

Week # \_\_\_\_\_ of 12

This Weeks Band \_\_\_\_\_

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
Exercise Day			Cardio Only Day			Exercise Day			Cardio Only Day			Exercise Day			Cardio Only Day			REST Day			
Exercise	Sets/Reps		Cardio	Time/Dist.		Exercise	Sets/Reps		Cardio	Time/Dist.		Exercise	Sets/Reps		Cardio	Time/Dist.					
Squat			Walk			Leg Curl			Walk			Lunge			Walk						
Calf Raise's 1			Jog			Sholder Press			Jog			Calf Raise's 2			Jog						
Push Up			Swim			Triceps Press			Swim			Shoulder Shrug			Swim						
Biceps Curl			Bike			Butterfly			Bike			Side Laterals			Bike						
Triceps Press			Elliptical			Torso Twist			Elliptical			Crunch			Elliptical						
Supported Sit Up			*Video			Back Extension			*Video			Squat			*Video						
Lunge						Diaganol Curl Up						Triceps Press									

**Exercise Days**

Your goal could start at 2 sets of six or eight repetitions with Light Bands, and at the end of 12 weeks be as high as 4 sets of 15 reps with Heavy Bands. It is not necessary to exceed this amount of work with these exercises.

Select Bands, Sets and Reps to make an Intense workout, Keep up the Pace, No Extended Resting, Try to get 4 sets of 15 (4/15) before using more intense bands, You may need to reduce Reps when you intensify bands.

**Cardio Days**

Pick any type of Cardio, always try to go further and or faster than you did the day before. Remember fat burn cardio takes a minimum of 25 minutes to start burning fat stores. Combine Cardio if you get bored Ex. Walk and Bike. Your goal should be to do as much Fat Burn Cardio (more than 25 minutes) as possible on Cardio Days.

\*Video can be any aerobic video that doesn't involve strength training.

**Tips**

Do 6 Minutes of Cardio to Warm Up, Then Stretch

30 Seconds of Rest Between Sets, Stretch that Muscle Group during Your Rest

Do 6 Minutes of Walking or Movement to Cool Down after Workout

Print This out for Each Week, Log Your Exercise and Cardio Immediately to stay accurate, Save Them to view your Progress.

Count Your Calories

We suggest an intake of 15 to 18 calories per day of your realistic target body weight at the end of this 12 week period. Ex. If you want to be 120 pounds and this is realistic for your current weight and height, eat 1800-2160 Calories a day (15x120, 18x120). We recommend the use of an online calorie counter to monitor the meals that are actually eaten.