K OTTOBRE							Y FRIDAY SATURD	DAY SUNDAY															
RAM: UPPER/LOWER				WEEK 1 UPPER BODY (1) WFFK 2 UPPER	LOWER BODY (1) REST	UPPER BODY (2) UPPER	LOWER BODY (3)	REST		- 1 -	DDDI	— ®											
E: 1; SEASON A 2025				WEEK 2 UPPER BODY (1) WEEK 3 UPPER	BODY (1) REST	BODY (2)	LOWER UPPER BODY (3) LOWER UPPER	REST		ENTE		J E S S											
H: TYRONE FOLINO 12/1/2025				WEEK 4 UPPER BODY (1)	BODY (1) REST LOWER BODY (1) REST	BODY (2) UPPER BODY (2)	BODY (2) BODY (3) LOWER UPPER BODY (2) BODY (3)	1.20															
S:				BODT (1)	BODT (1) REST	BOD1 (2)	BODT (2)	REST															
BODY BODY PART PAR	EXERCISE	SESSION SETS	REPS	TEMPO REST	DATE	SET 1 OAD REPS	SET 2 S LOAD REP	SET SET	3 SE			ET 6 TOTAL TONNAG											
TAKI				DAY 1: UPPER E			D LUAD KEP	S LOAD	KEPS LOAD	REPS LUAD	REPS LOAD	REPS TOTAL		Week QUAD	S GLUTES	HAM	UPPER N	MID PEC LC	OWER LATS	MID	UPPER FRONT	MEDIAL RI	EAR
		1 1 1	0066	· · · · · · · · · · · · · · · · · · ·	ARM-UPS									1 0	0	0	0	0	0 0	0	0 0	0	0
UPPER PEC	Incline Barbell Chest		8,8,6,6 8,8,6,6										0	2 0	0	0	0	0	0 0	0	0 0	0	0
(CLAVICU LAR)	Press; mid grip			3010 120									0	3 0	0	0	0	0	0 0	0	0 0	0	0
LAK)				3010 120									0	4 0	0	0	0	0	0 0	0	0 0	0	0
	Chin Un; mid ouningted		8,8,6,6 8,8,6,6	3111 120 3111 120									0										
LATS	Chin Up; mid supinated grip		8,8,6,6										0										
		4 4		3111 120									0										
MID PEC	Flat Dumbbell Chest	1 3		3010 90-120 3010 90-120									0										
(STERNA L)	Press; neutral grip	3 3		3010 90-120									0										
, ,		4 3		3010 90-120									0										
	T Bar Row; prime	1 3		3111 90-120 3111 90-120									0										
MID BACK	handles; from blocks; semi pronated grip	3 3		3111 90-120 3111 90-120									0										
	,	4 3	8 - 10	3111 90-120									0										
MID PEC	Seated Cable Chest	1 3		3110 90-120 3110 90-120									0										
(STERNA L)	Flies; paused at the bottom	3 3		3110 90-120 3110 90-120									0										
-,		4 3	8 - 12	3110 90-120									0										
		1 3	8 - 12 8 - 12										0										
MEDIAL DELTS	Seated Dumbbell Lateral Raise	3 3		3010 90 3010 90									0										
		4 3	8 - 12	3010 90									0										
	Standing EZ Bar Bicep			3110 90 3110 90									0										
BICEPS	Curls; semi supinated grip; fat bar	3 3		3110 90									0										
	911p, rat bar			3110 90									0										
		1 3		3110 90 3110 90									0										
				1 3110 1 90																			
TRICEPS	Flat EZ Bar Skull Crusher; fat bar	3 3											0						I	'		'	
TRICEPS		2 3 3 3 4 3	8 - 12	3110 90 3110 90									0 0										
	Crusher; fat bar		8 - 12 8 - 12	3110 90 3110 90		SET 1	SET 2	SET	3	ET 4	ET 5	ET 6	0 0										
BODY BODY PART PAR	Crusher; fat bar	2 3 3 3 4 3 SESSION SETS	8 - 12 8 - 12	3110 90 3110 90 TEMPO REST	L	SET 1 DAD REPS	SET 2 S LOAD REP	SET PS LOAD				ET 6 TOTAL TONNAG	0 0 0										
	Crusher; fat bar		8 - 12 8 - 12	3110 90 3110 90 TEMPO REST DAY 2: L0	DATE LOOWER BODY (1) ARM-UPS	DAD REPS							0										
BODY BOD PART	Crusher; fat bar OY EXERCISE	SESSION SETS	8 - 12 8 - 12 REPS	3110 90 3110 90 TEMPO REST DAY 2: L0 W 3210 120-150	OWER BODY (1 ARM-UPS	DAD REPS							0 0										
	Crusher; fat bar	SESSION SETS 1 4 2 4	8 - 12 8 - 12 REPS	3110 90 3110 90 TEMPO REST DAY 2: L0 W 3210 120-150 3210 120-150	OWER BODY (1	DAD REPS							0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0										
BODY PART PAR	Crusher; fat bar EXERCISE Trap Bar Deadlift; high	SESSION SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150	OWER BODY (1	DAD REPS																	
BODY PART PAR	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep	SESSION SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120	OWER BODY (1	DAD REPS							0 0 0 0 0 0 0 0 0										
BODY BODY PART	Crusher; fat bar EXERCISE Trap Bar Deadlift; high	SESSION SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120	OWER BODY (1	DAD REPS																	
BODY PART PAR	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat	SESSION SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120	OWER BODY (1	DAD REPS																	
BODY PART PAR	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat	SESSION SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120	OWER BODY (1	DAD REPS																	
BODY PART PAR GLUTES QUADS	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep	SESSION SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120	OWER BODY (1	DAD REPS																	
BODY PART GLUTES QUADS HAM	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed	SESSION SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120	OWER BODY (1	DAD REPS																	
BODY PART PAR GLUTES QUADS	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat	SESSION SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 4032 90-120 4032 90-120 4032 90-120	OWER BODY (1	DAD REPS																	
BODY PART GLUTES QUADS HAM	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused	SESSION SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120	OWER BODY (1	DAD REPS																	
BODY PART GLUTES QUADS HAM QUADS	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper	SESSION SETS SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 3012 90-120 3012 90-120	OWER BODY (1	DAD REPS																	
BODY PART GLUTES QUADS HAM	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top	SESSION SETS SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,10	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120	OWER BODY (1	DAD REPS							0										
BODY PART GLUTES QUADS HAM QUADS	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at	SESSION SETS SETS SESSION SETS S	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 oa 8 - 10 oa 8 - 10 oa 8 - 10 oa 10	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120	OWER BODY (1	DAD REPS							0										
BODY PART GLUTES QUADS HAM QUADS	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at	SESSION SETS SETS SESSION SETS S	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 oa 8 - 10 oa 8 - 10 oa 8 - 10 oa 8 - 10 oa 10	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120	OWER BODY (1	DAD REPS							0										
BODY PART GLUTES QUADS HAM QUADS GLUTES	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top	SESSION SETS SETS SESSION SETS S	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 oa 8 - 10 oa 8 - 10 oa 8 - 10 oa 8 - 10 oa 10	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120	OWER BODY (1	DAD REPS							0										
BODY PART GLUTES QUADS HAM QUADS GLUTES CALVES	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise	SESSION SETS SETS SESSION SETS S	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 10 - 10 10 - 12 10 - 12 10 - 12 10 - 12	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3011 90-120 3012 90-120	OWER BODY (1	DAD REPS							0										
BODY PART GLUTES QUADS HAM QUADS GLUTES	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top	SESSION SETS SETS SESSION SETS S	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3012 90-120	OWER BODY (1	DAD REPS							0										
BODY PART GLUTES QUADS HAM QUADS GLUTES CALVES	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise	SESSION SETS SETS SESSION SETS S	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3012 90-120	OWER BODY (1	DAD REPS							0										
BODY PART GLUTES QUADS HAM QUADS GLUTES CALVES	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise	SESSION SETS SETS SESSION SETS S	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3012 90-120	OWER BODY (1	DAD REPS																	
BODY PART GLUTES QUADS HAM QUADS GLUTES CALVES	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise	SESSION SETS SETS SESSION SETS S	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3010 90 3010 90 3010 90 3010 90	OWER BODY (1	DAD REPS							0										
GLUTES GLUTES GLUTES GLUTES ABS	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise Cable Crunch	1	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12	3110 90 3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3010 90 3010 90 3010 90 3010 90 3010 90 3010 90 3010 90 3010 90 3010 90	OWER BODY (1	NAD REPS	S LOAD REP	LOAD	REPS LOAD	REPS LOAD	REPS LOAD	REPS TONNAG	0										
BODY PART GLUTES QUADS HAM QUADS GLUTES CALVES	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise Cable Crunch	SESSION SETS SETS SESSION SETS S	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12	3110 90 3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3010 90 3010 90 3010 90 3010 90 3010 90 3010 90 3010 90 3010 90 3010 90	DATE	SET 1		SET	REPS LOAD	REPS LOAD	ET 5	REPS TONNAG	0										
BODY BOD PART GLUTES QUADS HAM QUADS GLUTES ABS	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise Cable Crunch	1	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12	3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3010 90	DATE LO	SET 1 OAD REPS	SET 2	SET	REPS LOAD	ET 4 S	ET 5	REPS TONNAG	0										
BODY BOD PART GLUTES QUADS HAM QUADS GLUTES ABS	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise Cable Crunch	1	8 - 12 8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12	3110 90 3110 90 3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3010 90	DATE	SET 1 OAD REPS	SET 2	SET	REPS LOAD	ET 4 S	ET 5	REPS TONNAG	0										
BODY PART GLUTES GLUTES QUADS HAM QUADS GLUTES GLUTES ABS BODY PART BODY PART BODY PART BODY PART FRONT	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise Cable Crunch EXERCISE 60° Incline Barbell	1	8 - 12 8 - 12 8 - 12 REPS REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12	3110 90 3110 90 3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3010 90	DATE LC ARM-UPS DATE DY (2) [SHOULD ARM-UPS	SET 1 OAD REPS	SET 2	SET	REPS LOAD	ET 4 S	ET 5	REPS TONNAG	0										
BODY PART GLUTES GLUTES QUADS HAM QUADS GLUTES GLUTES ABS BODY PART	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise Cable Crunch EXERCISE	SESSION SETS S	8 - 12 8 - 12 REPS REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12	3110 90 3110 90 3110 90 3110 90 TEMPO REST	DATE LC ARM-UPS DATE DY (2) [SHOULD ARM-UPS	SET 1 OAD REPS	SET 2	SET	REPS LOAD	ET 4 S	ET 5	REPS TONNAG	0										
GLUTES FRONT DELTS	Crusher; fat bar OY EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise Cable Crunch OY EXERCISE 60° Incline Barbell Shoulder Press	SESSION SETS SET	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 10	3110 90 3110 90 3110 90 3110 90 TEMPO REST W/ 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3010 90 3010 120	DATE LC ARM-UPS DATE DY (2) [SHOULD ARM-UPS	SET 1 OAD REPS	SET 2	SET	REPS LOAD	ET 4 S	ET 5	REPS TONNAG	0										
BODY PART GLUTES GLUTES QUADS HAM QUADS GLUTES GLUTES ABS BODY PART BODY PART BODY PART BODY PART BODY PART BODY BODY BODY PART FRONT	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise Cable Crunch EXERCISE 60° Incline Barbell	SESSION SETS SETS	8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12	3110 90 3110 90 3110 90 TEMPO REST DAY 2: L W 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3010 90 3010 120 3010 120 3011 120 3111 120 3111 120 3111 120 3111 120	DATE DY (2) [SHOULD ARM-UPS	SET 1 OAD REPS	SET 2	SET	REPS LOAD	ET 4 S	ET 5	REPS TONNAG	0										
GLUTES GLUTES	Crusher; fat bar OY EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused at the top 45° Barbell Hyper Extension; paused at the top Standing Calf Raise Cable Crunch OY EXERCISE 60° Incline Barbell Shoulder Press	SESSION SETS	8 - 12 8 - 12 8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8 - 10 ea 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12	3110 90 3110 90 3110 90 3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 3010 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 4032 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3012 90-120 3010 90 3010 120 3010 120 3011 120 3111 120 3111 120 3111 120	DATE DY (2) [SHOULD ARM-UPS	SET 1 OAD REPS	SET 2	SET	REPS LOAD	ET 4 S	ET 5	REPS TONNAG	0										

