

# **12-WEEK WORKOUT LOG**

# Table of Contents

**Using Your Workout Log .....**

**Motivation .....**

**Nutrition .....**

**Supplements.....**

**Cardio .....**

**Strength Training/Weightlifting.....**

**We Want to See You Succeed! .....**

**Daily Log Pages**

## Using Your Workout Log

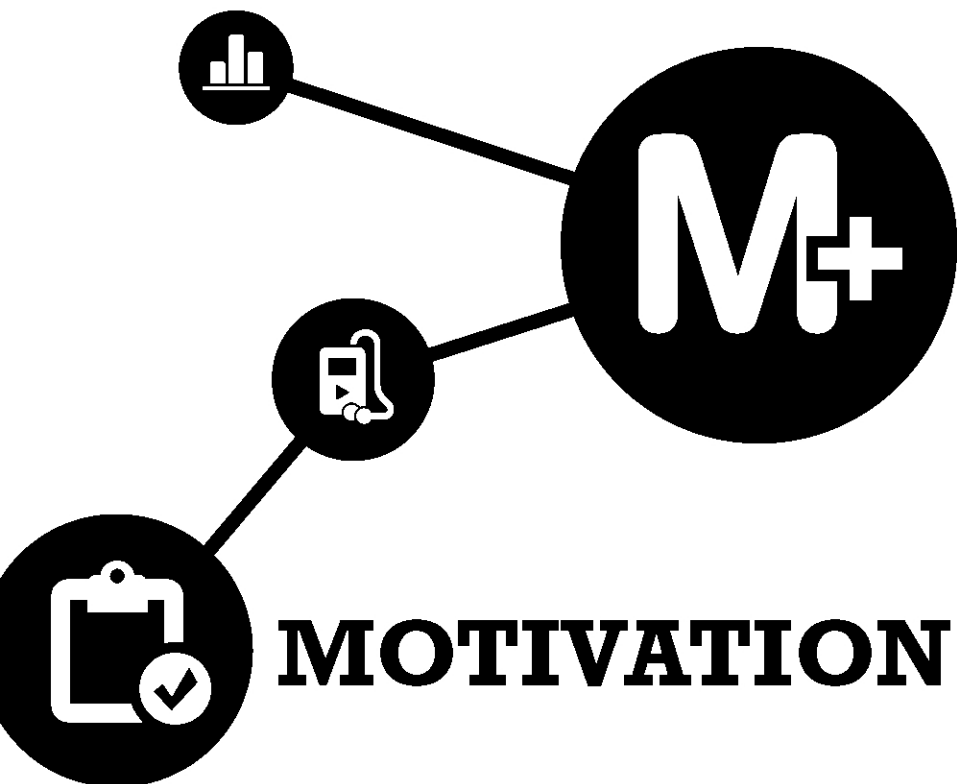
How many reps did you do last night on the incline bench? How long did Monday's cardio session last? With all the different lifts and exercises you do each week, it can be near impossible to remember and keep track of it all, especially over a long period of time. That's where your new workout log comes in.

Having a convenient and organized record of your workouts is critical to seeing your daily and long-term progress. By recording your workouts daily, you'll be able to determine where you can push yourself harder, which muscle groups need more focus, and which routines are giving you the best results. Careful tracking each day will help you maximize your time and effort in the gym. Soon, you'll notice the difference, not only in your log book but also in how you feel at the gym and how you look in the mirror.

Your workout log can help you both plan and track your workouts. Before you hit the gym, look back at your previous workouts to plan which muscle groups you'll be targeting or to set a distance/time goal for your cardio workout. Many users find it helpful to write down the exercises they will be doing before they get to the gym. This added commitment can help keep you focused on your goal and motivated to complete your full workout.

Your workout log will also be a valuable resource for you outside of the gym. Working out is a major part of achieving your goals, but nutrition, motivation, and supplements are also key to success. Read through the introductory pages for important information about balanced nutrition, getting and staying motivated, and proper supplementation in addition to specific exercise and lift recommendations.

Ready to get started? Great! Read on to get our full advice, start planning today's workouts, and then get ready to break a sweat. From the first workout you log, you'll be on your way to a whole new you.



By using this log book, you've already taken the first step to better fitness. Right now, you're motivated to get in better shape and improve your health and your body. It will be essential to stay motivated in order to reach your goals. Whether you want to look and feel stronger, finally get a six-pack, gain confidence, improve your health, or all of the above, you've made the right decision to get started.

Being fit and healthy is a way of life. While the challenges of life may present obstacles, keeping in mind your motivation for fitness will help you stay on the path to success. Remember, it's a marathon, not a sprint. Although reaching your goals will take time and effort, the progress and results you see along the way will make it all worthwhile. With your determination and our support, you too can achieve your fitness goals!

## Tips for Maintaining Motivation

**1) Don't do what you hate.** We all have that one exercise we can't stand. Forcing yourself to include it all the time in your workouts is going to make you dread going to the gym. Instead, look for replacement lifts that work the same muscle groups or forms of cardio that you like better. Come back to the dreaded exercise in a few weeks. You may find that your increased strength and endurance have made it a lot easier!

