

man on top

lose fat, get fit, and control your weight for life

Warmup	
Exercise	Repetitions
Joint rotations	10 per joint – each side
Face the wall Ys	10
Ankle mobility	10 per side
Split stance rotations	10 per side
Pushups plus	10
Rockbacks	10
Glute Bridges	10
Jumping jacks	1 minute

Kickstart Workout – 6 Workouts				
Exercise	Workouts	Notes: sets, reps, weight used, maximum time, etc.	Workouts	Notes: sets, reps, weight used, maximum time, etc.
<i>Do In A Circuit</i> <i>Rest 1 Min</i>	1-3 Sets X Reps		4-6 Sets X Reps	
Pushups	1-2 X AMAP*		1-2 X AMAP*	
Reverse Lunges	1-2 X 10		1-2 X 10	
Wall Slides	1-2 X 12		1-2 X 12	
Chair Squats	1-2 X 12		1-2 X 12	
Bent Over Ts	1-2 X 12		1-2 X 12	
Side Planks	1-2 X ALAP*		1-2 X ALAP*	
One Leg Glute Bridges	1-2 X 10		1-2 X 10	
Bird Dogs	1-2 X ALAP*		1-2 X ALAP*	

man on top

lose fat, get fit, and control your weight for life

Warmup	
Exercise	Repetitions
Joint rotations	10 per joint – each side
Face the wall Ys	10
Ankle mobility	10 per side
Split stance rotations	10 per side
Pushups plus	10
Rockbacks	10
Glute Bridges	10
Jumping jacks	1 minute

Initial Fitness Test		Score
Exercise	Required Effort	
Pushups	Maximum Number For 1 Minute	
Bodyweight Squats	Maximum Number For 1 Minute	
Jumping Jacks	Maximum Number For 1 Minute	
Front Planks	Hold For Time (In Seconds)	
Side Planks (Right)	Hold For Time (In Seconds)	
Side Planks (Left)	Hold For Time (In Seconds)	
1 Mile Run / Walk Or 3 Mile Stationary Bike/Bicycle	Time To Completion In Minutes	

man on top

lose fat, get fit, and control your weight for life

Phase 1 Workout A – 6 Workouts		
Exercise <i>Do In A Circuit</i> <i>Rest 1 Min After Circuit</i>	Workouts 1-6 Sets X Reps	Notes: sets, reps, weight used, maximum time, etc.
Pushups (or Elevated Pushups)	3 X AMAP	
DB Reverse Lunges	3 X 8-10	
Prone Y And Ts	3 X 5 Each	
DB Romanian Deadlifts	3 X 8-10	
Front Planks	3 X ALAP	
Hammer Curls	3 X 8-10	

Phase 1 Workout B – 6 Workouts		
Exercise <i>Do In A Circuit</i> <i>Rest 1 Min After Circuit</i>	Workouts 1-6 Sets X Reps	Notes: sets, reps, weight used, maximum time, etc.
Shoulder Side Presses	3x 8	
Goblet Squats	3 X 8	
DB Rows	3 X 8-10	
<i>1 Leg Glute Bridges</i>	3x 10	
<i>Side Planks</i>	3 X ALAP	
<i>Standing French Presses</i>	3 X 8-10	

man on top

lose fat, get fit, and control your weight for life

Warmup	
Exercise	Repetitions
Joint rotations	10 per joint – each side
Face the wall Ys	10
Ankle mobility	10 per side
Split stance rotations	10 per side
Pushups plus	10
Rockbacks	10
Glute Bridges	10
Jumping jacks	1 minute

