



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

R = REPS W = WEIGHT I = INTENSITY

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 ___					
Week 4								
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 ___				
Weeks 5–7								
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 ___	
Week 8								
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 ____			
Week 10				
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 ____		
Week 11				
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 ____	
Week 12				
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 ____