] 5' [(COSTAL)	handles	3	3 8 - 10 3010 90-120					0			
	(3331742)	,nanaioo	4	3 8 - 10 3010 90-120					0			
		One Arm Bent Over	1	3 8 - 10 ea 3111 90-120 3 8 - 10 ea 3111 90-120					0			
B2	LATS	Dumbbell Row; neutral	3	3 8 - 10 ea 3111 90-120					0			
		9110	4	3 8 - 10 ea 3111 90-120					0			
	MEDIAL	Low Cable Lateral	1	3 8 - 12 ea 3010 90 3 8 - 12 ea 3010 90					0			
C1	MEDIAL DELTS	Raise; single arm; hybrid hook	3	3 8 - 12 ea 3010 90 30 30 30 30 30 30 30 30 30 30 30 30 30					0			
		nybrid flook	4	3 8 - 12 ea 3010 90					0			
		Straight Arm Cable Lat	1	3 10 - 12 3011 90					0			
C2	LATS	Pullover; straight or ez	3	3 10 - 12 3011 90 3 10 - 12 3011 90					0			
		bar attachment	4	3 10 - 12 3011 90					0			
			1	3 10 - 12 3010 90					0			
D1	REAR DELTS	Standing Cable Rear Delt Flies	3	3 10 - 12 3010 90 3 10 - 12 3010 90					0			
			4	3 10 - 12 3010 90					0			
		30° Prone Dumbbell	1	3 12+ 2020 90					0			
D2	REAR DELTS	Rear Delt Flies; reps	2	3 12+ 2020 90 3 12+ 2020 90					0			
		plus swing to failure	4	3 12+ 2020 90					0			
ORDER	BODY PART	BODY EXERCISE	SESSION	SETS REPS TEMPO REST	DATE SET 1	SET 2 SET		SET 5 SET				
	PART	FART		DAY 4: LOW	VER BODY (2)	LOAD REPS LOAD	REPS LOAD REP	S LOAD REPS LOAD	REPS			
				WAR	M-UPS							
		Safety Bar Bulgarian	1	4 6 - 8 ea 3210 120					0			
A1	GLUTES	Split Squat; paused at the bottom; slight knee	3	4 6 - 8 ea 3210 120 4 6 - 8 ea 3210 120					0			
		bend forward	4	4 6 - 8 ea 3210 120					0			
			1	4 8 ea 3010 120					0			
A2	HAM	Kneeling Leg Curl; dorsi flexed	3	4 8 ea 3010 120 4 8 ea 3010 120					0			
			4	4 8 ea 3010 120					0			
			1	4 8 - 10 ea 3010 90-120					0			
B1 —	QUADS	Low Cable Split Squat	3	4 8 - 10 ea 3010 90-120 4 8 - 10 ea 3010 90-120					0			
			4	4 8 - 10 ea 3010 90-120					0			
		Barbell Romanian	1	4 10 - 12 3012 90-120					0			
B2	HAM	Deadlift; paused at the	3	4 10 - 12 3012 90-120 4 10 - 12 3012 90-120					0			
		bottom	4	4 10 - 12 3012 90-120								
			1	3 10+10 3010 90					0			
C1	— GLUTES	Glute Drive; full reps plus top 1/2 reps	2	3 10+10 3010 90 3 10+10 3010 90					0			
	$\overline{}$		4	3 10+10 3010 90					0			
			1	3 12 - 15 2121 90					0			
C2	CALVES	Seated Calf Raise	2	3 12 - 15 2121 90 3 12 - 15 2121 90					0			
	 		4	3 12 - 15 2121 90 3 12 - 15 2121 90					0			
			1	3 8 - 12 3010 90					0			
С3	ABS	15° Incline Reverse Crunch	2	3 8 - 12 3010 90 3 8 12 3010 00					0			
	\dashv		4	3 8 - 12 3010 90 3 8 - 12 3010 90					0			
			1						0			
			2	0 0 0					0			
	_		4						0			
ORDER	BODY PART	BODY EXERCISE	SESSION	SETS REPS TEMPO REST	DATE SET 1	SET 2 SET		SET 5 SET				
	PARI	TAIN			DY (3) [ARMS BIAS]	LOAD REPS LOAD	KEPS LUAD REP	S LOAD REPS LOAD	KEI 3			
				WAR	M-UPS							
		Flat Daniel D	1	4 8 - 10 3010 90 4 8 - 10 3010 90					0			
A1	TRICEPS	Flat Bench Press; close grip	3	4 8 - 10 3010 90 4 8 - 10 3010 90					0			
			4	4 8 - 10 3010 90					0			
			1	4 8 - 10 3110 90 4 8 10 3110 00					0			
A2	BICEPS	EZ Bar Preacher Curls; semi pronated grip	3	4 8 - 10 3110 90 4 8 - 10 3110 90					0			
			4	4 8 - 10 3110 90					0			
		Low Cable Overhead	1	4 8 - 12 3110 90					0			
B1	TRICEPS	Tricep Extension; rope attachment; paused at		4 8 - 12 3110 90 4 8 - 12 3110 90					0			
		the bottom	4	4 8 - 12 3110 90					0			
		Low Cable Bicep Curls:	1	4 8 - 12 3010 90					0			
B2	BICEPS	dual cable; supinated	' 2 3	4 8 - 12 3010 90 4 8 - 12 3010 90					0			
	\dashv	grip; kas handles	4	4 8 - 12 3010 90					0			
	UPPER		1	3 12 - 15 3010 90					0			
C1	PEC (CLAVICU	Seated Low to High Cable Chest Flies	2	3 12 - 15 3010 90 3 12 - 15 3010 90					0			
	LAR)		4	3 12 - 15 3010 90 3 12 - 15 3010 90					0			
			1	3 12 - 15 3010 90					0			
C2	UPPER BACK	Standing Cable Face Pull; rope attachment	2	3 12 - 15 3010 90 3 12 - 15 3010 90					0			
		an, rope attachment	4	3 12 - 15 3010 90 3 12 - 15 3010 90					0			
			1						0			
D1			2	0 0 0					0			
	_		3 4	0 0 0					0			
			1	3 12 - 15 3010 90					0			
D2	MEDIAL	45° Prone Dumbbell	2	3 12 - 15 3010 90					0			
	DELTS	Lateral Raise	3	3 12 - 15 3010 90 3 12 - 15 3010 90					0			
			+	0 12 - 10 3010 80					U			
ORDER	BODY PART	BODY PART EXERCISE	SESSION	SETS REPS TEMPO REST	DATE SET 1	SET 2 SET		SET 5 SET	The state of the s			
J. W. J. W.	PART	PART	1	TEMI O REST	LOAD REPS	LOAD REPS LOAD	REPS LOAD REPS	S LOAD REPS LOAD	REPS			
1			1						0			

2 0 0 0 0 0		
3 0 0 0 0	0	
4 0 0 0 0	0	
1		
1		
2 0 0 0		
3 0 0 0		
4 0 0 0	0	
1	0	
2 0 0 0	0	
3 0 0 0		
3 0 0 0		
4 0 0 0		
1	0	
2 0 0 0	0	
3 0 0 0	0	
4 0 0 0	0	
1		
2 0 0 0		
3 0 0 0		
4 0 0 0 0		
1	0	
2 0 0 0	0	
3 0 0		
4 0 0 0		
4 0 0 0		
1		
2 0 0 0		
3 0 0 0 0	0	
4 0 0 0	0	
1		
2 0 0		
2 0 0 0		
3 0 0 0		
4 0 0 0	0	

TRICEPS	CALVES	ABS	TOTAL
0	0	0	0
0	0	0	0
0	0	0	0





· · · · · · · · ·							
utrition ate: 6/1/2025							
ient: Mark Ottobre bach: Tyrone Folino					ENT	ERPRISE®	
						FITNESS	
			EVERYDAY				
WAKE -	DDOTENI	FATO	VEGETABLES	OTA DOUN OADDO	EDIUT	OUDDI EMENTO	
SLEEP - 11pm	PROTEIN	FATS	VEGETABLES	STARCHY CARBS	FRUIT	SUPPLEMENTS	
MEAL 1	220g Beef Mince (10% Fat)						
TIME -	220g Beef Mince (10% Fat) or Chicken Thigh (165g cooked)	10g Olive Oil or Butter		1 Slices GF Precint Bread		20g Psyllium Husk	
MEAL 2	30g Whey Protein 1 Pouch YoPro				150g Blueberries		
TIME -	T T OUGH TOF TO						
MEAL 3	220g Beef Mince (10% Fat)		050×M2×41/				
TIME -	220g Beef Mince (10% Fat) or Chicken Thigh (165g cooked)		250g Mixed Vegetables				
MEAL 4							
	220g Chicken Breast (165g cooked)	20g Aldi Dark Chocolate	250g Mixed Vegetables				
TIME -							
MEAL 5	30g Whey Protein						
TIME -							
	* All food weights are specified raw o	r cooked weight	Calories: 1600				Calorie
NOTES	* All food weights are specified raw o * Add pink Himalayan or Celtic sea sa * Vary vegetables, 80% green, 20% of rainbow	coloured or colours of the	Protein: 216g Carbs: 71g		MATER (RED DAV)	21	Protein Carbs
NOTES	* Stick to black coffee with no sugar * Cook with olive oil or coconut oil sp	rov	Fat: 50g		WATER (PER DAY)	3L	Fat
	Cook with once on or cocondition sp	ray	Fibre: 40g				
			NON TRAINING DAY				
WAKE -	DECTELL	FATO	VECETABLES	CTARCULY CARRO	EDIUT	CUDDI EMENTO	
SLEEP -	PROTEIN	FATS	VEGETABLES	STARCHY CARBS	FRUIT	SUPPLEMENTS	
MEAL 1							
TIME -							
MEAL 2							
TIME -							
MEAL 3							
TIME -							
MEAL 4							
TIME -							

			1	1	1	1
MEAL 5						
TIME -						
	* All food weights are measured					
	* Add pink Himalayan or Celtics	d raw sea salt to all meals 20% coloured or colours of the				
	* Vary vegetables, 80% green, 2	20% coloured or colours of the				
NOTES	Irainhow			WATER (PER DAY)		
	* Stick to black coffee with no si * Cook with olive oil or coconut	oil spray				
	Social Williams on the State of Secondar	on opia,				
	PROTEIN TYPE					
FATTY	LEAN	SEAFOOD				
Beef Mince	Chicken Breast	Blue Grenadier				
Turkey Mince	Lean Beef Strips	Hoki				
₋amb (any)	Turkey (Roast & Fillet)	Barramundi				
Chicken Thigh	White Fish	Prawns				
Salmon	Lean Pork	Oysters				
Γrout	Game Meats eg Kangaroo	Muscles				
atty Pork	Beef Eye Fillet					
Eggs						
FATS	STARCHY CARBS					
Olive Oil	White Potato					
Avocado Oil	Sweet Potato					
Avocado	Pumpkin					
Organic Butter	White/Black/Red Rice					
Coconut Oil	Gluten Free or Regular Pasta	a				
Ghee	Gluten Free or Sourdough Br	read				
	Quinoa					
	Honey					
	Maple Syrup					
	Kidney/Black/Cannelini Bean	IS				
	Lentils					
	Chickpeas					

utrition ate: 4/11/2024							
ient: Mark Ottobre bach: Tyrone Folino					FNT	ERPRISE®	
deni. Tyrone i omio						FITNESS	
			EVERYDAY				
			LVERIDAL				
WAKE -							
SLEEP - 11pm	PROTEIN	FATS	VEGETABLES	STARCHY CARBS	FRUIT	SUPPLEMENTS	
MEAL 1							
	220g Lean Meat (165g cooked)	10g Olive Oil or Butter		1 Slices GF Precint Bread		20g Psyllium Husk	
TIME -							
MEAL 2	30g Whey Protein 1 Pouch YoPro				150g Blueberries		
TIME -	1 Pouch YoPro				100g Didebellies		
MEAL 3				Choose one of the following:		1	
TIME -	220g Lean Meat (165g cooked)		250g Mixed Vegetables	Choose one of the following: 300g White Potato (cooked) 250g Sweet Potato (cooked) 250g White Rice (cooked)			
MEAL 4	220g Lean Meat (165g cooked)	20g Aldi Dark Chocolate	250g Mixed Vegetables	Choose one of the following: 300g White Potato (cooked) 250g Sweet Potato (cooked) 250g White Rice (cooked)			
TIME -				250g White Rice (cooked)			
MEAL 5							
TIME -	30g Whey Protein				150g Blueberries		
	* All food weights are specified raw or	cooked weight	Calories: 2600				Calorie
	* All food weights are specified raw or * Add pink Himalayan or Celtic sea sa * Vary vegetables, 80% green, 20% c rainbow	alt to all meals	Protein: 216g				Proteir
NOTES	rainbow	oloured or colours of the	Carbs: 240.5g Fat: 86g		WATER (PER DAY)	3L	Carbs Fat
	* Stick to black coffee with no sugar * Cook with olive oil or coconut oil spr	ray	Fibre: 40g				T dt
			NON TRAINING DAY				
\AIA I.C.							
WAKE -	PROTEIN	FATS	VEGETABLES	STARCHY CARBS	FRUIT	SUPPLEMENTS	
SLEEP -							
MEAL 1							
TIME -							
MEAL 2						1	
TIME -							
MEAL 3							
TIME -							
MEAL 4							
TIME -							
I IIVIL -							

			1	1	1	1
MEAL 5						
TIME -						
	* All food weights are measured					
	* Add pink Himalayan or Celtics	d raw sea salt to all meals 20% coloured or colours of the				
	* Vary vegetables, 80% green, 2	20% coloured or colours of the				
NOTES	Irainhow			WATER (PER DAY)		
	* Stick to black coffee with no si * Cook with olive oil or coconut	oil spray				
	Social Williams of Social Control	on opia,				
	PROTEIN TYPE					
FATTY	LEAN	SEAFOOD				
Beef Mince	Chicken Breast	Blue Grenadier				
Turkey Mince	Lean Beef Strips	Hoki				
₋amb (any)	Turkey (Roast & Fillet)	Barramundi				
Chicken Thigh	White Fish	Prawns				
Salmon	Lean Pork	Oysters				
Γrout	Game Meats eg Kangaroo	Muscles				
atty Pork	Beef Eye Fillet					
Eggs						
FATS	STARCHY CARBS					
Olive Oil	White Potato					
Avocado Oil	Sweet Potato					
Avocado	Pumpkin					
Organic Butter	White/Black/Red Rice					
Coconut Oil	Gluten Free or Regular Pasta	a				
Ghee	Gluten Free or Sourdough Br	read				
	Quinoa					
	Honey					
	Maple Syrup					
	Kidney/Black/Cannelini Bean	IS				
	Lentils					
	Chickpeas					

utrition							
te: 1/10/2024							
ent: Mark Ottobre ach: Tyrone Folino					ENT	ERPRISE®	
						FITNESS	
			EVERYDAY				
WAKE -							
SLEEP - 11pm	PROTEIN	FATS	VEGETABLES	STARCHY CARBS	FRUIT	SUPPLEMENTS	
MEAL 1				2 Slices GF Precint Bread (120g)			
TIME -	220g Lean Meat (165g cooked)	10g Olive Oil or Butter		with 40g Jam		20g Psyllium Husk	
MEAL 2	30g Whey Protein						
TIME -	30g Whey Protein 1 Pouch YoPro			10g Maple Syrup	150g Blueberries		
MEAL 3	000 1 1 1 1 1 1 1 1		050 111 111 111	Choose one of the following: 300a White Potato (cooked)			
TIME -	220g Lean Meat (165g cooked)		250g Mixed Vegetables	Choose one of the following: 300g White Potato (cooked) 250g Sweet Potato (cooked) 250g White Rice (cooked)			
MEAL 4	220g Lean Meat (165g cooked)	20g Aldi Dark Chocolate	250g Mixed Vegetables	Choose one of the following: 300g White Potato (cooked) 250g Sweet Potato (cooked) 250g White Rice (cooked)			
TIME -	220g Lean Meat (100g cooked)	20g Aldi Dark Officiale	230g Wixed Vegetables	250g Sweet Potato (cooked) 250g White Rice (cooked)			
MEAL 5	30g Whey Protein			10g Maple Syrup	150g Blueberries		
TIME -	og whey i rotem			Tog Maple Syrup	150g Blueberries		
	* All food weights are specified raw or * Add pink Himalayan or Celtic sea sa * Vary vegetables, 80% green, 20% co	cooked weight It to all meals	Calories: 2850 Protein: 216g				Calorie Protein
NOTES	* Vary vegetables, 80% green, 20% corainbow	oloured or colours of the	Carbs: 303g		WATER (RED DAY)	3L	Carbs
NOTES	* Stick to black coffee with no sugar * Cook with olive oil or coconut oil spra	av.	Fat: 86g Fibre: 40g		WATER (PER DAY)	JL .	Fat
	Cook with onve on or cocondition spira	ау	Fibre. 40g				
			NON TRAINING DAY				
WAKE -	DRATEIN	FATO	VEGETABLES	OTA DOLLY CA DDO	FDUIT	OUDDI EMENTO	
SLEEP -	PROTEIN	FATS	VEGETABLES	STARCHY CARBS	FRUIT	SUPPLEMENTS	
MEAL 1							
TIME -							
MEAL 2							
TIME -							
MEAL 3							
TIME -							
MEAL 4							
TIME -							

