4 (12-20 reps) Straight leg deadlifts

Set 5 (8-12 reps) Straight leg deadlifts

Set 6 (1-8 reps) Straight leg deadlifts

Set 7 (12-20 reps) Lunges focus on hamstrings & glutes

Set 8 (8-12 reps) Lunges focus on hamstrings & glutes

Set 9 (1-8 reps) Lunges focus on hamstrings & glutes

Calves

Set 1 (12-20 reps) Seated calf raises - Toes out

Set 2 (8-12 reps) Seated calf raises - Toes in

Set 3 (1-8 reps) Seated calf raises - Toes straight forward

Set 4 (12-20 reps) Standing calf raises - Toes out

Set 5 (8-12 reps) Standing calf raises - Toes in

Set 6 (1-8 reps) Standing calf raises - Toes straight forward

Stretch Legs

Cardio - 60 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 53 - Week 8

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 54 - Week 8

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 54 - Week 8

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 54 - Week 8 - Friday - Shoulders (Delts & Traps) & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Delts

One giant shoulder warm up set to include internal & external rotation, front lateral raises, side lateral raises, rear lateral raises (10 reps of each very light weight).

Set 1 (12-20 reps) Shoulder press (Dumbbell or barbell)

Set 2 (8-12 reps) Shoulder press (Dumbbell or barbell)

Set 3 (1-8 reps) Shoulder press (Dumbbell or barbell)

Set 4 (12-20 reps) Side lateral raises

Set 5 (8-12 reps) Front lateral raises

Set 6 (1-8 reps) Rear lateral raises

Set 7 (12-20 reps) Upright rows - Wider grip (wider than shoulders)

Set 8 (8-12 reps) Upright rows - Medium grip (shoulder width)

Set 9 (1-8 reps) Upright rows - Close grip (shoulder width)

Traps

Set 1 (12-20 reps) Barbell shrugs

Set 2 (8-12 reps) Barbell shrugs

Set 3 (1-8 reps) Barbell shrugs

Set 4 (12-20 reps) Dumbbell shrugs

Set 5 (8-12 reps) Dumbbell shrugs

Set 6 (1-8 reps) Dumbbell shrugs

Stretch shoulders

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch Legs

Training Journal - Day 54 - Week 8

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 55 - Week 8

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 55 - Week 8

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 55 - Week 8- Saturday - Biceps & Forearms

Very very light Whole body circuit warm up (10-20 reps per body part)

Biceps

Set 1 (12-20 reps) Barbell curls - Wide grip
Set 2 (8-12 reps) Barbell curls - Close grip
Set 3 (1-8 reps) Barbell curls - Shoulder grip

Set 4 (12-20 reps) Barbell curls - Reverse grip
Set 5 (8-12 reps) Barbell curls - Reverse grip
Set 6 (1-8 reps) Barbell curls - Reverse grip

Set 7 (12-20 reps) Dumbbell curls
Set 8 (8-12 reps) Dumbbell curls
Set 9 (1-8 reps) Dumbbell curls

Forearms

Set 1 (12-20 reps) Wrist curls (barbell or dumbbell)
Set 2 (8-12 reps) Wrist curls (barbell or dumbbell)
Set 3 (1-8 reps) Wrist curls (barbell or dumbbell)

Set 1 (12-20 reps) Reverse wrist curls (barbell or dumbbell)
Set 2 (8-12 reps) Reverse wrist curls (barbell or dumbbell)
Set 3 (1-8 reps) Reverse wrist curls (barbell or dumbbell)

Stretch Biceps and forearms

Cardio - 60 min low intensity (hr 60% / max)

Stretch Legs

Training Journal - Day 55 - Week 8

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

Daily goal journal - Day 56 - Week 8

Maintain and fine tune focus, consistency, effective action.

Optimize desire, dedication & determination.

Create your day, attitude, energy, mindset. Set yourself up for success.

Dreams, goals tasks, to do's.

Visions, intentions.

Gratitude, grateful, thankful.

Diet Journal - Day 56 - Week 8

Date	Wake up/ Time
Time	Food / Drink / Supplements / Exercise/ Activity / Work
Total daily water	Bed Time

Day 56 - Week 8 - Sunday - Triceps & Abs

Very very light Whole body circuit warm up (10-20 reps per body part)

Triceps

Set 1 (12-20 reps) Overhead tricep extensions (dumbbell or barbell)

Set 2 (8-12 reps) Overhead tricep extensions (dumbbell or barbell)

Set 3 (1-8 reps) Overhead tricep extensions (dumbbell or barbell)

