



In the space provided next to the workout, enter the number of **reps** you completed and the **weight** you used (if applicable).

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For cardio and interval training workouts, enter your **intensity** level on a scale of **1 to 10**, with 10 being the perfect workout, so you can track your progress.

| Weeks 1–3                             | WEEK 1            | WEEK 2            | WEEK 3            | WEEK 4            | WEEK 5            | WEEK 6            | WEEK 7            | WEEK 8            |
|---------------------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| Day 1 – Chest & Back/ARX              | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |                   |                   |                   |                   |
| Day 2 – Plyometrics                   | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |                   |                   |                   |                   |
| Day 3 – Shoulders & Arms/ARX          | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |                   |                   |                   |                   |
| Day 4 – Yoga X                        | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |                   |                   |                   |                   |
| Day 5 – Legs & Back/ARX               | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |                   |                   |                   |                   |
| Day 6 – Kenpo X                       | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |                   |                   |                   |                   |
| Day 7 – Rest                          | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |                   |                   |                   |                   |
| <b>Week 4</b>                         |                   |                   |                   |                   |                   |                   |                   |                   |
| Day 1 – Core Synergistics             |                   |                   |                   | R ___ W ___ I ___ |                   |                   |                   |                   |
| Day 2 – Yoga X                        |                   |                   |                   | R ___ W ___ I ___ |                   |                   |                   |                   |
| Day 3 – Cardio X                      |                   |                   |                   | R ___ W ___ I ___ |                   |                   |                   |                   |
| Day 4 – Abs Core Plus                 |                   |                   |                   | R ___ W ___ I ___ |                   |                   |                   |                   |
| Day 5 – Kenpo X                       |                   |                   |                   | R ___ W ___ I ___ |                   |                   |                   |                   |
| Day 6 – Core Synergistics             |                   |                   |                   | R ___ W ___ I ___ |                   |                   |                   |                   |
| Day 7 – Rest                          |                   |                   |                   | R ___ W ___ I ___ |                   |                   |                   |                   |
| <b>Weeks 5–7</b>                      |                   |                   |                   |                   |                   |                   |                   |                   |
| Day 1 – Back & Biceps/ARX             |                   |                   |                   |                   | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |
| Day 2 – Plyometrics                   |                   |                   |                   |                   | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |
| Day 3 – Chest, Shoulders, Triceps/ARX |                   |                   |                   |                   | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |
| Day 4 – Yoga X                        |                   |                   |                   |                   | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |
| Day 5 – Legs & Back/ARX               |                   |                   |                   |                   | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |
| Day 6 – Kenpo Cardio Plus             |                   |                   |                   |                   | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |
| Day 7 – Rest                          |                   |                   |                   |                   | R ___ W ___ I ___ | R ___ W ___ I ___ | R ___ W ___ I ___ |                   |
| <b>Week 8</b>                         |                   |                   |                   |                   |                   |                   |                   |                   |
| Day 1 – Core Synergistics             |                   |                   |                   |                   |                   |                   |                   | R ___ W ___ I ___ |
| Day 2 – Interval X Plus               |                   |                   |                   |                   |                   |                   |                   | R ___ W ___ I ___ |
| Day 3 – Yoga X                        |                   |                   |                   |                   |                   |                   |                   | R ___ W ___ I ___ |
| Day 4 – Abs Core Plus                 |                   |                   |                   |                   |                   |                   |                   | R ___ W ___ I ___ |
| Day 5 – Cardio X                      |                   |                   |                   |                   |                   |                   |                   | R ___ W ___ I ___ |
| Day 6 – Core Synergistics             |                   |                   |                   |                   |                   |                   |                   | R ___ W ___ I ___ |
| Day 7 – Rest                          |                   |                   |                   |                   |                   |                   |                   | R ___ W ___ I ___ |



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| Week 9                                | WEEK 9               | WEEK 10              | WEEK 11              | WEEK 12              |
|---------------------------------------|----------------------|----------------------|----------------------|----------------------|
| Day 1 – Chest & Back/Abs/Core Plus    | R ____ W ____ I ____ |                      |                      |                      |
| Day 2 – Interval X Plus               | R ____ W ____ I ____ |                      |                      |                      |
| Day 3 – Shoulders & Arms/ARX          | R ____ W ____ I ____ |                      |                      |                      |
| Day 4 – Yoga X                        | R ____ W ____ I ____ |                      |                      |                      |
| Day 5 – Legs & Back/Abs/Core Plus     | R ____ W ____ I ____ |                      |                      |                      |
| Day 6 – Kenpo Cardio Plus             | R ____ W ____ I ____ |                      |                      |                      |
| Day 7 – Rest                          | R ____ W ____ I ____ |                      |                      |                      |
| <b>Week 10</b>                        |                      |                      |                      |                      |
| Day 1 – Total Body Plus/Abs/Core Plus |                      | R ____ W ____ I ____ |                      |                      |
| Day 2 – Interval X Plus               |                      | R ____ W ____ I ____ |                      |                      |
| Day 3 – Upper Body Plus/ARX           |                      | R ____ W ____ I ____ |                      |                      |
| Day 4 – Yoga X                        |                      | R ____ W ____ I ____ |                      |                      |
| Day 5 – Legs & Back/Abs Core Plus     |                      | R ____ W ____ I ____ |                      |                      |
| Day 6 – Kenpo/Cardio Plus             |                      | R ____ W ____ I ____ |                      |                      |
| Day 7 – Rest                          |                      | R ____ W ____ I ____ |                      |                      |
| <b>Week 11</b>                        |                      |                      |                      |                      |
| Day 1 – Back & Biceps/Abs/Core Plus   |                      |                      | R ____ W ____ I ____ |                      |
| Day 2 – Interval X Plus               |                      |                      | R ____ W ____ I ____ |                      |
| Day 3 – Chest, Shoulders, Triceps/ARX |                      |                      | R ____ W ____ I ____ |                      |
| Day 4 – Yoga X                        |                      |                      | R ____ W ____ I ____ |                      |
| Day 5 – Legs & Back/Abs/Core Plus     |                      |                      | R ____ W ____ I ____ |                      |
| Day 6 – Kenpo Cardio Plus             |                      |                      | R ____ W ____ I ____ |                      |
| Day 7 – Rest                          |                      |                      | R ____ W ____ I ____ |                      |
| <b>Week 12</b>                        |                      |                      |                      |                      |
| Day 1 – Total Body Plus/Abs/Core Plus |                      |                      |                      | R ____ W ____ I ____ |
| Day 2 – Interval X Plus               |                      |                      |                      | R ____ W ____ I ____ |
| Day 3 – Upper Body Plus/ARX           |                      |                      |                      | R ____ W ____ I ____ |
| Day 4 – Yoga X                        |                      |                      |                      | R ____ W ____ I ____ |
| Day 5 – Legs & Back/Abs/Core Plus     |                      |                      |                      | R ____ W ____ I ____ |
| Day 6 – Kenpo/Cardio Plus             |                      |                      |                      | R ____ W ____ I ____ |
| Day 7 – Rest                          |                      |                      |                      | R ____ W ____ I ____ |