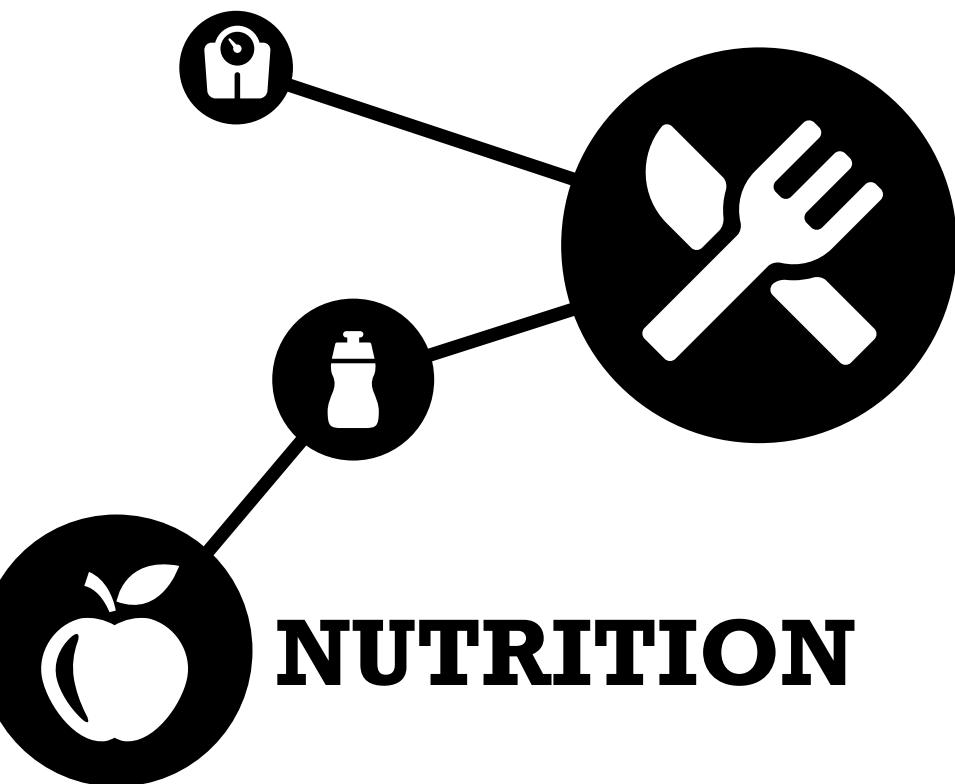
**2) Save the exercises you like for last.** If you leave your toughest/most boring exercises until the end, you may be tempted to just skip them. If you do them first, you'll have something to look forward to when you're midway through your workout. Finish with a bang since you'll be doing what you enjoy most.

**3) Make your goals attractive.** Each person has something different they're working toward. Don't let the goals of others take your focus off your own! Choose your goals based on your own specific motivations and experience. For example, benching over 200 lbs., adding another 45 lb. plate to the bar, or benching your own body weight might all be the same thing, but one of them probably sounds more attractive to you than the others. Setting your goals in the most appealing way will help you stay on track to hitting them.

**4) Switch up the routine.** Keeping your routine fresh will keep you excited to try new exercises and variations. Try to keep your workout partners changing as well. If you stick with the same partner for a long time, they may become more willing to let you skip a day or two until you stop completely. Find a new partner every few months who will hold you accountable if you skip a session.

**5) Plan your workouts in advance.** Schedule days in your calendar that you'll be hitting the gym or working out at home at least a month in advance. This way, you won't be tempted by other things that may spring up since you'll have scheduled with your buddy to meet up at the gym on these days already. You'll hold yourself more accountable if you have a set schedule and a friend waiting for you at the gym.

**6) Buy a few month's worth of supplements in advance.** The logic is simple. If you buy a few extra bottles of Force Factor, Body Rush, protein, or whatever supplement you use, you'll be more inclined to work out and use those tubs so the money doesn't go to waste. Plus, the supplements will get you amped to work out and help you achieve better results, faster. Just remember to restock when you start running low.



To build muscle, lose fat, and sculpt your body, exercise is essential. However, eating a clean, balanced diet is just as important for getting results. You work hard in the gym - don't let your eating habits erase your progress!

Proper nutrition is vital to your success. Food is your body's fuel. What you put into your mouth has a big impact on the results you get out of your workouts. If you feel that your workouts are going great, but you're not seeing results, what you're eating (or not eating) may be to blame. Keeping track of your daily food intake can help you make sure that you're getting the nutrients you need to meet your fitness goals.

### **Carbohydrates**

Carbohydrates are macronutrients that are found naturally in many plant-based foods, as well as added to processed foods by food manufacturers. Carbs get a bad rap in the media because eating too many is associated with weight gain. But, the truth is, every body needs carbohydrates in order to function at its peak. Carbohydrates are a main

source of the body's fuel, powering our brains and our muscles and just about everything else. If we don't provide our bodies with carbs for workout fuel, our bodies may end up using protein for fuel instead of for growing and repairing our muscles.

There are three main forms of carbohydrates: sugar, starch, and fiber. Sugars are the simplest forms of carbohydrates and are found naturally in fruits, vegetables, and milk products. Simple carbohydrates are quick sources of energy for the body and include sugars like sucrose (found in table sugar and many fruits), fructose (found in many fruits), glucose (found in most plant foods), maltose (found in grains), and lactose (found in milk and milk products). Soft drinks, honey, fruit juice, and many candies are very high in these simple sugars.