			1	1	1	1
MEAL 5						
TIME -						
	* All food weights are measured					
	* Add pink Himalayan or Celtics	d raw sea salt to all meals 20% coloured or colours of the				
	* Vary vegetables, 80% green, 2	20% coloured or colours of the				
NOTES	Irainhow			WATER (PER DAY)		
	* Stick to black coffee with no si * Cook with olive oil or coconut	oil spray				
	GOOK WILL ONVO ON OF GOOGHAC	on opia,				
	PROTEIN TYPE					
FATTY	LEAN	SEAFOOD				
Beef Mince	Chicken Breast	Blue Grenadier				
Turkey Mince	Lean Beef Strips	Hoki				
₋amb (any)	Turkey (Roast & Fillet)	Barramundi				
Chicken Thigh	White Fish	Prawns				
Salmon	Lean Pork	Oysters				
Γrout	Game Meats eg Kangaroo	Muscles				
atty Pork	Beef Eye Fillet					
Eggs						
FATS	STARCHY CARBS					
Olive Oil	White Potato					
Avocado Oil	Sweet Potato					
Avocado	Pumpkin					
Organic Butter	White/Black/Red Rice					
Coconut Oil	Gluten Free or Regular Pasta	a				
Ghee	Gluten Free or Sourdough Br	read				
	Quinoa					
	Honey					
	Maple Syrup					
	Kidney/Black/Cannelini Bean	IS				
	Lentils					
	Chickpeas					

Goal Weight Calculator	Goal Weight Calculator							
Weight								
Body Fat %								
Fat Mass	0.0							
LBM	0.0							
Goal Body Fat Percentage								
Goal Weight								

	Timeframe Calculator	_
Weight		0.0

Weeks	0	1	2	3	4	5	6
Weight	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weeks	13	14	15	16	17	18	19

Goal Weight	0.0
Required Weight loss	0.0
Percentage drop per week	0.5%

Weight	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weeks	26	27	28	29	30	31	32
Weight	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Weeks	39	40	41	42	43	44	45
Weight	0.0	0.0	0.0	0.0	0.0	0.0	0.0

7	8	9	10	11	12
					_
0.0	0.0	0.0	0.0	0.0	0.0
20	21	22	23	24	25

0.0	0.0	0.0	0.0	0.0	0.0
33	34	35	36	37	38
0.0	0.0	0.0	0.0	0.0	0.0
46	47	48	49	50	51
0.0	0.0	0.0	0.0	0.0	0.0

utuiti o n							
utrition ate: 20/8/2024							
ient: Mark Ottobre pach: Tyrone Folino					ENT	ERPRISE®	
						FITNESS	
			EVERYDAY				
WAKE -	PROTEIN	FATS	VEGETABLES	STARCHY CARBS	FRUIT	SUPPLEMENTS	
SLEEP - 11pm							
MEAL 1							
TIME -	220g Lean Meat (165g cooked)	10g Olive Oil or Butter		2 Slices GF Precint Bread (120g)			
MEAL 2				3 GF Weet Bix			
	30g Whey Protein 1 Pouch YoPro			or 50g GF Oats (raw) with 10g Maple Syrup	150g Blueberries	-	
TIME -							
MEAL 3	220g Lean Meat (165g cooked)		250g Mixed Vegetables	Choose one of the following: 250g White Potato (cooked) 200g Sweet Potato (cooked) 200g White Rice (cooked)			
TIME -				200g Sweet Polato (cooked) 200g White Rice (cooked)			
MEAL 4	000 1 14 14405 1 1		050 Mi 11/4 4 11	Choose one of the following: 250a White Potato (cooked)			
TIME -	220g Lean Meat (165g cooked)	20g Aldi Dark Chocolate	250g Mixed Vegetables	Choose one of the following: 250g White Potato (cooked) 200g Sweet Potato (cooked) 200g White Rice (cooked)			
MEAL 5				3 GF Weet Bix			
TIME -	30g Whey Protein			or 50g GF Oats (raw) with 10g Maple Syrup	150g Blueberries		
TIME -				with Tog Maple Syrup			
	* All food weights are specified raw or	cooked weight	Calories: 2850				Calorie
	* All food weights are specified raw or * Add pink Himalayan or Celtic sea sa * Vary vegetables, 80% green, 20% co	It to all meals	Protein: 216g				Proteir
NOTES	Irainbow	oloured of colours of the	Carbs: 303g		WATER (PER DAY)	3L	Carbs
	* Stick to black coffee with no sugar * Cook with olive oil or coconut oil spr	ay	Fat: 86g Fibre: 40g		, ,		Fat
			NON TRAINING DAY				
WAKE -							
	PROTEIN	FATS	VEGETABLES	STARCHY CARBS	FRUIT	SUPPLEMENTS	
SLEEP -							
MEAL 1							
TIME -							
MEAL 2						-	
TIME -							
MEAL 3							
TIME -							
MEAL 4							
TIME -							

			1	1	1	1
MEAL 5						
TIME -						
	* All food weights are measured					
	* Add pink Himalayan or Celtics	d raw sea salt to all meals 20% coloured or colours of the				
	* Vary vegetables, 80% green, 2	20% coloured or colours of the				
NOTES	Irainhow			WATER (PER DAY)		
	* Stick to black coffee with no si * Cook with olive oil or coconut	oil spray				
	Social Williams of Social Control	on opia,				
	PROTEIN TYPE					
FATTY	LEAN	SEAFOOD				
Beef Mince	Chicken Breast	Blue Grenadier				
Turkey Mince	Lean Beef Strips	Hoki				
₋amb (any)	Turkey (Roast & Fillet)	Barramundi				
Chicken Thigh	White Fish	Prawns				
Salmon	Lean Pork	Oysters				
Γrout	Game Meats eg Kangaroo	Muscles				
atty Pork	Beef Eye Fillet					
Eggs						
FATS	STARCHY CARBS					
Olive Oil	White Potato					
Avocado Oil	Sweet Potato					
Avocado	Pumpkin					
Organic Butter	White/Black/Red Rice					
Coconut Oil	Gluten Free or Regular Pasta	a				
Ghee	Gluten Free or Sourdough Br	read				
	Quinoa					
	Honey					
	Maple Syrup					
	Kidney/Black/Cannelini Bean	IS				
	Lentils					
	Chickpeas					

Male 0 0 0 Food Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Beef Mince (10% Fat)	## Female O	Protein 47.08 3.036 0 0 0 50.116	Percentage (%) Deficit Surplus Percentage (%) Deficit Surplus Carbs 1.1 16.764 0 0 0 17.864	10 0 0 10 0 0 0 0 Fats 22 3.498 0 0 0	Male 20 0 0 Female 20 0 0 Calories 360.8 114.84 0 0 0 0	30 0 0 30 0 0
Food Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	0 0 0 Amount 220 66 - - -	47.08 3.036 0 0 0	Deficit Surplus Percentage (%) Deficit Surplus Carbs 1.1 16.764 0 0 0 0	0 0 0 10 0 0 0 0 5 498 0 0 0 0	20 0 0 Female 20 0 0 0 Calories 360.8 114.84 0 0	0 0 30 0
Food Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	0 0 0 Amount 220 66 - - -	47.08 3.036 0 0 0	Deficit Surplus Percentage (%) Deficit Surplus Carbs 1.1 16.764 0 0 0 0	0 0 0 10 0 0 0 0 5 498 0 0 0 0	20 0 0 Female 20 0 0 0 Calories 360.8 114.84 0 0	0 0 30 0
Food Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	0 0 0 Amount 220 66 - - -	47.08 3.036 0 0 0	Deficit Surplus Percentage (%) Deficit Surplus Carbs 1.1 16.764 0 0 0 0	0 0 0 10 0 0 0 0 5 498 0 0 0 0	0 0 0 Female 20 0 0 0 Calories 360.8 114.84 0	0 0 30 0
Food Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	0 0 0 Amount 220 66 - - -	47.08 3.036 0 0 0	Surplus Percentage (%) Deficit Surplus Carbs 1.1 16.764 0 0 0 0	10 0 0 0 Fats 22 3.498 0 0	Calories 360.8 114.84 0 0	30
Food Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	Amount 220 66 Amount	47.08 3.036 0 0 0	Percentage (%) Deficit Surplus Carbs 1.1 16.764 0 0 0 0	10 0 0 0 Fats 22 3.498 0 0 0	Female 20 0 0 Calories 360.8 114.84 0 0	30 0
Food Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	Amount 220 66 Amount	47.08 3.036 0 0 0	Deficit Surplus Carbs 1.1 16.764 0 0 0 0	0 0 0 Fats 22 3.498 0 0 0	20 0 0 0 Calories 360.8 114.84 0	0
Food Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	Amount 220 66 Amount	47.08 3.036 0 0 0	Deficit Surplus Carbs 1.1 16.764 0 0 0 0	0 0 0 Fats 22 3.498 0 0 0	20 0 0 0 Calories 360.8 114.84 0	0
Food Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	Amount 220 66 Amount	47.08 3.036 0 0 0	Deficit Surplus Carbs 1.1 16.764 0 0 0 0	0 0 0 Fats 22 3.498 0 0 0	0 0 0 Calories 360.8 114.84 0 0	0
Food Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	Amount 220 66 Amount	47.08 3.036 0 0 0	Carbs 1.1 16.764 0 0 0 0	0 Fats 22 3.498 0 0 0 0	Calories 360.8 114.84 0 0	
Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	220 66 - - - - Amount	47.08 3.036 0 0 0	Carbs 1.1 16.764 0 0 0 0	Fats 22 3.498 0 0 0 0	Calories 360.8 114.84 0 0 0	
Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	220 66 - - - - Amount	47.08 3.036 0 0 0	1.1 16.764 0 0 0 0	22 3.498 0 0 0 0	360.8 114.84 0 0	
Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	220 66 - - - - Amount	47.08 3.036 0 0 0	1.1 16.764 0 0 0 0	22 3.498 0 0 0 0	360.8 114.84 0 0	
Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	220 66 - - - - Amount	47.08 3.036 0 0 0	1.1 16.764 0 0 0 0	22 3.498 0 0 0 0	360.8 114.84 0 0	
Beef Mince (10% Fat) routed Loaf (1 slice, 66g) Food	220 66 - - - - Amount	47.08 3.036 0 0 0	1.1 16.764 0 0 0 0	22 3.498 0 0 0 0	360.8 114.84 0 0	
routed Loaf (1 slice, 66g) Food	66 - - - - Amount	3.036 0 0 0	16.764 0 0 0 0	3.498 0 0 0 0	114.84 0 0 0	
	- - - - Amount	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0	
- - Food	- - Amount	0 0 0	0 0 0	0 0 0	0	
- - Food	- - Amount	0	0	0	0	
- Food	- Amount	0	0	0		
Food	Amount				0	
		50.116	17.864	25 400		
				20.490	475.64	
				_		
Beef Mince (10% Fat)		Protein	Carbs	Fats	Calories	
	220	47.08	1.1	22	360.8	
		0	0	0	0	
-	-	0	0	0	0	
-	-	0	0	0	0	
-	-	0	0	0	0	
Mixed Baby Greens	200	4.8	9.4	0	35.2	
-	-		0			
		51.88	10.5	22	396	
Food	Amount	Protein	Carbs	Fats		
Chicken Breast; skinless	220	49.5	0	5.72	264	
		0	0	0	0	
-	-	0	0	0	0	
-	-	0	0	0	0	
		0	0	0	0	
Mixed Baby Greens	200	4.8	9.4	0	35.2	
-	-	0	0	0	0	
		54.3	9.4	5.72	299.2	
Food	Amount	Protein	Carbs	Fats	Calories	
e Protein, WPI (30g serve)	30	25.29	1.32	0.51	111	
		0	0	0	0	
		0	0	0	0	
-	-	0	0	0	0	
		0	0	0	0	
Blueberries	150	1.5	21	0	85.5	
-	-	0	0	0	0	
		26.79	22.32		196.5	
	Food chicken Breast; skinless Mixed Baby Greens - Food e Protein, WPI (30g serve) Blueberries	Food Amount chicken Breast; skinless 220	Food Amount Protein chicken Breast; skinless 220 49.5 0 0 Mixed Baby Greens 200 4.8 0 Food Amount Protein 0 Mixed Baby Greens 200 4.8 0 54.3 Food Amount Protein Protein Protein, WPI (30g serve) 30 25.29 0 0 Blueberries 150 1.5 - 0	0 0 0 0 0 10.5 1.88 10.5	Food Amount Protein Carbs Fats hicken Breast; skinless 220 49.5 0 5.72 -	- 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Meal 5	Food	Amount	Protein	Carbs	Fats	Calories	
Protein	YoPro, Vanilla	150	15	6.9	0.45	93	
Carbs	Tor to, varina	100	0	0	0	0	
Carbs			0	0	0	0	
Carbs			0	0	0	0	
Fats	-		0	0	0	0	
		-	0	0	0	0	
Veggies/Fruits	-	-	0	0	0		
Veggies/Fruits	-	-	15	6.9	0.45	93	
			10	0.9	0.45	93	
Meal 6	Food	Amount	Protein	Carbs	Fats	Calories	
Protein	True Protein, WPI (30g serve)	30	25.29	1.32	0.51	111	
Carbs	True Frotein, WFT (309 Serve)	30	0	0	0.51	0	
Carbs			0	0	0	0	
Carbs	-	-	0	0	0	0	Danalina
Fats			0	0	0	0	Baseline
Veggies/Fruits Veggies/Fruits	<u>-</u>	-	0	0	0	0	
veggies/Fiults	•	-	25.29	1.32	0.51	111	Targets
			20.20	1.02	0.01		Training Day
					Protein (macro)	223.376	216
					Carbs (macro)	68.304	71
					Fats (macro)	54.688	50
						4554.04	4000
					Total Daily Calorie	1571.34	1600
			<u> </u>				

<u> </u>		1		
		<u> </u>		

		I.		
		1		

		I.		
		1		

			1	
			-	
			1	
			-	

<u> </u>		1		
		<u> </u>		

<u> </u>		1		
		<u> </u>		

		I.		
		1		

			<u> </u>	<u> </u>	
		<u> </u>	<u> </u>	<u> </u>	
			<u> </u>	<u> </u>	

		I.		I	
				<u> </u>	
t contract the contract to the					

	I.	I	1	

		I		
		<u> </u>		
			<u> </u>	
		I		
			· · · · · · · · · · · · · · · · · · ·	· · · · · · · · · · · · · · · · · · ·

 	 	 		<u> </u>
			1	

	I.	I	1	

		I		
		<u> </u>		
		I		
			· · · · · · · · · · · · · · · · · · ·	· · · · · · · · · · · · · · · · · · ·

					<u> </u>		
							Ì
	<u> </u>			<u> </u>	<u> </u>	<u> </u>	
							Ì
				1	1		

2850										
864	54%									
284	18%		Ì				ĺ			
450	28%									
100	2070									
4500	-									
1598										
										-
		<u> </u>						[
									<u> </u>	
		<u> </u>			<u> </u>	<u> </u>		<u> </u>	<u> </u>	
1	+		 	1	1					

					<u> </u>	
					<u> </u>	
I.					I.	