Set 4 (12-20 reps) Dumbbell kickbacks

Set 5 (8-12 reps) Dumbbell kickbacks

Set 6 (1-8 reps) Dumbbell kickbacks

Set 7 (12-20 reps) Tricep pushdowns

Set 8 (8-12 reps) Tricep pushdowns

Set 8 (1-9 reps) Tricep pushdowns

Abs

Superset the following 3 exercises with no rest inbetween

Crunches 25 reps

Leg lifts 25 reps

Side crunches 25 reps each side

Rest one minute and repeat for 2nd superset

Rest one minute and repeat for 3rd superset

Stretch abs

Cardio - 20 min at 80% then 40 min at 60% = Total time 60 min

Stretch Legs

Training Journal - Day 56 - Week 8

Date	Time	Body Weight	Bodyparts
Full Body Warm Up - Yes / No Comments			
Pre Workout Stretch - Yes / No Comments			
Exercise	Weight	Reps	Comments
Post Workout Body Part specific stretch / massage Yes / NoComments			
Cardio / Activity	Yes / No Distance	Time/Duration HR	Comments
Post Cardio/Workout Total body Stretch/massage Yes / No Comments			
Focussed Meditation Yes / NoComments			

STOP

Assessment / Evaluation

Flip to the back of the program and find the assessment/evaluations charts.

Perform and record whatever data points are available and relevant to you.

DO IT

[illegible]

Cardiovascular endurance times 100 meter 400 meter 1600meter 5k									
Flexibility / Stretching # days per week Rate flexibility 1-10									
# of days you wrote in goals journal									
Meditation # of days per week									

Notes - Look back on the week. Give a short explanation expanding on any data from above, so proper goals can be set. What did you do right? What did you do wrong? What did you learn?

Date	

Diet, Training, Cardio, & other changes or goals for the following week	
Date Diet Training Cardio Other	
Date Diet Training Cardio Other	

Date Diet Training Cardio Other	
Date Diet Training Cardio Other	
Date Diet Training Cardio Other	
Date Diet Training Cardio Other	
Date Diet Training Cardio Other	
Date Diet Training Cardio Other	
Date Diet Training Cardio Other	

- **Publisher / Editor / Owner- NW Fitness Magazine.**
- ***Promoter / Owner - Williams Productions***
 - WA State Health Fitness Beauty EXPO
 - N.P.C WA State Open Bodybuilding, Fitness, Figure, Bikini, Physique, Championship National Qualifier. Since 2003.
- Research / Development / Owner - Altered Image Supplements.
- Fitness Coach
 - Contest prep coach to professional & amateur athletes
 - Speaker/demonstrator at various seminars & workshops
 - Writer / Author
- Paramedic
- Anesthesia Technician (Present & past institutions Seattle Children's Hospital, Healthcare Network, U.W Medical Center)
- **Certifications / Credentials / Special training / previously obtained**
- PARAMEDIC. NREMT. National Registry Emergency Medical Technicians. (N.R.E.M.T)
- Emergency Medical Technician. EMT-B National Registry Emergency Medical Technicians. (N.R.E.M.T)
- Certified Anesthesia Technician. American Society of Anesthesia Technologists & Technicians (A.S.A.T.T).
- Medical Assistant Phlebotomist Certification, Washington State Department of Health
- Health Care Assistant Certification, Washington State Department of Health
- University of Washington Medical Center C.P.R instructor
- University of Washington Distinguished Staff Award Nominee
- University of Washington Medical Center Surgical Specialties Certificate of Recognition
- Advanced Cardiac Life Support (ACLS). American Heart Association
- American Heart Association (AHA) Healthcare Provider CPR/BLS.
- First Aid & CPR, Basic Life Support (BLS) INSTRUCTOR. American Heart Association
- Pediatric Advanced Life Support (PALS).
- Prehospital Trauma Life Support (PHTLS).
- Geriatric Certification (GEMS).
- 12 Lead Electrocardiogram (ECG) Interpretation course completion certification
- Malignant Hyperthermia in the Operating Room, Childrens Hospital
- Intraoperative blood salvage / Autologous Blood transfusion (Cell Saver) Children's Hospital
- Hazardous Materials Awareness Certification.
- Hazardous Materials Operations
- Emergency Vehicle Accident Prevention Program, (EVAP) Fire Dist 44
- HIPAA Training Certification
- National Physique Committee (N.P.C) Judge & Event promoter.
- Firefighter Basic, Fire District 44, Volunteer recruit fire academy
- CAC Fitness Trainer/Nutrition Consultant
- Health & Fitness Expert Ambassador Western Governors University (W.G.U)
- Athlete Card - National Physique Committee (N.P.C)

- Judge Card - National Physique Committee (N.P.C)
- Event Promoter Card - National Physique Committee (N.P.C)
- Hunter Education Training Certificate, State of WA Dept of Game.
- Ordained Minister, Universal Life Church Ministries