After a workout, your body may have exhausted all of its energy stores. Simple sugars eaten right after a workout quickly restore your body's supply of usable energy and can help your body avoid breaking down muscle for energy. A protein shake, glass of fruit juice, or a handful of dried fruit are good choices. We recommend keeping protein powder in your gym bag or locker to provide some of these post-workout carbs on the go.

Starches are considered complex carbohydrates and are found naturally in vegetables, grains, dry beans, and many other foods. Starches are complex because they are broken down by the body into simple sugars. This process takes more time, allowing starches to supply the body with longer, more sustained energy than simple sugars. Foods high in starches include bread, cereals, potatoes, pasta, rice, and beans.

Complex carbohydrates should be part of your pre-workout and post-workout meals. Pre-workout carbs provide the long-term energy your body needs to keep you performing at your peak throughout a long workout. Post-workout carbs will restore your body's supply of energy to sustain you for later in the day.

### **Fiber**

Dietary fiber is considered a carbohydrate; however, it is resistant to digestion and is passed through the body unabsorbed. Whole fruits, raw vegetables, and whole grains are typically very high in fiber and, as a result, help you feel fuller on fewer calories. If you're trying to cut weight, choosing fiber-rich foods will support your goal by helping you control your hunger. While fiber should feature heavily in a healthy diet, you should avoid eating too much fiber in your pre-workout meal as it may cause stomach cramping during your exercise. Instead, include fiber in your post-workout snacks and meals to keep you feeling full throughout the rest of your day.

## **Protein**

Protein is crucial for the body's continual growth, repair, and maintenance. Proteins make up our skin, bones, nails, hair, and so much more of our bodies. Most importantly for building muscle, protein is needed to repair the damage done to our tissues through the stress of our workouts. This repair process allows muscles to grow, but only if the body has enough protein.

Your body's specific protein requirements will depend on your size and the intensity of your workout schedule. If you work out five or more days per week, you'll need about 0.55 grams of protein per pound of your weight. If you're working out 3-5 days per week, aim to get 0.45 grams of protein per pound per day. So, if you're a 175 lbs. male working out three days per week, try to get about 80 grams of protein in your diet every day. As your body becomes leaner and stronger, you may need to increase this amount in order to continue to experience muscle growth.

Be sure to space your protein consumption over the course of the day. For your body's optimal protein synthesis, you should be consuming protein with every meal. This is because your body can only process a certain amount of protein at one time. Eating all of your daily protein at once will result in only a fraction of it being put to the best muscle-building use. It is especially important to consume protein after your workout to restore and repair your muscles.

Unfortunately, not all proteins are created equal. Vegetarians will have a harder time getting the right kinds of protein for optimal muscle building. Nutritionally, animal proteins (like chicken) are more complete proteins and contain specific amino acids in the right proportions for your body. Nuts and beans can be good sources of protein; however, they don't have the same proportions of essential building blocks. If you can, choose animal proteins (meats and dairy) when possible.

## **Dietary Fat**

Fats are compounds that occur naturally in animal and plant tissues and serve as one of the body's major energy stores. In addition to storing energy, fats are also important for maintaining body temperature, protecting and insulating organs, and promoting healthy cell functioning, among many other important functions. Some fats are also important sources of essential fatty acids, which have numerous proven health benefits. Therefore, even though most people associate "fats" with "unhealthy diet," this is not necessarily the case.

Saturated fats, unsaturated fats, and trans fats differ in several ways. On a basic level, their chemical structure sets them apart and changes

their physical characteristics (and the way your body metabolizes them). Most saturated fats are solid at room temperature and can store more energy than unsaturated fats. Examples of foods high in saturated fat include cheese, butter, lard, and fatty meats. In contrast, unsaturated fats are typically liquid at room temperature. Foods that are higher in unsaturated fats include olive oil, nuts, avocados, and canola oil. Unsaturated fats (including monounsaturated and polyunsaturated) are considered to be more healthful than saturated fats, as studies have shown positive heart health benefits from these fats.

Trans fats also differ in chemical structure and have been in the news recently due to their links to coronary heart disease and cholesterol problems. Nutritional authorities today recommend that you keep the level of trans fats in your diet to an absolute minimum. Trans fats must be included on nutritional labels, so check the labels on packaged foods to identify and avoid these fats whenever possible.

Omega-3 fatty acids have also been in the media spotlight lately, but for the opposite reason of trans fats. They are reported to significantly benefit heart health in addition to having a positive impact on inflammation, the immune system, and brain functioning. Omega-3s include some essential fatty acids that cannot be produced by the body and therefore must come from diet. Good sources include fatty fish like salmon, tuna, and swordfish.

## Water and Hydration

Hydration is critical to performing, feeling, and looking your best. Water is critical for your body's metabolism and for the contraction of your muscles during exercise. However, we're constantly losing water from our bodies. It leaves through our breath, through our sweat, and through the body's elimination of waste. The average adult loses 10 cups of water on an average day. However, if you're working out in a hot and humid environment, you can lose as much as 8 cups or more in an hour.