				<u> </u>		
				<u> </u>		
	İ					
				<u> </u>		

							<u> </u>	<u> </u>
				Ì	Ì			
				<u> </u>			<u> </u>	<u> </u>
			I					
			<u> </u>	<u> </u>			<u> </u>	I
							<u> </u>	
	l .						I	<u> </u>
		ı						

				<u> </u>		
				<u> </u>		
	İ					
				<u> </u>		

				<u> </u>		
				<u> </u>		

					<u> </u>	
					<u> </u>	
					<u> </u>	<u> </u>

				<u> </u>		
				<u> </u>		

I		<u> </u>					<u> </u>	
	İ				İ			
	Ì	Î			İ	i	Î	
I .								

				<u> </u>		
				<u> </u>		

I		<u> </u>					<u> </u>	
	İ				İ			
	Ì	Î			İ	i	Î	
I .								

I		<u> </u>					<u> </u>	
	İ				İ			
	Ì	Î			İ	i	Î	
I .								

					<u> </u>	
				<u> </u>	<u> </u>	
			<u> </u>	<u> </u>	<u> </u>	
				<u> </u>	<u> </u>	
				<u> </u>	<u> </u>	
					İ	
			<u> </u>	<u> </u>	<u> </u>	
			<u> </u>	<u> </u>	<u> </u>	

		<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>	
							İ	İ	
		<u> </u>		<u> </u>	<u> </u>	<u> </u>		<u> </u>	
							İ	İ	
		<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	
		<u> </u>				<u> </u>			
		<u> </u>			[<u> </u>			
i .		-		I	<u> </u>				

					<u> </u>	
					<u> </u>	
		 		 		<u> </u>

	 	 <u> </u>

<client name=""></client>	MONDAY	TUESDAY WEDNESDAY THURSDAY FRIDAY SATURE	DAY SUNDAY										
PROGRAM: PHASE:	WEEK 1 WEEK 2			ENTE	RPRIS								
COACH: TYRONE FOLINO	WEEK 3				FITNE								
DATE: NOTES:	WEEK 4												
DODY.	SESSION SETS REPS TEMPO REST	DATE SET 1 SET 2		_	ET 5 SET								
TAIXI		DAY 1 LOAD REPS LOAD REP DAY 1	S LUAD REPS LUA	D REPS LOAD	REPS LOAD	REPS TOTAL PARTY OF THE PARTY O		Week QUA	DS GLUTE/	CHEST BAC	K DELTS BIC	EPS TRICEPS	CALVES ABS TOTAL
	1	WARM-UPS				0		1 0	0	0 0	0	0 0	0 0 0
	2 0 0 0 3 0 0 0					0		2 0	0	0 0	0	0 0	0 0 0 0 0 0
	4 0 0 0					0		4 0	0	0 0	0	0 0	0 0 0
	1 0 0 0					0							
	3 0 0 0					0							
	1 0 0 0					0							
	2 0 0 0 3 0 0 0					0							
	4 0 0 0					0							
	1 0 0 0					0							
	3 0 0 0					0							
	1 0 0					0							
	2 0 0 0 3 0 0 0					0							
	4 0 0 0					0							
	1 0 0 0					0							
	3 0 0 0 4 0 0 0					0							
	1					0							
	2 0 0 0 3 0 0 0					0							
	4 0 0 0					0							
	2 0 0 0					0							
	3 0 0 0 4 0 0 0					0							
RODY		SET 1 SET 2	SET 3	SET 4 SE	ET 5 SET	TOTAL							
ORDER BODY PART EXERCISE	SESSION SETS REPS TEMPO REST	LOAD REPS LOAD REP											
	1	DAY 2 WARM-UPS											
	2 0 0 0					0							
	3 0 0 0 4 0 0 0					0							
	1 0 0 0					0							
	3 0 0 0 4 0 0 0					0							
	1 0 0 0					0							
	3 0 0 0 4 0 0 0					0							
	1 0 0 0					0							
	3 0 0 0 4 0 0 0					0							
	1 0 0 0					0							
	3 0 0 0					0							
	1					0							
	2 0 0 0 3 0 0 0					0							
	4 0 0 0 1 0 0					0							
	2 0 0 0 3 0 0 0					0							
	4 0 0 0					0							
	2 0 0 0 3 0 0 0					0							
	4 0 0 0					0							
ORDER BODY EXERCISE	SESSION SETS REPS TEMPO REST	DATE SET 1 SET 2			ET 5 SET								
PARI		DAY 3	S LOAD REPS LOA	D REPS LOAD	REPS LOAD	KEPS							
	1	WARM-UPS				0							
	2 0 0 0 3 0 0 0					0							
							<u> </u>						<u> </u>

	4 0				0		
	1				0		
	2 0	0 0			0		
	3 0	0 0			0		
	4 0	0 0			0		
	1				0		
	2 0	0 0			0		
	3 0	0 0			0		
	4 0	0 0			0		
	1				0		
	2 0	0 0			0		
	3 0	0 0			0		
	4 0				0		
					0		
	2 0	0 0			0		
 	4 0				0		
	1 0				0		
	2 0				0		
	3 0	0 0			0		
	4 0	0 0			0		
	1				0		
	2 0	0 0			0		
	3 0	0 0			0		
	4 0	0 0			0		
	1				0		
	2 0	0 0			0		
	3 0	0 0			0		
	4 0	0 0			0		
BODY EXERCISE SE	SESSION SETS REP	PS TEMPO REST DATE SET	SET 2 SET 3	SET 4 SET 5 SET 6 LOAD REPS LOAD REPS LOAD F			
PART	SET THE REP	LOAD	REPS LOAD REPS LOAD REPS	LOAD REPS LOAD REPS LOAD F	PS		
		DAY 4					
· · · · · · · · · · · · · · · · · · ·		WARM-UPS					
	1				0		
	2 0	0 0			0		
	3 0	0 0			0		
	4 0	0 0			0		
	1 0				0		
	2 0	0 0			0		
	3 0				0		
	4 0				0		
 	2 0				0		
	3 0	0 0			0		
	4 0	0 0			0		
	1				0		
	2 0	0 0			0		
	3 0				0		
	4 0	0 0			0		
	1				0		
	2 0	0 0			0		
	3 0	0 0			0		
	4 0	0 0			0		
	1				0		
	2 0					·	
	·				0		
	3 0	0 0			0		
	3 0	0 0			0 0 0		
	3 0	0 0 0 0 0 0			0 0 0 0		
	3 0 4 0 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			0 0 0 0 0		
	3 0 4 0 1 2 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			0 0 0 0 0		
	3 0 4 0 1 2 0 3 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			0 0 0 0 0 0		
	3 0 4 0 1 2 0 3 0				0 0 0 0 0		
	3 0 4 0 1 2 0 3 0 4 0				0 0 0 0 0 0 0		
	3 0 4 0 1 2 0 3 0 4 0 1 2 0				0 0 0 0 0 0 0		
	3 0 4 0 1 2 0 3 0 4 0 1 2 0				0 0 0 0 0 0 0 0 0		
	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0				0 0 0 0 0 0 0 0 0		
	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0				0 0 0 0 0 0 0 0 0		
	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			0 0 0 0 0 0 0 0 0 0 0		
	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			0 0 0 0 0 0 0 0 0 0 0		
	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			0 0 0 0 0 0 0 0 0 0 0		
BODY EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 0 SESSION SETS REPS	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			0 0 0 0 0 0 0 0 0 0 0 0		
BODY EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 SESSION SETS REPS	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		
BODY EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 0 SESSION SETS REPS	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 0 SESSION SETS REPS	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 1 2 0 1 1 2 0 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 1 2 0 3 0 4 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY EXERCISE SES	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 0 1 1 2 0 3 0 0 1 1 2 0 3 0 0 1 1 1 2 0 3 0 0 1 1 1 1 2 0 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY EXERCISE SES	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 0 1 1 2 0 3 0 0 1 1 2 0 3 0 0 1 1 2 0 3 0 0 1 1 1 2 0 3 0 0 1 1 1 1 2 0 0 3 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 1 2 0 1 2 0 1 2 0 1 1 2 0 1 1 2 0 1 1 2 0 1 1 1 2 0 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 1 2 0 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 1 2 0 1 2 0 1 2 0 1 1 2 0 1 1 2 0 1 1 2 0 1 1 1 2 0 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 0 1 1 2 0 3 0 0 1 1 2 0 3 0 0 1 1 1 2 0 0 3 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 1 2 0 1 2 0 1 2 0 1 1 2 0 1 1 2 0 1 1 1 2 0 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 0 1 1 2 0 3 0 0 1 1 2 0 3 0 0 1 1 1 2 0 0 3 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 0 1 1 2 0 0 3 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 1 2 0 3 0 0 1 1 1 2 0 3 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 1 2 0 3 0 0 1 1 1 2 0 3 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 1 2 0 3 0 0 1 1 1 2 0 3 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 1 2 0 3 0 0 1 1 1 2 0 3 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		
BODY PART EXERCISE SE	3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 2 0 3 0 4 0 1 1 2 0 3 0 4 0 1 1 2 0 3 0 3 0 0 4 0 1 1 2 0 0 3 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			O O O O O O O O O O O O O O O O O O O		

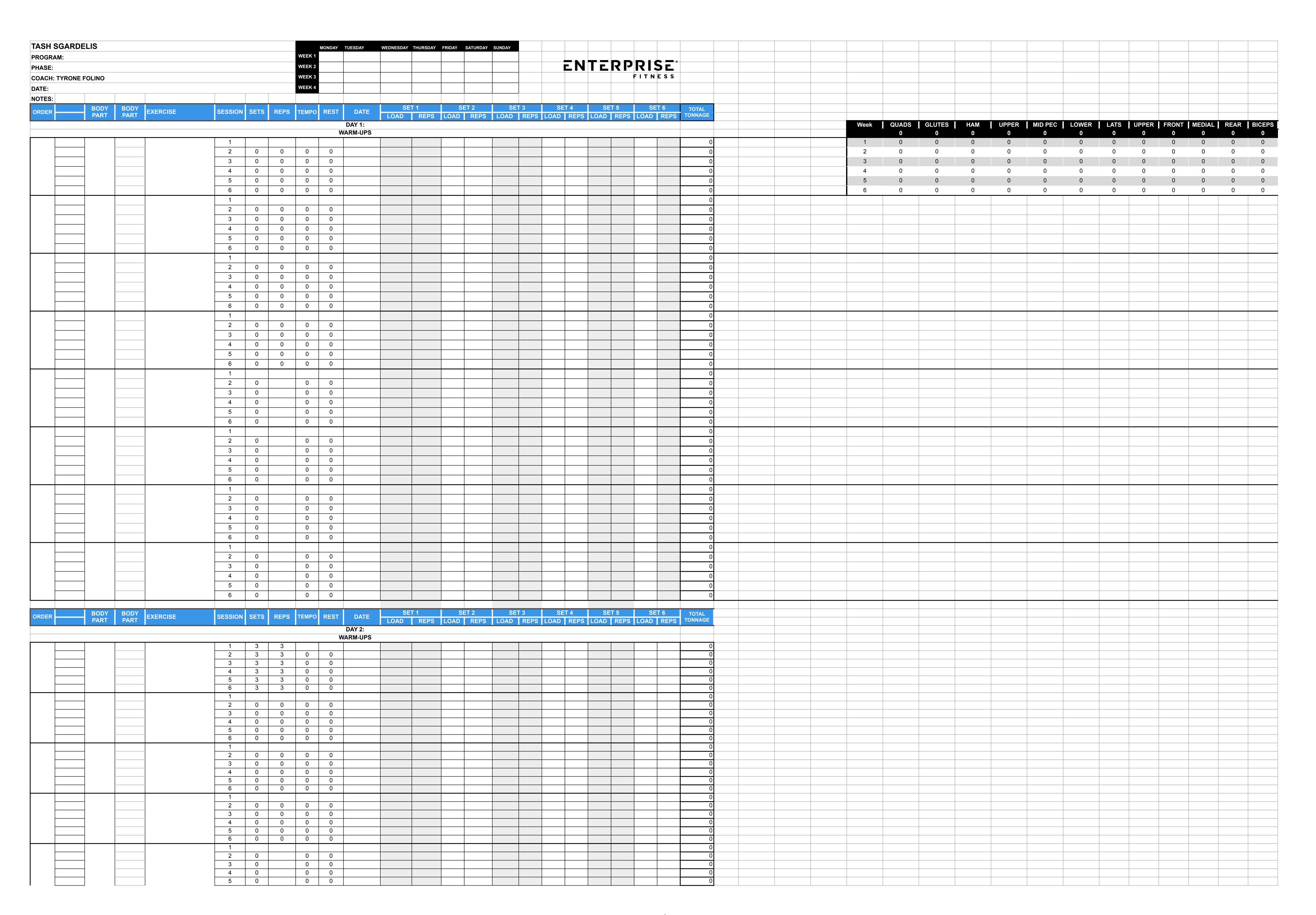
		_		
	3 0 0 0		0	
	4 0 0 0		0	
	1		0	
	2 0 0 0		0	
	3 0 0 0		0	
	4 0 0 0		0	
	1		0	
	2 0 0 0		0	
	3 0 0 0		0	
	4 0 0 0		0	
BODY	SET 1	SET 2 SET 3 SET 4 SET 5 SET 6		
ORDER BODY EXERCISE	SESSION SETS REPS TEMPO REST DATE SET 1 LOAD REPS LOAD	D REPS LOAD REPS LOAD REPS LOAD REPS		
	DAY 6	The state of the s		
	WARM-UPS			
	1 1			
	2 0 0 0			
	3 0 0 0			
	1 0 0 0			
	2 0 0 0			
	3 0 0 0			
	4 0 0 0			
	2 0 0 0			
	3 0 0 0			
	4 0 0 0			
	2 0 0 0 3 0 0 0			
	4 0 0 0			
	1			
	2 0 0 0			
	4 0 0 0			
	2 0 0 0			
	4 0 0 0			
	2 0 0 0			
	3 0 0 0			
	4 0 0 0			
	1			
	2 0 0 0			
	3 0 0 0			
	4 0 0 0			