2nd Fitness Test (after Phase 1)		Score
Exercise	Required Effort	
Pushups	Maximum Number For 1 Minute	
Bodyweight Squats	Maximum Number For 1 Minute	
Jumping Jacks	Maximum Number For 1 Minute	
Front Planks	Hold For Time (In Seconds)	
Side Planks (Right)	Hold For Time (In Seconds)	
Side Planks (Left)	Hold For Time (In Seconds)	
1 Mile Run / Walk Or 3 Mile Stationary Bike/Bicycle	Time To Completion In Minutes	

man on top

lose fat, get fit, and control your weight for life

Phase 2		
Workout A – Strength – 6 Workouts		
Exercise	Workouts	Notes: sets, reps, weight used, maximum time, etc.
Do In A Circuit Rest 2 Min After Circuit	1-6 Sets X Reps	
<i>1 DB Split Squats</i>	<i>4 X 6</i>	
<i>2 Point DB Rows</i>	<i>4 X 6</i>	
<i>1 Leg Squats to Bench</i>	<i>4 X 6</i>	
<i>1 Arm Swiss Ball Presses</i>	<i>4 X 6</i>	
<i>SHELCS</i>	<i>4 X 8 - 12</i>	
<i>Mountain Climbers (with 5 second hold)</i>	<i>4 X 4 – 5 Per Side</i>	

Phase 2		
Workout A – Endurance – 6 Workouts		
Exercise	Workouts	Notes: sets, reps, weight used, maximum time, etc.
Do In A Circuit Rest 1 Min After Circuit	1-6 Sets X Reps	
<i>Pushups</i>	<i>3 X AMAP</i>	
<i>Forward Lunges w/dbs</i>	<i>3 X 12 Per Leg</i>	
<i>DB Face Pulls</i>	<i>3 X 12</i>	
<i>Face The Wall Squats</i>	<i>3 X 12</i>	
<i>Bicep Curls To Press</i>	<i>3 X 12</i>	
<i>Jackknives</i>	<i>3 X AMAP</i>	

man on top

lose fat, get fit, and control your weight for life

Warmup	
Exercise	Repetitions
Joint rotations	10 per joint – each side
Face the wall Ys	10
Ankle mobility	10 per side
Split stance rotations	10 per side
Pushups plus	10
Rockbacks	10
Glute Bridges	10
Jumping jacks	1 minute

3rd Fitness Test (after Phase 2)		Score
Exercise	Required Effort	
Pushups	Maximum Number For 1 Minute	
Bodyweight Squats	Maximum Number For 1 Minute	
Jumping Jacks	Maximum Number For 1 Minute	
Front Planks	Hold For Time (In Seconds)	
Side Planks (Right)	Hold For Time (In Seconds)	
Side Planks (Left)	Hold For Time (In Seconds)	
1 Mile Run / Walk Or 3 Mile Stationary Bike/Bicycle	Time To Completion In Minutes	

man on top

lose fat, get fit, and control your weight for life

Phase 3		
Workout A – Strength - 6 Workouts		
Exercise	Workouts	Notes: sets, reps, weight used, maximum time, etc.
Do In A Circuit	1-6	
Rest 2 Min After Circuit	Sets X Reps	
Chinups	5 X AMAP	
Alternating Dumbbell Press	5 X 5	
Dumbbell Split Squat	5 X 5	
Plank To Push Up	5 X AMAP Per Side	
DB Romanian Deadlift	5 X 5	

Phase 3		
Workout B – Strength - 6 Workouts		
Exercise	Workouts	Notes: sets, reps, weight used, maximum time, etc.
Do In A Circuit	1-6	
Rest 45 Sec After Circuit	Sets X Reps	
Alternating DB Rows	3x15	
Diagonal Lunges	3x15	
Floor Presses	3x15	
DB Romanian Deadlifts	3x15	
Alternating Bicep Curls	3x15	
Dynamic Side Planks	3x15	

man on top

lose fat, get fit, and control your weight for life

Final Fitness Test (after Phase 3)		Score from Initial * Fitness Test	Score from Final * Fitness Test
Exercise	Required Effort		
Pushups	Maximum Number For 1 Minute		
Bodyweight Squats	Maximum Number For 1 Minute		
Jumping Jacks	Maximum Number For 1 Minute		
Front Planks	Hold For Time (In Seconds)		
Side Planks (Right)	Hold For Time (In Seconds)		
Side Planks (Left)	Hold For Time (In Seconds)		
1 Mile Run / Walk Or 3 Mile Stationary Bike/Bicycle	Time To Completion In Minutes		

*** After you complete the Fitness Test, by sure to enter your scores from your *Initial Fitness Test*, and see how far you've come!**