You should hydrate before, during, and after exercise. About 3 liters (approx. 13 cups) of total fluids per day for adult men and about 2.2 liters (approx. 9 cups) for adult women are recommended. You're probably getting about 20% of this already from the food you eat. If you are working out, you should increase your water intake to offset fluids lost through sweat. Exactly how much you need depends on how much you sweat (and thus the temperature and the duration and intensity of your exercise). Electrolytes (like sodium) are also lost through sweat, so replenishing yourself with a sports drink after intense exercise is a smart choice.

Dehydration occurs when your body does not get enough water to execute its normal, necessary functions. The first symptoms of dehydration may include dry mouth, fatigue, thirst, dry skin, headache, constipation, and dizziness. Clear or light-colored urine signals good hydration; a dark yellow color typically indicates dehydration. Mild to moderate dehydration is usually treated with re-hydration. Severe cases will demand medical attention. The best defense against dehydration is drinking water consistently throughout the day. Keep a glass on your desk and water bottles in your car and gym bag as constant reminders.

## Everything in Balance

Now that you're familiar with the major macro-nutrients, you know that you'll need some of all of them in your diet everyday. But how much of each do you need? As is often the case, the answer is "it depends." It will depend on your specific goal, your current fitness level, your size, and your metabolism, among other variables. For example, the nutrient requirements for someone trying to build muscle and get bigger differ widely from those of someone trying to lose body fat and focus on toning. Further, you'll need to adjust your daily intake as your body continues to grow and change. For a baseline, try out the tools and calculators on [www.ForceFactor.com](http://www.ForceFactor.com) to estimate the nutritional needs for your specific body and goals.

In addition to balancing macro-nutrients, you should keep an eye out to get key vitamins and minerals in your diet. In addition to depleting your energy stores, strenuous exercise can also reduce your body's supply of important vitamins and minerals. Taking a daily multivitamin,

especially one that is designed for an active lifestyle, is often a good start. Omega-3 supplements are also beneficial for the active body. Research today suggests that adequate EPA/DHA (types of omega-3s) levels play a role in everything from energy production to blood oxygenation to tissue development to strengthening the immune system. Most of us don't get adequate omega-3s from our diet (foods like seafood, nuts, and flax seeds are good sources), so supplementing a balanced diet with an omega-3 supplement can be a smart choice to meet daily nutrient goals.

## Cheat Meals

We strive to eat healthfully and keep a balanced diet as much as possible. However, like you, we're only human: sometimes we crave "junk" foods like ice cream, pizza, nachos, and chicken wings. Banning these foods forever isn't going to work as a "diet" strategy. Instead, moderation is key to smart nutrition. We like to designate special "cheat" meals every week as an opportunity to indulge in our favorites. Choosing to have a "cheat" meal from time-to-time can be a smart strategy. Here's why:

### You're less likely to binge.

Strict diets usually fail because banning certain foods outright can lead to major rebounds later on. Allowing yourself to have the foods and special treats you crave from time to time can reduce the chances of a major, progress-stalling binge that is prompted by stress, exhaustion, or even just boredom with your current diet. In short, a small treat now can help you avoid a 2,000 calorie binge later.

### You're more likely to stick to your diet plan.

There will always be tasty temptations around. Whether you're passing a bakery on the way to work, going to a steakhouse for dinner with clients, or just going out for drinks with the guys, it's impossible to isolate yourself from unhealthy (but delicious) foods. No one can avoid all temptations, so cut yourself some slack and indulge a little. You're in great shape if you stick to a clean diet 90% of the time. Occasional cheat meals allow you to have your favorites when you need to without quitting the whole nutrition plan for good.

### You'll get extra energy for the gym.

Feeling sluggish? Your commitment to restricting calories may be to blame. If you have been dieting for a few weeks, then your fatigue may be the result of low levels of glycogen stored in your muscles. Your muscles need stored glycogen for energy to propel them through exercise. Low levels can lead to feeling tired and weak during your workouts. A cheat meal provides extra calories and carbs to your body. This can replenish some of your glycogen stores and help give you the extra energy you need

to train harder and longer.

**You’ll rev up your metabolism.**

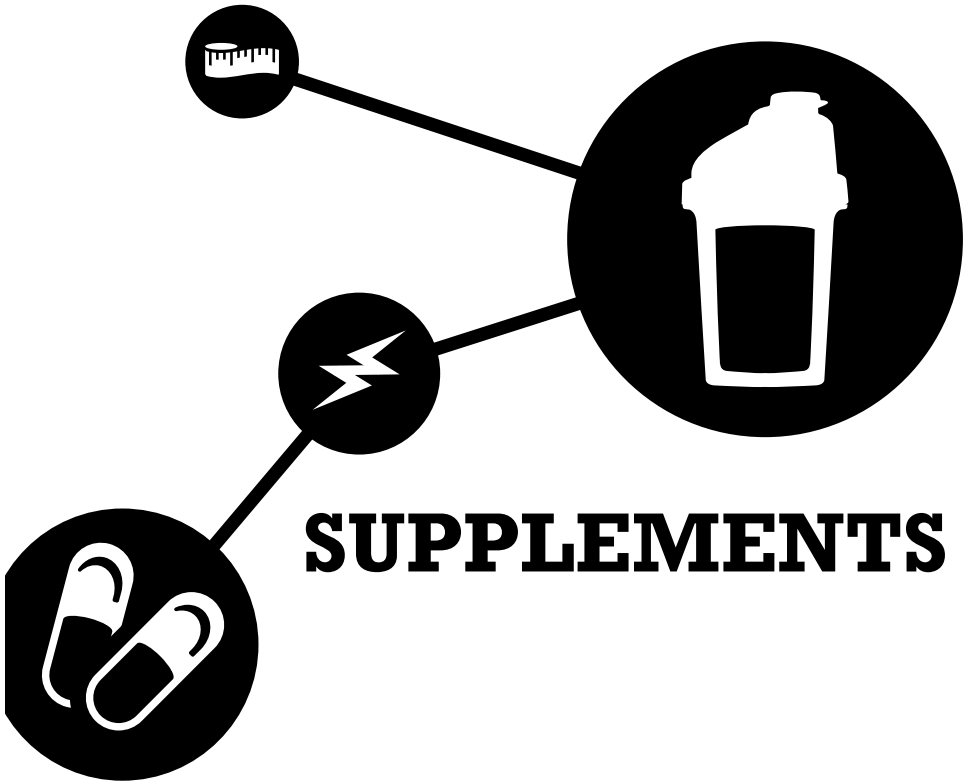
When you’re following a strict diet, your body can sense starvation and slow down your metabolism. Even though you know you’re trying to lose some body fat, your body may be working against you by trying to function at a lower level to expend fewer calories. Providing extra calories with a cheat meal can confuse your body and help kick your metabolism back into gear. This helps your body get less accustomed to running on low calories and makes getting leaner easier.