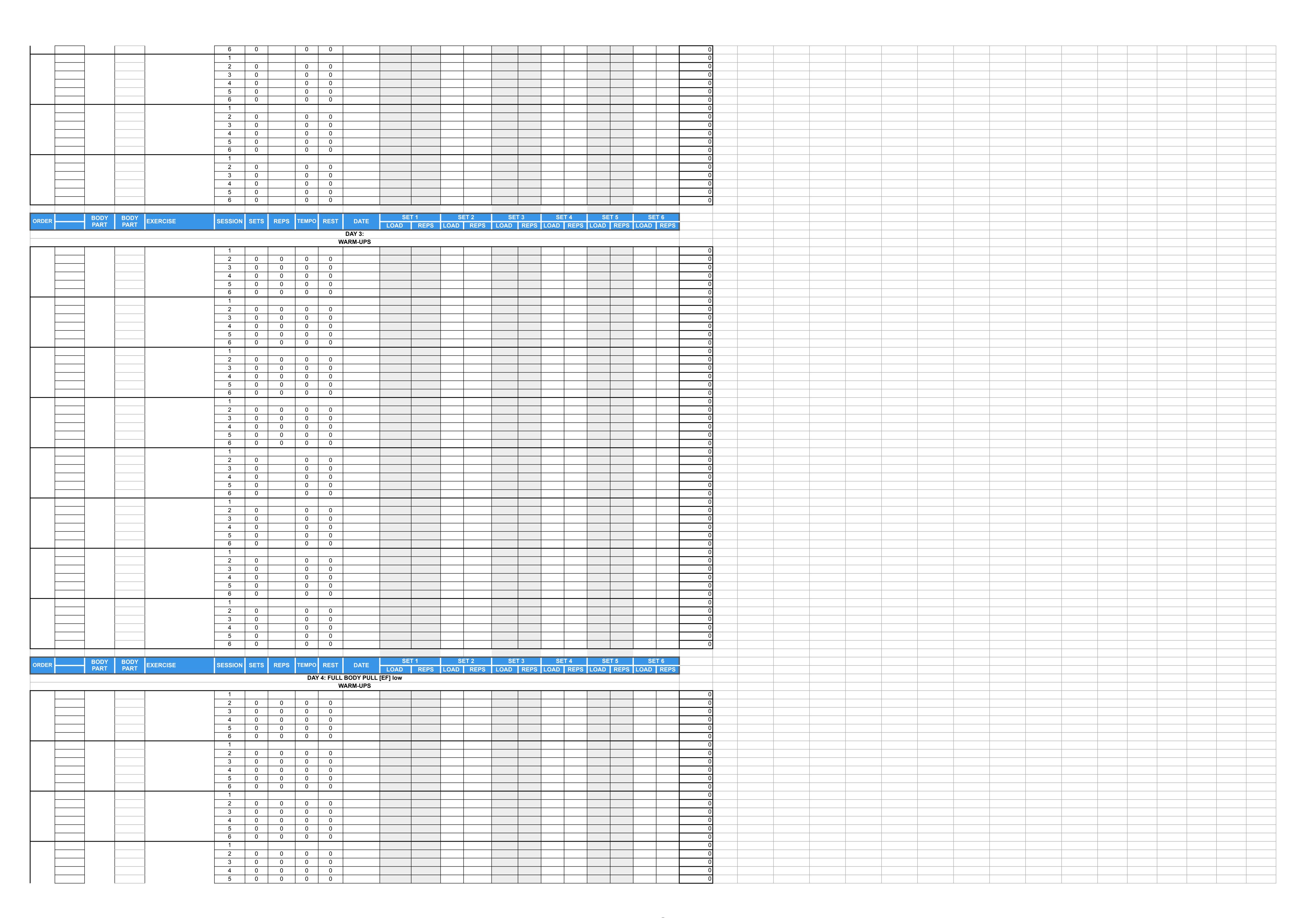
	MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY							
PROGRAM: PHASE:	WEEK 1 WEEK 2 ENTERPRISE®							
COACH: TYRONE FOLINO	WEEK 3 FITNESS							
DATE: NOTES:	WEEK 4							
ORDER BODY EXERCISE	SESSION SETS REPS TEMPO REST DATE							
	DAY 1: WARM-UPS	Week	QUADS	GLUTE/ CHEST	BACK DEL	S BICEPS	TRICEPS C	ALVES ABS TOTAL
	1 0	1	0	0 0	0 0	0	0	0 0 0
	2 0	2	0	0 0	0 0	0	0	0 0 0
	4 0 0 0 5 0 0 0	3	0	0 0	0 0	0	0	
		4	0	0 0	0 0	0	0	0 0 0
	3 0 0 0 4 0 0 0							
	5 0 0 0							
	6 0							
	3 0 0 0 4 0 0 0							
	5 0							
	2 0							
	4 0 0 0 5 0 0 0							
	6 0 0 0							
	3 0 0 0 4 0 0 0							
	5 0 0 0							
	2 0 0 0 3 0 0 0							
	4 0 0 0							
	5 0 0 0 6 0 0 0							
	3 0 0 0							
	4 0 0 0 5 0 0 0							
	3 0							
	5 0 0 0 0							
ORDER BODY PART EXERCISE	SESSION SETS REPS TEMPO REST DATE SET 1 SET 1 SET 2 SET 3 SET 4 SET 5 SET 6 TOTAL LOAD REPS LOAD REPS LOAD REPS LOAD REPS LOAD REPS LOAD REPS LOAD REPS LOAD REPS LOAD REPS LOAD REPS LOAD REPS LOAD REPS TONNAGE							
	DAY 2: WARM-UPS							
	1 0 2 0							
	3 0							
	5 0 0 0 6 0 0 0							
	3 0 0 0 4 0 0 0							
	$egin{array}{c c c c c c c c c c c c c c c c c c c $							
	3 0 0 0							
	4 0 0 0 5 0 0 0							
	6 0							
	2 0 0 0 3 0 0 0							
•		I				1		1

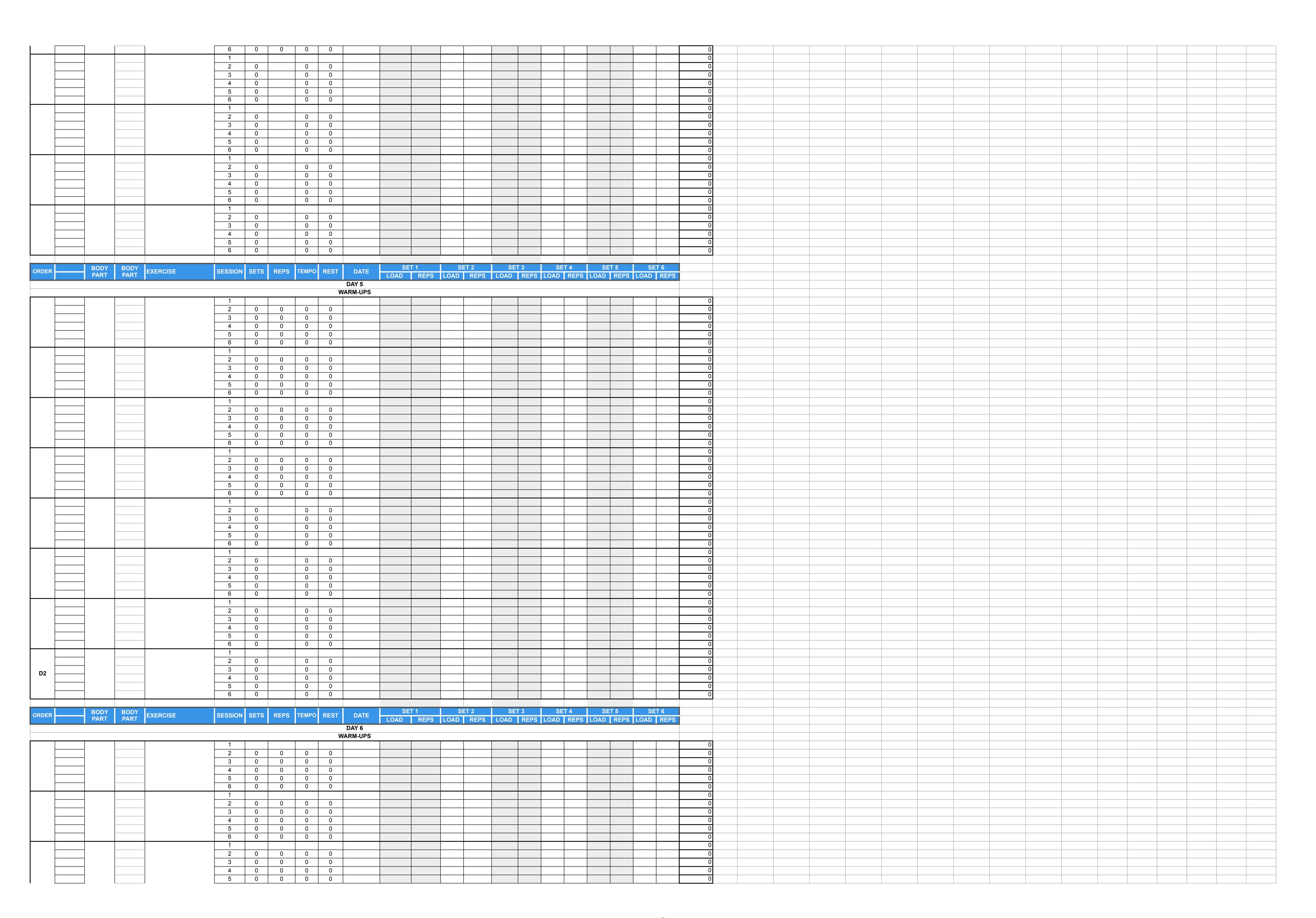
1				<u> </u>				<u>^</u> 1		
	4 U	0 0						0		
	6 0	0 0						0		
		+						0		
	2 0	0 0						0		
	3 0	0 0						0		
	4 0	0 0						0		
	5 0	0 0						0		
	0 0	0 0						0		
	6 0	0 0						0		
	1							0		
	2 0	0 0						0		
	3 0	0 0						0		
	4 0	0 0						0		
	5 0	0 0						0		
	6 0	0 0						0		
	1							0		
	2 0	0 0						0		
	3 0	0 0						0		
	4 0	0 0						0		
	5 0	0 0						0		
	6 0	0 0						0		
	1 1							0		
	2 0	0 0						0		
	3 0	0 0						0		
	4 0	0 0						0		
	5 0	0 0						0		
	0 0	0 0						0		
	0 0	0 0						U		
			-0574		OFT 6					
BODY PART EXERCISE	SESSION SETS REPS	TEMPO REST DATE	SET 1	SET 2	SET 3 SET 4	SET 5				
PARI				LOAD REPS	LOAD REPS LOAD REPS	LOAD R	REPS LOAD REPS			
		DAY 3:	DC							
1	<u> </u>	WARM-U	PS							
	1							0		
	2 0	0 0						0		
	3 0	0 0						0		
	4 0	0 0						0		
	5 0	0 0						0		
	6 0	0 0						0		
	1							0		
	2 0 6	0 0						0		
	3 0 7	0 0						0		
	4 0 5	0 0						0		
	5 0 6	0 0						0		
	6 0 7	0 0						0		
	1 1	+ + + + + + + + + + + + + + + + + + + +						0		
	2 0	0 0						n		
	3 0	0 0						0		
	4 0	0 0						0		
		0 0						0		
	8 0	0 0						0		
	0 0	0 0						0		
								0		
	2 0 9	0 0						0		
	3 0 10	0 0						0		
	4 0 8	0 0						0		
	5 0 9	0 0						0		
	6 0 10	0 0						0		
	1							0		
	2 0	0 0						0		
	3 0	0 0						0		
	4 0	0 0						0		
	5 0	0 0						0		
	6 0	0 0						0		
	1 1							0		
	2 0	0 0						0		
	3 0	0 0						0		
	4 0	0 0						0		
	5 0	0 0						n		
	6 0	0 0						0		
	1 1	+						0		
	2 0							0		
	2 0	0 0						0		
	3 0	0 0						0		
	4 0	0 0						0		
•	5 0	0 0						0		
	6 0	0 0						0		
	1							0		
	2 0	0 0						0		
	0	1 - T - T						0		
	3 0	0 0						0		
	3 0 4 0	0 0 0						0		
	3 0 4 0 5 0							0		
	3 0 4 0 5 0 6 0	0 0 0						- 1		
	3 0 4 0 5 0 6 0	0 0 0 0 0 0								
BODY	5 0 6 0	0 0 0 0 0 0								
BODY EXERCISE	5 0 6 0	0 0 0 0 0 0								
BODY EXERCISE	5 0 6 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SET 1 LOAD REPS		SET 3 SET 4 LOAD REPS LOAD REPS					
BODY EXERCISE	5 0 6 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SET 1 LOAD REPS PULL [EF] low							
BODY PART EXERCISE	5 0 6 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SET 1 LOAD REPS PULL [EF] low					0		
BODY EXERCISE	5 0 6 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SET 1 LOAD REPS PULL [EF] low					0		
BODY PART EXERCISE	5 0 6 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SET 1 LOAD REPS PULL [EF] low					0 0		
BODY EXERCISE	5 0 6 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SET 1 LOAD REPS PULL [EF] low					0 0 0		
BODY PART EXERCISE	5 0 6 0 SESSION SETS REPS	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SET 1 LOAD REPS PULL [EF] low					0 0 0 0		
BODY PART EXERCISE	5 0 6 0 SESSION SETS REPS	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SET 1 LOAD REPS PULL [EF] low					0 0 0 0		
BODY PART EXERCISE	5 0 6 0 SESSION SETS REPS	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SET 1 LOAD REPS PULL [EF] low					0 0 0 0 0		
BODY PART EXERCISE	5 0 6 0 SESSION SETS REPS	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SET 1 LOAD REPS PULL [EF] low					0 0 0 0 0 0		