Awards / Recognition / Titles

- Bodybuilding Competitor Since 1990.
- Competed in over 75 bodybuilding Competitions Starting in 1990 at age 12
- N.P.C WA Ironman Lt-Heavy & Overall Champion
- Evergreen State Heavyweight Champion
- ABA Drug Free Free World Championship, Teen Champion
- NPC Teen National Runner-up
- NW N.P.C Junior Champion
- Best Poser Awards
- Thorbeck Fitness, SW Washington Fair N.P.C, Special Appreciation Award
- Contest prep coach to professional & amateur athletes in a variety of sports, including but not limited to: Bodybuilding, Figure, Fitness, Bikini, Physique, Classic Physique, MMA, Functional Fitness, Weightlifting, Powerlifting, Tri-Athletes, Strongman, Basketball, Football, Baseball, Track & Field, Dance & General Health, Fitness & Vitality
- Jeremy Williams Texas Europa Hardbody Model Runner up
- Vision Quest Deadlift Champion/Weight Class
- Star Power Adult Production National Dance Champions
- NREMT EMS Service appreciation award
- Fire Dist #44 Service appreciation award

Community Events - Public Relations - Appearances

- Conducts Seminars / workshops on Bodybuilding, fitness, figure, bikini, physique, classic physique contest prep.
- Conducts various seminars on general health & fitness.
- Performed fitness Stand Up Comedy act on multiple occasions. Spanning from a major event seating over 2,000 spectators to a private invitation party event.
- Three time Master of ceremonies (M.C) for Mixed Martial Arts Fights
- Two time Master of ceremonies (M.C) for the N.P.C WA State Open
- M.C Auctioneer for a charity auction benefiting youth dance activities
- Invited to be the Fitness Expert onsite for a series of promotions with W.G.U benefiting B.E.C.U employees
- Invited by photographer April Greer to speak in a seminar/workshop on behalf of NW Fitness Magazine to a group of aspiring fitness models.
- Years of multiple dance and acting character roles on stage with the Auburn Dance Academy and Surge Dance Center.
- Taught multiple CPR & BLS classes to both healthcare providers and lay rescuers. A few locations include: Mountain View Fire Dept Dist #44, University of Washington Medical Center operating room staff, Costco wholesale, Contemporary Home Services, Auburn Dance Academy
- Invited to a business Fair by KW High School Students to help teach networking and business skills.

Community Service / Volunteer

- King County Fire Dist #44, Volunteer firefighter since 1999.

- Weekly Teacher Assistant elementary/preschool volunteer since 2001 - Current, Crestwood Elementary
- Kent Parks, Crestwood Elementary Track Coach- 2008
- Covington Physical Therapy
- Event Volunteer E.M.T/Medical Teams. Variety of events throughout the N.W.
- Volunteer health, wellness & Fitness Coach to a variety of individuals each year that can't afford such assistance.
- Founder of NW Fitness Magazine Community Outreach Program
- Assisted Seattle Children's Hospital Global Surgery Outreach
- SDC, Voltage

Publicity- Features - Media - Advertising - Modeling - Sponsorships - Endorsements

- NW Fitness Magazine
- Flex Magazine
- Ironman Magazine
- Seattle Times
- Auburn Reporter
- Extreme Sports Report
- KW Report
- American Muscle Television Program
- Centralia News
- Multiple Web Sites / Blogs / Forums
- Multiple Flyers / Posters / Promotional media / promoting fitness events, products & services
- Willies Tri-Pro
- Central WA University Nursing Student project on Fitness
- Altered Image Supplements
- Created NW Fitness Mags "Best In the NW" Recognition of Excellence Award
- Seattle Children's Hospital GI Lab Monthly publication "The Poop Scoop" Feb 2017 / Vol 19

Education

- College of Emergency Services (C.E.S) / National College of Technical Instruction (N.C.T.I) Woodland WA. Paramedic (NREMT) -Completion of Paramedic program
- Bates Technical College, Emergency Medical Technician-Basic (EMT-B)
- Green River Community College
- North Seattle Community College, Medical Terminology
- Mountain View Fire Dept Fire Dist #44 - Fire Fighting Academy

Committee / Memberships - (Past and or present)

- Anesthesia Support Representative on Seattle Children's Hospital Quality and Safety Committee
- National Physique Committee (Competitor - Judge - Promoter)
- ASATT American Society of Anesthesia Technicians & Technologist



GET ON POINT



8 WEEK TOTAL BODY TRANSFORMATION PROGRAM

A balanced approach to transforming your body & maintaining new levels of health, fitness & energy. Titrate to effect diet and training principles.

Each week and day of this program is strategically designed to stress multiple body systems in a variety of pathways in a very organized and specific sequence. Resulting in continued adaptations and progress in response the the stresses applied. This program starts out with very easily manageable tasks, along with weekly adjustments that should also be very easily accomplished. Over time these small changes and successful accomplishments translate to large changes and overall progress.



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NWFitness
MAGAZINE



ALTERED IMAGE

BY JEREMY WILLIAMS

Promoter - Judge - Coach - Competitor - Paramedic - Anesthesia Technician
Williams Productions - NW Fitness Magazine - Altered Image Supplements