**Nutrition Tracking**

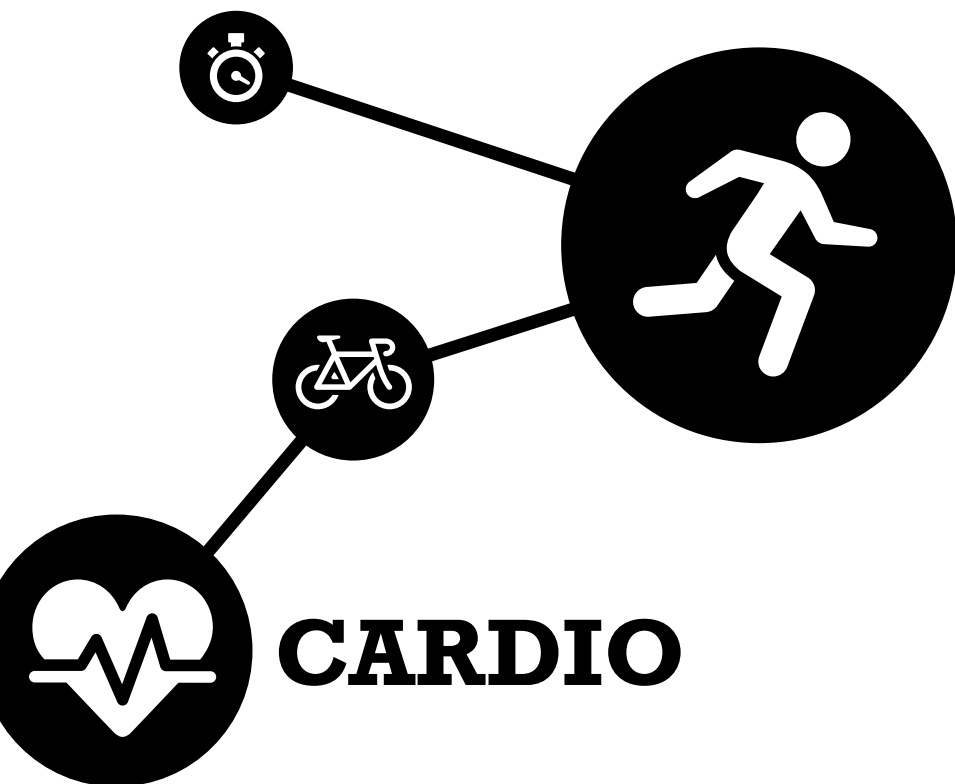
Tracking your dietary demands and food intake can be as important as tracking your workouts. As with your daily workout logs, you’ll be able to notice patterns and identify areas where you need more or less focus. From there, you’ll be able to adjust your diet so you can get better body results, faster. Planning out and writing down what you’re going to eat before you eat it can also help you to avoid slip ups and “junk” food binges. Luckily, today’s nutritional labels must provide a lot of the key information you’ll be looking for: calories, fat (including saturated and trans), carbohydrates, fiber, and protein. Take a close look at your serving size and remember that if you “bite it you must write it!”

**Sample Diet/Nutrition Plan**

Meal	Calories	Fat (grams)	Protein (grams)	Carbs (grams)
2-3 Eggs, 1 cup Oatmeal 10 oz. OJ	200/300 +166 +144	14/21 +3.6 +0	18/27 +5.9 +2	3/4 +28.1 +32.9
Banana, Apple	105 +95	0.4 +0.3	1.3 +0.5	27 +25.1
2Tbsp Peanut Butter & 2Tbsp Jelly on Whole Wheat	285	10	9.5	44.5
8 oz. Lean Red Meat 1 cup Brown Rice 1 cup Steamed Broccoli	392 +218 +84	16 +1.6 +1	58.4 +4.5 +6.8	0 +45.8 +12.6
Total for day:	2297	66.3	188.2	244.1



Increasingly popular today, sports supplements can be an important part of anyone’s workout success. Luckily, there are many safe, effective, and heavily researched workout supplements available today that can help speed your progress and improve your results for a wide variety of goals.