		3 0
		4 0
		5 0
	1	
		3 0
1		4 0
	1	
	1	6 0
	1	
Second S	The content of the	
1	0	4 0
MANUAL PROPERTY OF THE PROPERT		5 0
No. 100 No.		6 0
Fig. 1850 150 150 150 150 150 150 150 150 150 1		
VI	Table Tabl	
VI	Table Tabl	
No.		
	1	
	1	
Total Property Tota	PARTICULAR MANING	
1	## CHICALLY SERVICE 1	
1	Total Tota	
1	Total Tota	
1	Total Contro	
Note	The content 1	
No. 1		
	Second S	
	Carlot C	
	Second S	
	Second S	
MONE Particus STATE ST	The content The content	
Carolit Caro		
TOTAL COLUMN COL	1	
TOTAL COLUMN COL	1	
TOTAL CONTROL OF THE PROPERTY	1	BODY
TOTAL COLUMN COL	1	PART EXERCISE SESSION SETS REPS
Second Color		
1	1	
\$ 0 C C C C C C C C C C C C C C C C C C	C	
S		
S	C	
The color of the	Total Property Tota	
Total Contro	Total Property Tota	2 0 3 0 4 0
Total Contro	Total Property Tota	2 0 3 0 4 0 5 0
Total Contro	Total Property Tota	2 0 3 0 4 0 5 0 6 0
Total Contro	C	2 0 3 0 4 0 5 0 6 0 1 1
Total Contro	C	2 0 3 0 4 0 5 0 6 0
6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 0 3 0 4 0 5 0 6 0 1 2 0 3 0
6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 2 0 3 0
A	\$ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 2 0 3 0
A	\$ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 2 0 3 0
4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 2 0 3 0
4 0 0 0 0 0 0 0 0 0	4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 2 0 3 0
1	Color Colo	5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0
	Color Colo	5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0
1		5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0
1	1	5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0
1		5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0
4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4	5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 2 0 3 0 4 0 5 0 6 0
5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0
1	1	5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 2 0 3 0 4 0 5 0 6 0
2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 2 0 3 0 4 0 5 0 6 0
2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0
4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0
4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0
5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0
1	1	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0
2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0
3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0
5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0
5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0
1	1	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 0 3 0 4 0 0 5 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 0 0 0 0 0 0 0 0 0 0 0 0
2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 6 0 1 1 2 0 3 0 6 0 6 0 7 0 8 0 8 0 8 0 8 0 8 0 8 0 8 0 8
2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 6 0 1 1 2 0 3 0 6 0 6 0 7 0 8 0 8 0 8 0 8 0 8 0 8 0 8 0 8
3 0 0 0 4 0 0 0 5 0 0 0 6 0 0 0 1 0 0 2 0 0 0 3 0 0 0 4 0 0 0	3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 6 0 1 1 2 0 3 0 6 0 6 0 7 0 8 0 8 0 8 0 8 0 8 0 8 0 8 0 8
4 0 0 0 5 0 0 0 6 0 0 0 1 0 0 2 0 0 0 3 0 0 0	4 0 0 0 5 0 0 0 6 0 0 0 1 0 2 0 0 3 0 0 4 0	5 0 6 0 1 1 2 0 3 0 4 0 5 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 0 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
5 0 0 0 6 0 0 0 1 0 0 2 0 0 0 3 0 0 0 4 0 0 0	5 0 0 0 6 0 0 0 1 0 0 2 0 0 0 3 0 0 0 4 0 0 0	5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 0 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	5 0 6 0 1 2 0 3 0 4 0 5 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
		5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
		5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 1 2 0 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 1 2 0 0 0 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
		5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 1 2 0 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 1 2 0 0 0 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
		5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 1 2 0 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 1 2 0 0 0 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
5 0 0 0 6 0 0 0	5 0 0 0 6 0 0 0	5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 1 2 0 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 1 2 0 0 0 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
		5 0 6 0 0 1 1 2 0 0 3 0 4 0 0 5 0 0 6 0 0 1 1 1 2 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
		5 0 0 6 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 4 0 0 5 0 0 6 0 0 1 1 2 0 0 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

BODY	07001011 0770 0770	TEUDO .		SET 1 SET 2	SET	3	SET 4	SET 5	S	ET 6									
PART EXERCISE	SESSION SETS REPS	TEMPO F	REST DATE																
			DA	Y 6															
			WARI	1-UPS															
	1																		
	2 0	0	0																
		0	0																
	4 0	0	0																
	1																		
	2 0	0	0																
	3 0	0	0																
	4 0	0	0																
	1																		
	2 0	0	0																
	3 0	0	0																
	4 0	0	0																
	1																		
	2 0	0	0																
	3 0	0	0																
	4 0	0	0																
	1																		
	2 0	0	0																
	3 0	0	0																
	4 0	0	0																
	1																		
	2 0	0	0																
		0	0																
	4 0	0	0																
	1																		
	2 0	0	0																
		0	0																
	4 0	0	0																
	1																		
	2 0	0	0																
	3 0	0	0																
	4 0	0	0																
	BODY PART EXERCISE	1	1	DA WARN 1	DAY 6 WARM-UPS 1	PART EXERCISE SESSION SEIS REPS LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD	PART EARNISE SESSION SETS REPS TEMPO REPS DADO REPS LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD LOAD	PART Session Sels Refs Ishiro Refs	PART CAPROSE	PART PART	PART CAPUSE SESSION SEIS REPS CABU CABU REPS CABU REPS CABU REPS CABU REPS CABU RE	PART PA	PART DAN Session Ses	MAT MARINE SESSION SES MENS MAN MENS MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MAN MENS MENS MENS MAN MENS MENS MENS MAN MENS MEN	PART EVENUES SCESSION SEPS LOAD RE	PART CARNOLE	Part Stroke Str	Part Defende Section	No. Control



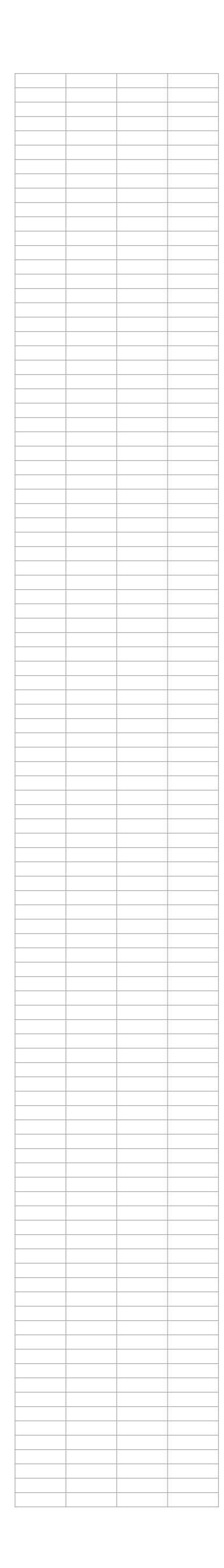




6 0				
1		0		
2 0		0		
2 0	0 0 0	0		
3 0		0		
4 0	0 0 0	0		
5 0		0		
6 0	0 0 0	0		
1		0		
2 0		0		
3 0		0		
4 0		0		
5 0		0		
6 0	0 0	0		
1		0		
2 0		0		
3 0		0		
4 0		0		
5 0		0		
6 0		0		
1		0		
2 0		0		
3 0		0		
4 0		0		
5 0		0		
6 0	0 0	0		
1		0		
2 0		0		
3 0		0		
4 0		0		
5 0	0 0	0		
6 0		0		

TRICEPS 0	CALVES 0	ABS 0	TOTAL
0	0	0	0
0	0	0	0
0	0	0	0
	-	-	







EXERCISE VIDEO LINKS
45º Hyper Extension
45º Leg Press; mid stance
Barbell Bent Over Row
Barbell Hack Squat
Big 3 Upper Back
Cable Split Squat
Cable Step Up
<u>Dumbbell External Rotation; on knee</u>
<u>Dumbbell Press & Variations</u>
Dumbbell Reverse Lunge
Dumbbell Shoulder Press
Dumbbell Tricep Extension
Dumbbell Walking Lunge
Front Foot Elevated Split Squat
Goblet Box Squat
Incline Dumbbell Bicep Curl
<u>Lat Pulldown</u>
Lying Leg Curl; dorsi flexed
Lying Leg Curl; plantar flexed
Machine Hack Squat
<u>Plank</u>
Prone Hip Extension
Seated Calf Raise
Shoulder Dislocates
Side Lying Dumbbell External Rotation
Side Lying Glute Clam
Standing Cable Rear Delt Fly
Trap Bar Deadlift
Wall Angels
Y Raise

CLIENT:

COACH: TYRONE FOLINO

Overall Performance Tracking

DATE	DAY	TRAINING TYPE	WEIGHT	ADHERENCE 10/10	TARGET
5/16/23	Т				O
5/17/23	w				
5/18/23	Т				
5/19/23	F				
5/20/23	S				
5/21/23	S				
5/22/23	М				
5/23/23	Т				
5/24/23	w				
5/25/23	Т				
5/26/23	F				
5/27/23	S				
5/28/23	S				
5/29/23	М				
5/30/23	Т				
5/31/23	w				
6/1/23	Т				
6/2/23	F				
6/3/23	S				

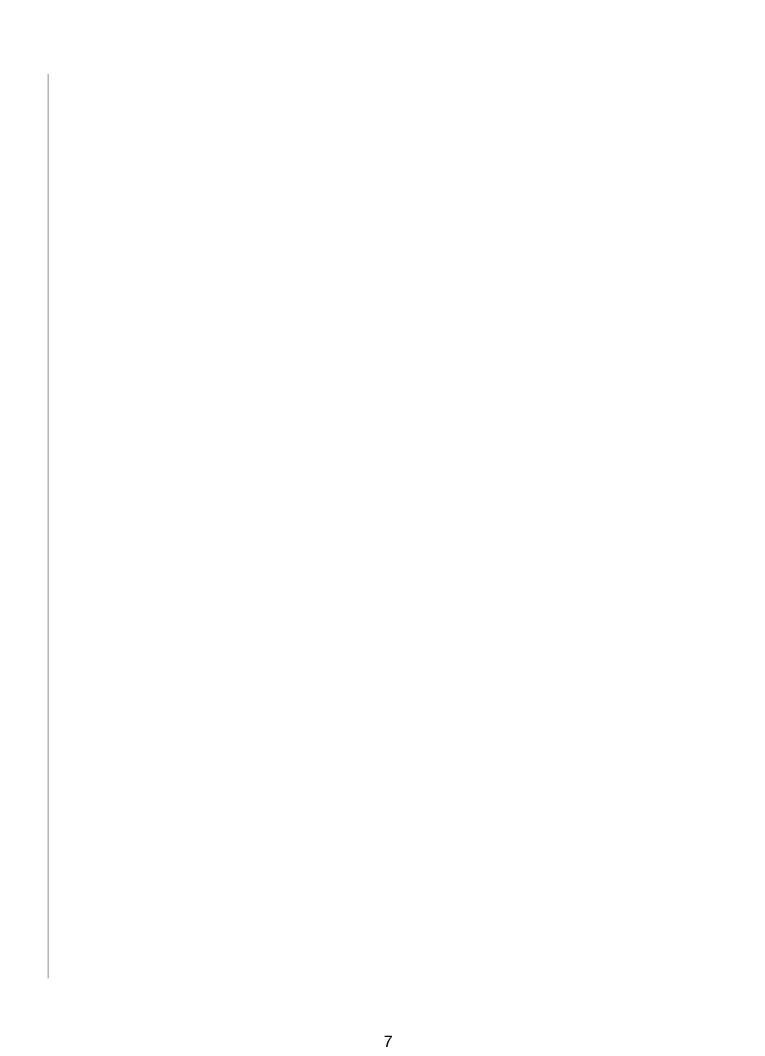
6/4/23	S		
6/5/23	М		
6/6/23	Т		
6/7/23	w		
6/8/23	Т		
6/9/23	F		
6/10/23	S		
6/11/23	S		
6/12/23	М		
6/13/23	Т		
6/14/23	w		
6/15/23	Т		
6/16/23	F		
6/17/23	S		
6/18/23	S		
6/19/23	М		
6/20/23	Т		
6/21/23	w		
6/22/23	Т		
6/23/23	F		
6/24/23	S		
6/25/23	S		
6/26/23	М		
6/27/23	Т		
6/28/23	w		
6/29/23	Т		
6/30/23	F		

		_	
7/1/23	s		
7/2/23	S		
7/3/23	M		
7/4/23	Т		
7/5/23	W		
7/6/23	Т		
7/7/23	F		
7/8/23	S		
7/9/23	S		
7/10/23	M		
7/11/23	Т		
7/12/23	W		
7/13/23	Т		
7/14/23	F		
7/15/23	S		
7/16/23	S		
7/17/23	M		
7/18/23	Т		
7/19/23	W		
7/20/23	Т		
7/21/23	F		
7/22/23	S		
7/23/23	S		
7/24/23	M		
7/25/23	Т		
7/26/23	W		
7/27/23	т		

		_	
7/28/23	F		
7/29/23	S		
7/30/23	S		
7/31/23	М		
8/1/23	Т		
8/2/23	w		
8/3/23	Т		
8/4/23	F		
8/5/23	S		
8/6/23	S		
8/7/23	М		
8/8/23	Т		
8/9/23	w		
8/10/23	Т		
8/11/23	F		
8/12/23	S		
8/13/23	S		
8/14/23	М		
8/15/23	Т		
8/16/23	w		
8/17/23	Т		
8/18/23	F		
8/19/23	s		
8/20/23	s		
8/21/23	М		
8/22/23	Т		
8/23/23	w		

		_		
8/24/23	Т			
8/25/23	F			
8/26/23	S			
8/27/23	S			
8/28/23	М			
8/29/23	Т			
8/30/23	w			
8/31/23	Т			
9/1/23	F			
9/2/23	S			
9/3/23	S			
9/4/23	М		 	
9/5/23	Т			
9/6/23	w			
9/7/23	Т			
9/8/23	F			
9/9/23	s			
9/10/23	S			
9/11/23	М			
9/12/23	Т			
9/13/23	w			
9/14/23	Т			
9/15/23	F			
9/16/23	s			
9/17/23	S			
9/18/23	М			
9/19/23	Т			

9/20/23	w		
9/21/23	Т		
9/22/23	F		
9/23/23	s		
9/24/23	S		
9/25/23	М		
9/26/23	Т		
9/27/23	w		
9/28/23	Т		
9/29/23	F		
9/30/23	S		
10/1/23	S		
10/2/23	М		





			9	

			10	

PERFORMANCE TRA

	Activity			
STEPS	CARDIO	DURATION	SUPPLEMENTS	MEAL FREQUENCY (Melas per day)

 	p	.	