You work hard in the gym. Make sure you're showing off the body you've put in the time, energy, and sweat to create. Cardio is the necessary step to getting the toned, defined, and sculpted look that will show off the muscle you've built. It does this by helping your body burn off unwanted fat and tone muscles. Not only does cardio give you the muscular definition you want, but you'll get bonus health benefits for your heart, as well. In short, even if you prefer strength training, cardio is well worth your time and effort.

### **Intensity, Duration, Frequency**

In evaluating any cardio routine, intensity, duration, and frequency must all be considered. Combined in different ways, these variables can produce significantly different results. Intensity refers to the percentage of your maximum heart rate that you are reaching during your cardio exercise. Maximum heart rate is the number of times your heart can beat in a minute. Most experts agree that the optimal (target) rate to keep your heart at for fat burning is 65% of this maximum. To calculate this approximately, you can subtract your age from 220 and

then multiply by 0.65. Many cardio machines in the gym have heart rate monitors. You can use these to track your heart rate, or you can invest in a small, personal heart rate monitor that you can use anywhere (these are often more accurate). When working out, periodically check that your heart rate is staying in or close to that 65% range and increase or decrease the challenge as necessary to adjust.

Duration is the amount of time you are spending during a specific cardio session. Hate cardio? Hang in there for at least 20 minutes to make it worth your while. Only you know how many calories you need to burn to make cardio work best for you. Remember, there are 4 calories in every gram of carbohydrates and 9 in every gram of fat. Be honest with yourself and do enough cardio to keep your net calorie levels where you want them to be.

Frequency refers to how often you are doing cardio. To get your cardiovascular system in optimal shape, high-intensity exercise is recommended several times per week. The optimal amount for you will depend on your training routine. Remember, just like strength training, you need rest days from cardio, as well.

### **Which cardio plan is best for me?**

There is no perfect cardio plan that fits everybody. Some people like running, others like cycling, others like jumping rope, and some people don't like any of it!

To burn fat, high intensity-interval training (HIIT) has been shown to be very successful. Here's a sample workout you can try if you don't like the treadmill:

- Body Weight Squat: 24 reps
- Body Weight Alternating Lunge: 12 reps each leg
- Body Weight Split Jump: 24 reps each leg
- Body Weight Jump Squat: 12 reps

Time yourself as you perform 1 set of each of these. Rest for the same amount of time it took you to perform the set before doing another set.

If you do like the treadmill or the bike, try one of these cardio programs:

On the treadmill, warm up for 5 minutes. Either by using the speed interval setting on your treadmill or manually controlling the speed, perform a challenging sprint for 10-15 seconds, then drop down to a jog/ fast walk for 30-45 seconds, and then bring it back up to a sprint again.

Continue this pattern for 20 minutes (or as long as you can go).

If you’re on the bike, perform 45 seconds of high-intensity biking, then rest for 45 seconds. Continue this pattern 5 more times. Do a slow bike at the end to cool down.

You’ll find yourself sweating like a pig, but you’ll have burned much more fat than you would have with a slower, longer jog or bike ride. Don’t expect to follow up these HIIT exercises with a long lifting session though as they use up a lot of energy!

**Should you eat before or after your cardio workout?**

Today, experts advise that you’ll burn more calories up to 24 hours after your workout if you do eat something before you work out. Have something small like a piece of fruit or a power smoothie. This can help provide your muscles with the fuel they need to blast through a better, longer cardio session. Don’t consume a ton of food, though, (to avoid stomach cramping and unnecessary calories) and give yourself an hour or so to digest!

What about doing cardio before or after your weight workout? Well, if you’re working out the same muscle groups in both your cardio and weight set on the same day, do the cardio after. Otherwise, it doesn’t matter! Do what motivates you. For some people, getting cardio out of the way first helps them stay in the gym longer to work on strength. Others love the rush of endorphins from cardio and use it to push through lifts later on. Try it both ways and see what works best for you.

**Calories Burned During Exercise, Sport, or Activity**

Exercise, Sport, Activity (1 hour)	130 lb.	155 lb.	180 lb.	205 lb.
Cycling, 10-11.9 mph, light	354	422	490	558
Cycling, 12-13.9 mph, moderate	472	563	654	745
Cycling, 14-15.9 mph, vigorous	590	704	817	931
Cycling, 16-19 mph, very fast	708	844	981	1117
Stationary cycling, light	325	387	449	512
Stationary cycling, moderate	413	493	572	651
Stationary cycling, vigorous	620	739	858	977
Stationary cycling, very fast	738	880	1022	1163
Circuit training, moderate intensity	472	563	654	745
Stair machine	531	633	735	838
Running, 12 min. mile	472	563	654	745
Running, 10 min. mile	590	704	817	931
Running, 8.5 min. mile	679	809	940	1070
Running, 7 min. mile	708	844	981	1117
Jumping rope, moderate	590	704	817	931
Jumping rope, fast	708	844	981	1117
Swimming laps, general, slow	413	493	572	651
Swimming laps, general, fast	590	704	817	931
Basketball game, competitive	472	563	654	745
Basketball game, practice	354	422	490	558
Football, non-competitive	472	563	654	745
Frisbee	472	563	654	745
Tennis	413	493	572	651



## STRENGTH TRAINING/ WEIGHTLIFTING

This section will teach you some of the best exercises to help burn fat and tone your major muscle groups. Create a schedule to focus on different muscle groups on different days to avoid over-training. You can incorporate these exercises as a baseline and add in new and more complicated lifts as you progress. A consistent commitment to strength training will have you on your way to seeing solid muscle gains. Here are some general work out tips to keep in mind no matter how advanced you are:

**1) Don't overexert yourself.** Start off using smaller weights and increase weight in gradual increments until you find your maximum. You're not at the gym to impress anybody; you're there to get stronger, healthier, and meet the goals you've set for yourself.

**2) Ramp up slowly.** When increasing weight on a lift, go up in small increments so you don't miss the right level of weight for your current strength. Training with too-heavy or too-light weights will limit your progress and can lead to strain or injury.

**3) Keep the blood flowing.** On non-lifting days, keep your muscles active. Try doing some light cardio to increase blood flow for better recovery. Alternatively, perform some of the same exercises you do normally, but use just 25% of the normal max weight.

**4) Fast movements work more muscles.** When you lift slowly, you often use fewer of your muscle fibers at once. Lifting faster can force your body to activate more muscle fibers. That being said, it is critical to remain in total control when you are lifting. Only move as fast as you can correctly perform the exercise to avoid injury.

**5) Proper technique is key.** If you aren't using the proper form and technique in your lifts, you won't be reaping all the benefits and you'll be putting your body at greater risk for injury. If you're unsure about a certain lift or machine, ask a trainer or research the move to see if you're doing it correctly. Watching yourself in the mirror can also help you to perfect your form.

# How to Do These Exercises

## Dumbbell Fly

- 1) Starting position: Grasping two dumbbells, lie face up on a bench. Hold the dumbbells over your chest with arms slightly bent, palms facing each other and elbows pointing outwards.
- 2) Bring the dumbbells down to the sides until chest is fully stretched and while holding arms slightly bent.
- 3) Perform a hugging motion to return to the starting position.

## Body Weight Chest Dip

- 1) Starting position: Mount yourself on a wide dip bar with an oblique grip (the bar should be diagonal under the palms). The shoulders should be above the hands and the knees and hips should be slightly bent.
- 2) Lower the body by bending the arms so that the elbows point outwards.
- 3) When a slight stretch is felt in the shoulders or chest, push the body back up to the starting position.

## Weighted Swiss-Ball Crunch

- 1) Starting position: Grasp a weight plate behind your head. Sit on an exercise/swiss-ball. Walk forward on the ball while laying the back on it to fit the contour of the ball. The shoulders and head should hang off the ball and the knees and hips bent.
- 2) Flex the waist to perform a crunch and return to the start position.

## Dumbbell Kickback

- 1) Starting position: Kneel over a bench with the left knee and hand on the bench. Have the right foot flat on the floor and bend forward at the hips so your torso is parallel with the floor. Grasp a light weight in the right hand such that the upper arm is parallel to the floor.
- 2) Extend the arm until it is straight, then bend it back to the starting position. Switch to the other arm after a set with one arm.

## Reaching Medicine-Ball Lunge

- 1) Starting position: Stand while holding a medicine ball above your right shoulder with straight arms.
- 2) Step forward with the right leg while bringing down the ball towards your left until it reaches past your left foot. Return to the start position.

## Overhead Slam

- 1) Starting position. Stand while holding a bouncing medicine ball above your head.

- 2) Throw the ball at the floor so it bounces up in front of you and catch it. Return to starting position.

## Wall Climb

- 1) If available, use a climbing wall for 1-2 minutes. Otherwise, use a climbing wall machine that utilizes both the arms and legs for 1-2 minutes.

## Suicide Runs

- 1) Mark or make note of a point as your starting position and several equally spaced (~5-10m) points in front of you.
  - 2) Begin by running to your 1st checkpoint, then run backwards to your start, then to the 2nd check point, and back again, until you reach your 3rd checkpoint and back.
- \*If you do not have room to do suicide runs, do suicide stairs instead (read ahead).

## Twisting Dumbbell Shoulder Press

- 1) Starting position: Stand holding weights next to your shoulders, palms inward.
- 2) As you press the weights upwards until arms are completely extended, rotate your torso in one direction.
- 3) Rotate back as you return the weights to starting position. Reverse the torso twist direction for the next set.

## Lying Medicine-Ball Woodchop

- 1) Starting position: Lie face-up on a bench and grasp a medicine ball with both hands over your right shoulder.
- 2) Pull the ball down over your left knee and return to the starting position. Repeat on the other side for the next set.

## Wide-Grip Lat. Pulldown

- 1) Starting position: Sit with legs underneath support of pads on cable machine. Grasp the cable bar above you with a wide grip; the arms and shoulders should be fully extended.
- 2) Pull the bar down until it reaches the upper chest. Return it to the starting position.

## Swiss-Ball Crunch with Medicine-Ball Toss

- 1) Lie on an exercise/swiss ball with your arms extended past your arms extended past your head while holding a medicine ball with both hands.
- 2) Perform a crunch maneuver and as you reach the top of the crunch, toss the ball to a partner in front of you or above you.
- 3) Catch the ball and lie back down to the starting position.