,				
l	l	l	L	L

I	I	l	I	ll

<u> </u>			

	 ,	

00	
~~	

CKER

ENTERPRISE*

	Nutrition							
PROTEIN	FAT	CARB	KCAL	MEALS NOT SELF PREPARED				

I	l	l	l	l

	•			
		•		
l	ll	l	l	l

I		
L		



	Wellness					
Water	DIGESTION (Bloating/ Regularity/ Reflux)	HUNGER	ENERGY	STRESS	SLEEP QUALITY	SLEEP DURATION

	,	 	 	
<u> </u>		 	 	

		,				
L	L	L	L	L	l	L

<u> </u>				

L	L	L	L	L	l	ll

	 				
	 				
			.		
		l			
	 	<u> </u>			
	1	I	1		
					
L					I

FEMALE CYCLE (Day)	CHECK IN DAY	CALL REQUIRED
	l	

	l	
ļ	L	
<u> </u>		

		
	l	
<u> </u>		

	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
	l	
l	l	l

 l	
 •••••	

DAILY CHECK IN (Client Comments)
(onent comments)

ı

Comments/Notes

NUTRITION TARGETS / WEEKLY SUMMA (Trainer Use Only)

INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00	-	0
INITIAL PLAN (SMALL - MODE	RATE DEFICIT)	FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00		0
INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0

AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00		0
INITIAL PLAN (SMALL - MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. CARB
0	0.00		0
INITIAL PLAN (SMALL - MODERA	TE DEFICIT)	FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
RE-FEED DAY			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
EDIT FROM INITIAL PLAN (MODERATE DEFICIT)		FREQUENCY	PROTEIN
TRAINING DAY			
NON-TRAINING DAY / CARDIO			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			

WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
ТҮРЕ	1	FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
ТҮРЕ		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			

	-	0
AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0.00		0
1	FREQUENCY	PROTEIN
	-	0
AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0.00		0
	FREQUENCY	PROTEIN
	-	0
AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0.00		0
	FREQUENCY	PROTEIN
	-	0
AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0.00		0
ı	FREQUENCY	PROTEIN
	AVG.WEIGHT (KG) 0.00 AVG.WEIGHT (KG) 0.00 AVG.WEIGHT (KG)	AVG.WEIGHT (KG)

Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
ТҮРЕ		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
ТҮРЕ		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
ТҮРЕ	•	FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE	•	FREQUENCY	PROTEIN

Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0	0.00		0
TYPE		FREQUENCY	PROTEIN
Training day			
Non-Training day			
Refeed day			
WEEKLY AVERAGE		-	0
AVG.STEPS	AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0 0.00			0



(
FAT	CARB	KCAL
0	0	0
AVG. FAT	AVG. PRO	AVG. KCAL
0	0	0
FAT	CARB	KCAL
0	0	0
AVG. FAT	AVG. PRO	AVG. KCAL
0	0	0
FAT	CARB	KCAL
0	0	0

AVG. FAT	AVG. PRO	AVG. KCAL
0	0	0
FAT	CARB	KCAL
0	0	0
AVG. FAT	AVG. PRO	AVG. KCAL
0	0	0
FAT	CARB	KCAL
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0
		0

0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0

		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0

		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL

		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0
FAT	CARB	KCAL
		0
		0
		0
0	0	0
AVG. FAT	AVG. CARB	AVG. KCAL
0	0	0

TRAINER COMMENTS (WEEKLY OVERVIEW)	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	

	-
WEEKLY OVERVIEW	
	••
	•
MEDICAL AND COMME	٦
WEEKLY OVERVIEW	
	••
	_
WEEKLY OVERVIEW	
	••
	-
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	

WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEEKLY OVERVIEW	
WEERLI OVERVIEW	

WEEKLY OVERVIEW
WEEKEI OVEKVIEW
WEEKLY OVERVIEW
WEEKLY OVERVIEW
WEEKLY OVERVIEW
WEEKLY OVERVIEW
WEEKLY OVERVIEW
WEEKLY OVERVIEW

,
WEEKLY OVERVIEW
WEERLY OVERVIEW
WEEKLY OVERVIEW
-
WEEKLY OVERVIEW
WEEKLY OVERVIEW

••••••		
	WEEKLY OVER	/IFW
	WEEKEI OVEK	V 1VV
	WELKET OVEK	
	WELKET OVEK	
	WEILE OVER	

()

	Supplements		
SUPPLEMENTS	DOSAGE PER DAY	CONTAINER SIZE (Caps/Powder Servings)	CONTAINERS PURCHASED



DAYS TO CONTAINER FINISHED	DAY TO REFILL



	100

NAME

Weeks into Pre-Prep	1	2	3	4	5
Weeks out from first show	52 weeks out	51 weeks out	50 weeks out	49 weeks out	48 weeks out
Monday	10-Apr	17-Apr	24-Apr	1-May	8-May
Tuesday	11-Apr	18-Apr	25-Apr	2-May	9-May
Wednesday	12-Apr	19-Apr	26-Apr	3-May	10-May
Thursday	13-Apr	20-Apr	27-Apr	4-May	11-May
Friday	14-Apr	21-Apr	28-Apr	5-May	12-May
Saturday	15-Apr	22-Apr	29-Apr	6-May	13-May
Sunday	16-Apr	23-Apr	30-Apr	7-May	14-May
Prep Phase					
Weekly Avg. Weight					
Predicted Weight					
Predicted Body Fat %					
Actual Body Fat %					
-					
Baseline	0	0	0	0	0
Calories					
Surplus/Deficit					
	ļ				
Protein					
Carbs					
Fats					
Steps					
Cardio					
Weeks into Prep	1	2	3	4	5
Weeks out from first show	30 weeks out	29 weeks out	28 weeks out	27 weeks out	26 weeks out
Monday	11-Sep	18-Sep	25-Sep	2-Oct	9-Oct
Tuesday	12-Sep	19-Sep	26-Sep	3-Oct	10-Oct
Wednesday	13-Sep	20-Sep	27-Sep	4-Oct	11-Oct
Thursday	14-Sep	21-Sep	28-Sep	5-Oct	12-Oct
Friday	15-Sep	22-Sep	29-Sep	6-Oct	13-Oct
Saturday	16-Sep	23-Sep	30-Sep	7-Oct	14-Oct
Sunday	17-Sep	24-Sep	1-Oct	8-Oct	15-Oct
Prep Phase	GAINING		MAINTENANCE		NANCE
Goal					
Weekly Avg. Weight	1				
Predicted Weight					
Predicted Body Fat %					
Actual Body Fat %					
,					
Baseline	0	0	0	0	0
Calories		<u> </u>			
	į i	ļ l		l	

Surplus/Deficit			
Protein			
Carbs			
Fats			
Steps			
Cardio	N/A		

		4

47 weeks out	46 weeks out	45 weeks out	44 weeks out	43 weeks out	42 weeks out
15-May	22-May	29-May	5-Jun	12-Jun	19-Jun
		•	6-Jun		20-Jun
16-May	23-May	30-May		13-Jun	
17-May	24-May	31-May	7-Jun	14-Jun	21-Jun
18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun
19-May	26-May	2-Jun	9-Jun	16-Jun	23-Jun
20-May	27-May	3-Jun	10-Jun	17-Jun	24-Jun
21-May	28-May	4-Jun	11-Jun	18-Jun	25-Jun
PRE - PREF	FAI LOSS				
	0.1	0		0	01
0	0	0	0	0	0
		10	000		
	Evnorw	<u> </u>	000	Evnoru	rock: 20 minuos HP
	5 x per we	10, eek; 20 minutes HF		5 x per w	reek; 30 minues HR
6	·	eek; 20 minutes HF	R 130-140	·	
6 25 weeks out	7	eek; 20 minutes HR	9	10	11
25 weeks out	7 24 weeks out	eek; 20 minutes HR 8 23 weeks out	9 22 weeks out	10 21 weeks out	11 20 weeks out
25 weeks out 16-Oct	7 24 weeks out 23-Oct	8 23 weeks out 30-Oct	9 22 weeks out 6-Nov	10 21 weeks out 13-Nov	11 20 weeks out 20-Nov
25 weeks out 16-Oct 17-Oct	7 24 weeks out 23-Oct 24-Oct	8 23 weeks out 30-Oct 31-Oct	9 22 weeks out 6-Nov 7-Nov	10 21 weeks out 13-Nov 14-Nov	11 20 weeks out 20-Nov 21-Nov
25 weeks out 16-Oct 17-Oct 18-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov	20 weeks out 20-Nov 21-Nov 22-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov	11 20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct 20-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov	20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct 28-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov	20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov 25-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct 20-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov	20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov 25-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct 28-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov	20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov 25-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct 28-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov	20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov 25-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct 28-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov	20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov 25-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct 28-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov	20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov 25-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct 28-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov	20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov 25-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct 28-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov	20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov 25-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct 22-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct 28-Oct 29-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov 5-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov 12-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov 19-Nov	20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov 25-Nov
25 weeks out 16-Oct 17-Oct 18-Oct 19-Oct 20-Oct 21-Oct	7 24 weeks out 23-Oct 24-Oct 25-Oct 26-Oct 27-Oct 28-Oct	8 23 weeks out 30-Oct 31-Oct 1-Nov 2-Nov 3-Nov 4-Nov	9 22 weeks out 6-Nov 7-Nov 8-Nov 9-Nov 10-Nov 11-Nov	10 21 weeks out 13-Nov 14-Nov 15-Nov 16-Nov 17-Nov 18-Nov	20 weeks out 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov 25-Nov

					1
	12,000				
	3 x 30 minutes @ HR 130-140				



41 weeks out		14	15		17
41 WEEKS OUT	40 weeks out	39 weeks out	38 weeks out	37 weeks out	36 weeks out
26-Jun	3-Jul	10-Jul	17-Jul	24-Jul	31-Jul
27-Jun	4-Jul	11-Jul	18-Jul	25-Jul	1-Aug
28-Jun	5-Jul	12-Jul	19-Jul	26-Jul	2-Aug
29-Jun	6-Jul	13-Jul	20-Jul	27-Jul	3-Aug
30-Jun	7-Jul	14-Jul	21-Jul	28-Jul	4-Aug
1-Jul	8-Jul	15-Jul	22-Jul	29-Jul	5-Aug
2-Jul	9-Jul	16-Jul	23-Jul	30-Jul	6-Aug
		0.1	0.1	0.1	0.1
0	0	0	0	0	0
					10,0
130-140					3 x 20 minute
12	13	14	15	16	17
19 weeks out	18 weeks out	17 weeks out	16 weeks out	15 weeks out	14 weeks out
27 Nov					
27-Nov	4-Dec	11-Dec	18-Dec	25-Dec	1-Jan
27-NOV 28-Nov	4-Dec 5-Dec	11-Dec 12-Dec	18-Dec 19-Dec		1-Jan 2-Jan
				25-Dec	
28-Nov	5-Dec	12-Dec	19-Dec	25-Dec 26-Dec	2-Jan
28-Nov 29-Nov	5-Dec 6-Dec	12-Dec 13-Dec	19-Dec 20-Dec	25-Dec 26-Dec 27-Dec	2-Jan 3-Jan
28-Nov 29-Nov 30-Nov	5-Dec 6-Dec 7-Dec	12-Dec 13-Dec 14-Dec	19-Dec 20-Dec 21-Dec	25-Dec 26-Dec 27-Dec 28-Dec	2-Jan 3-Jan 4-Jan
28-Nov 29-Nov 30-Nov 1-Dec	5-Dec 6-Dec 7-Dec 8-Dec	12-Dec 13-Dec 14-Dec 15-Dec	19-Dec 20-Dec 21-Dec 22-Dec	25-Dec 26-Dec 27-Dec 28-Dec 29-Dec	2-Jan 3-Jan 4-Jan 5-Jan
28-Nov 29-Nov 30-Nov 1-Dec 2-Dec	5-Dec 6-Dec 7-Dec 8-Dec 9-Dec	12-Dec 13-Dec 14-Dec 15-Dec 16-Dec	19-Dec 20-Dec 21-Dec 22-Dec 23-Dec	25-Dec 26-Dec 27-Dec 28-Dec 29-Dec 30-Dec	2-Jan 3-Jan 4-Jan 5-Jan 6-Jan
28-Nov 29-Nov 30-Nov 1-Dec 2-Dec	5-Dec 6-Dec 7-Dec 8-Dec 9-Dec	12-Dec 13-Dec 14-Dec 15-Dec 16-Dec	19-Dec 20-Dec 21-Dec 22-Dec 23-Dec 24-Dec	25-Dec 26-Dec 27-Dec 28-Dec 29-Dec 30-Dec	2-Jan 3-Jan 4-Jan 5-Jan 6-Jan
28-Nov 29-Nov 30-Nov 1-Dec 2-Dec	5-Dec 6-Dec 7-Dec 8-Dec 9-Dec	12-Dec 13-Dec 14-Dec 15-Dec 16-Dec	19-Dec 20-Dec 21-Dec 22-Dec 23-Dec 24-Dec	25-Dec 26-Dec 27-Dec 28-Dec 29-Dec 30-Dec	2-Jan 3-Jan 4-Jan 5-Jan 6-Jan
28-Nov 29-Nov 30-Nov 1-Dec 2-Dec	5-Dec 6-Dec 7-Dec 8-Dec 9-Dec	12-Dec 13-Dec 14-Dec 15-Dec 16-Dec	19-Dec 20-Dec 21-Dec 22-Dec 23-Dec 24-Dec	25-Dec 26-Dec 27-Dec 28-Dec 29-Dec 30-Dec	2-Jan 3-Jan 4-Jan 5-Jan 6-Jan
28-Nov 29-Nov 30-Nov 1-Dec 2-Dec	5-Dec 6-Dec 7-Dec 8-Dec 9-Dec	12-Dec 13-Dec 14-Dec 15-Dec 16-Dec	19-Dec 20-Dec 21-Dec 22-Dec 23-Dec 24-Dec	25-Dec 26-Dec 27-Dec 28-Dec 29-Dec 30-Dec	2-Jan 3-Jan 4-Jan 5-Jan 6-Jan
28-Nov 29-Nov 30-Nov 1-Dec 2-Dec	5-Dec 6-Dec 7-Dec 8-Dec 9-Dec	12-Dec 13-Dec 14-Dec 15-Dec 16-Dec	19-Dec 20-Dec 21-Dec 22-Dec 23-Dec 24-Dec	25-Dec 26-Dec 27-Dec 28-Dec 29-Dec 30-Dec	2-Jan 3-Jan 4-Jan 5-Jan 6-Jan
28-Nov 29-Nov 30-Nov 1-Dec 2-Dec	5-Dec 6-Dec 7-Dec 8-Dec 9-Dec	12-Dec 13-Dec 14-Dec 15-Dec 16-Dec	19-Dec 20-Dec 21-Dec 22-Dec 23-Dec 24-Dec	25-Dec 26-Dec 27-Dec 28-Dec 29-Dec 30-Dec	2-Jan 3-Jan 4-Jan 5-Jan 6-Jan
28-Nov 29-Nov 30-Nov 1-Dec 2-Dec	5-Dec 6-Dec 7-Dec 8-Dec 9-Dec 10-Dec	12-Dec 13-Dec 14-Dec 15-Dec 16-Dec	19-Dec 20-Dec 21-Dec 22-Dec 23-Dec 24-Dec	25-Dec 26-Dec 27-Dec 28-Dec 29-Dec 30-Dec	2-Jan 3-Jan 4-Jan 5-Jan 6-Jan