## **Jump Squat**

- 1) From a standing starting position, lower your body by bending your knees and keeping your back very slightly arched until your torso is parallel to the floor.
- 2) From this position, create an explosive jump to reach as high as possible, then land back into the squat position again (using the proper technique).

## **Overextension Kickback**

- 1) Starting position: Kneel over a bench with the left knee and hand on the bench. Have the right foot flat on the floor and bend forward at the hips so your torso is parallel with the floor. Grasp a light weight in the right hand such that the upper arm is parallel to the floor.
- 2) Extend the arm until it is straight. As you begin to reach the limit of the movement, rotate your palm so that it faces the ceiling and the back of your hand faces your body at the full extension.
- 3) Pause, then slowly return it to the starting position. Switch to the other arm after a set with one arm.

## **Hooks at Punching Bag**

Perform 40-60 hooks into a punching bag with each arm.

## **Stair Suicides**

- 1) Start at the bottom of a staircase. Run up 10 steps, then back down.
- 2) Repeat with 20, 30, 30, 20, and 10 steps each. Rest for 1-3 minutes before the next set.

## **Uneven Barbell Curl**

- 1) Starting position: Grasp the barbell with a shoulder-width grip but have one hand closer to the middle of the bar.
- 2) Perform a set of 8 curls, then switch the position of the hands and repeat.

## **Single-Arm Dumbbell Shrug**

- 1) Starting position: Grasp a dumbbell in one hand so that it lies against your thigh. Place your other hand on the small of the back, palm out.
- 2) Shrug your shoulder to lift the dumbbell, then return to the starting position. Switch sides for the next set.

## **Single-Leg Dumbbell Calf Raise**

- 1) Starting position: Stand on a calf block with your toes and balls of feet on the block, arch and heel hanging off. Grasp a dumbbell in one hand. Place other hand on the wall for support. Remove the foot from the block on the side that isn't holding the dumbbell by bending the knee.
- 2) Raise the heel by extending the ankle as much as possible. Lower it

by bending the ankle until the calf is stretched. Switch sides for the next set.

## **Dumbbell Deadlift, Curl, & Press**

- 1) Starting position: Squat while holding 2 dumbbells on the floor.
- 2) Stand. When you are fully standing, perform a curl with each arm simultaneously.
- 3) At the top of the motion of the curl, extend your arms upwards until they are straight.
- 4) Bring your arms back down to the top of the curl motion. Lower it back down to your sides and then to the ground as you squat to the starting position.

## **Cable Crunch**

- 1) Starting position: Kneel below a high-pulley cable station. Grasp the cable rope attachment with both hands. Place the hands against the head, and flex the hip so the spine is hyperextended.
- 2) Keeping the hips stationary, flex the waist so the elbows come in towards the thighs, very similar to a normal crunch motion. Return to the starting position.

## **Barbell Wrist Curl**

- 1) Starting position: Sitting on a bench, grasp a barbell (or dumbbells if the barbell is too heavy) with palms up and place the forearms on the thighs.
- 2) Curl the weights using only the wrists, then return to the starting position. Perform until failure, then flip the palms over and do the same.

# WE WANT TO SEE YOU SUCCEED!

**1. Information:** Knowledge is power. The more you can learn about nutrition, proper exercise technique, and supplementation, the better you'll be able to tailor and adapt the right fitness program for your goals and your body. Whether you get your information from experts and professionals (trainers, professional athletes, fitness coaches, doctors), online, in magazines or from your friends at the gym, the more you learn about fitness, the better you'll be able to design and improve your personal fitness program. So keep reading up and don't hesitate to ask questions.

**2. Your inner game:** Stay motivated. Maintaining the correct mindset for working out and improving your health and body is important to keep you focused and committed. Fitness and health is more than just a 12 week transformation, it will become a lifestyle. What motivates you to improve your body and health will be unique to you. Focus on your own goals and surround yourself with positive encouragement and a support structure that will help you succeed.

**3. Supplementation:** Take advantage of quality supplements. Today's sports supplements offer safe and effective ways to support your body and help you to get and maintain better results, faster. Faster results can improve your confidence and maintain your motivation - keys to sticking with any fitness program. Supplements alone won't transform your body, but combined with your hard work in the gym and discipline in the kitchen, they will help you improve your workouts and reach your goals faster.

Good luck and we hope you will share your progress and results with our team over these next 12 weeks!

## 12-Week Weight and Nutrition Log

	Weight	Notes
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		

## Nutrition Goals - Fill this in as you go along!<sup>1</sup>

	Carbs (grams)	Protien (grams)	Fat (grams)	Total (calories)
Week 1-3				
Week 4-6				
Week 7-9				
Week 10-12				

1. 4 calories per gram of carbohydrate, 4 calories per gram of protein, 9 calories per gram of fat.

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat  
Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat  
Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Daily Log Page

Week #: \_\_\_\_\_ Day #: \_\_\_\_\_

Day of Week: Sun - Mon - Tue - Wed - Thu - Fri - Sat

Date: \_\_\_\_\_  
Time: \_\_\_\_\_

## Cardio

Exercise	Duration	Calories Burned

## Strength Training

Exercise	Seat Pos.	Rest Period	Set 1	Set 2	Set 3	Set 4
			wt / rep	wt / rep	wt / rep	wt / rep

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