18	19	20	21	22	START PREP	
35 weeks out	34 weeks out	33 weeks out	32 weeks out	31 weeks out	30 weeks out	
7-Aug	14-Aug	21-Aug	28-Aug	4-Sep		
8-Aug	15-Aug	22-Aug	29-Aug	5-Sep		
9-Aug	16-Aug	23-Aug	30-Aug	6-Sep		
10-Aug	17-Aug	24-Aug	31-Aug	7-Sep		
11-Aug	18-Aug	25-Aug	1-Sep	8-Sep		
12-Aug	19-Aug	26-Aug	2-Sep	9-Sep		
13-Aug	20-Aug	27-Aug	3-Sep	10-Sep		
GAINING						
0	0	0	0	0	0	
000						
s; HR 130-140						

s; HR 130-140					
18	19	20	21	22	23
13 weeks out	12 weeks out	11 weeks out	10 weeks out	9 weeks out	8 weeks out
8-Jan	15-Jan	22-Jan	29-Jan	5-Feb	12-Feb
9-Jan	16-Jan	23-Jan	30-Jan	6-Feb	13-Feb
10-Jan	17-Jan	24-Jan	31-Jan	7-Feb	14-Feb
11-Jan	18-Jan	25-Jan	1-Feb	8-Feb	15-Feb
12-Jan	19-Jan	26-Jan	2-Feb	9-Feb	16-Feb
13-Jan	20-Jan	27-Jan	3-Feb	10-Feb	17-Feb
14-Jan	21-Jan	28-Jan	4-Feb	11-Feb	18-Feb
	ı			Γ	
0	0	0	0	0	0
	Ŭ				

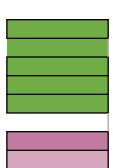


24	25	26	27	28	29
7 weeks out	6 weeks out	5 weeks out	4 weeks out	3 weeks out	2 weeks out
19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar
20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar
21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar
22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar
23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar
24-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar
25-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar
			DD 4 07/05		
			PRACTICE PEAK WEEK		
0	0	0	0	0	0

· · · · · · · · · · · · · · · · · · ·					

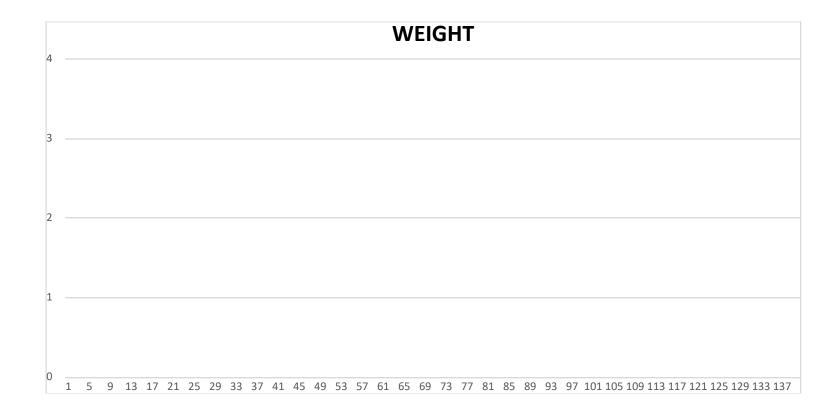


30 1 weeks out 1-Apr 2-Apr 3-Apr 4-Apr 5-Apr 6-Apr 7-Apr PEAK WEEK MAINTAIN



7	7	4

1	3	2
•	_	_





2

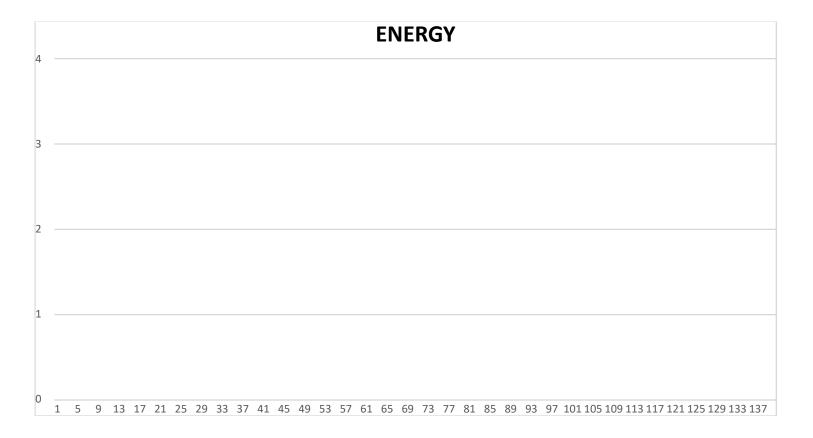
1

0

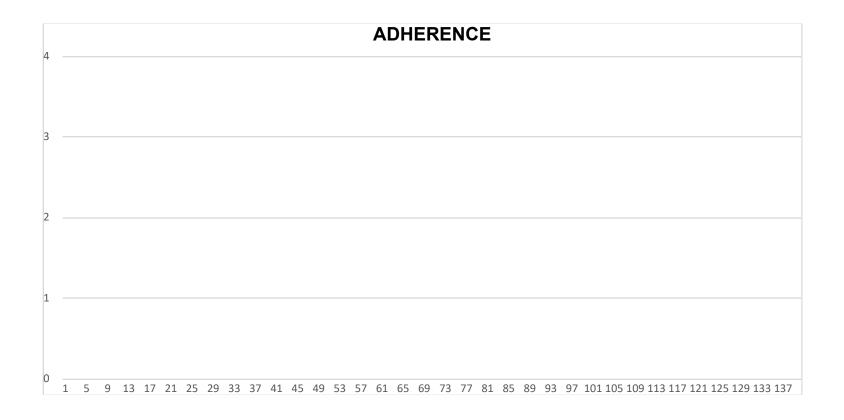
1 5 9 13 17 21 25 29 33 37 41 45 49 53 57 61 65 69 73 77 81 85 89 93 97 101 105 109 113 117 121 125 129 133 137

1	SLEEP QUALITY & DURATION		
7			
3			
2			
1			

1 5 9 13 17 21 25 29 33 37 41 45 49 53 57 61 65 69 73 77 81 85 89 93 97 101 105 109 113 117 121 125 129 133 137





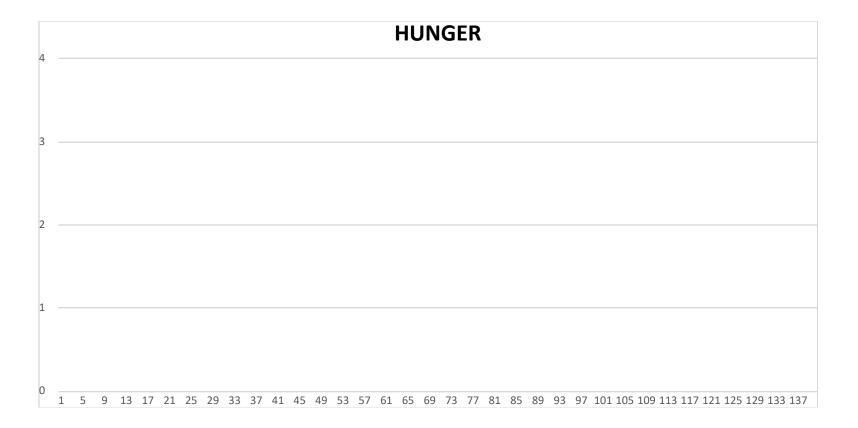


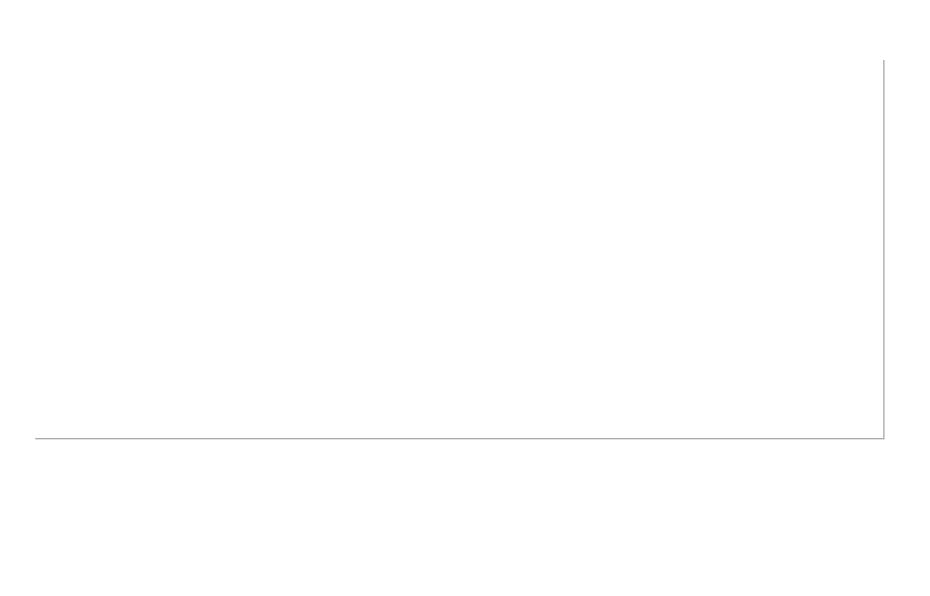


0 1 5 9 13 17 21 25 29 33 37 41 45 49 53 57 61 65 69 73 77 81 85 89 93 97 101 105 109 113 117 121 125 129 133 137

	STRESS
2	
1	
ľ	

1 5 9 13 17 21 25 29 33 37 41 45 49 53 57 61 65 69 73 77 81 85 89 93 97 101 105 109 113 117 121 125 129 133 137





PROTEIN (100g uncooked)		
BEEF	CALORIES	PROTEIN
-	-	-
Beef Mince (10% Fat)	164	21.4
Beef Rib Eye (Visible Fat)	250	26.7
Beef Rib Eye (No Visible Fat)	204	30.7
Beef Eye Fillet (No Visible Fat)	204	30.7
Beef Eye Fillet (Visible Fat)	250	26.7
Beef Porterhouse (Visible Fat)	291	25.9
Beef Porterhouse (No Visible Fat)	160	29.9
Beef Brisket (Visible Fat)	330	23.1
Beef Brisket (No Visible Fat)	204	30.7
POULTRY	CALORIES	PROTEIN
-	-	-
Chicken Breast; skinless	120	22.5
Chicken Thigh; skinless	173	27.7
Chicken Mince (Coles)	106.4	22.48
Chicken Tenders (Lilydale)	98	23.1
Duck Breast; with skin	201	26.1
Turkey Mince (Steggle's)	132	19.5
Turkey Breast; skinless	147	30.13
OTHER MEAT	CALORIES	PROTEIN
-	-	-
Kangaroo; loin	135	30.7
Kangaroo mince	104	20.8
Kangaroo Burgers	94	18
Lamb Mince (Woolworths)	210	17.8
Lamb; chop; visible fat	276	22.5
Lamb (Leg)	232	26.2
Pork Mineo: regular (Colos)		
Pork Mince; regular (Coles)	211	17.8
Bacon Rashers; middle	238	15.2
Bacon Rashers; middle Bacon Rashers; streaky	238 272	15.2 15.8
Bacon Rashers; middle Bacon Rashers; streaky Ham (Roasted)	238 272 145	15.2 15.8 21
Bacon Rashers; middle Bacon Rashers; streaky Ham (Roasted) Pork (Chop)	238 272 145 123	15.2 15.8 21 21
Bacon Rashers; middle Bacon Rashers; streaky Ham (Roasted) Pork (Chop) Pork (Ribs)	238 272 145 123 152	15.2 15.8 21 21 22
Bacon Rashers; middle Bacon Rashers; streaky Ham (Roasted) Pork (Chop) Pork (Ribs) Rabbit	238 272 145 123 152 114	15.2 15.8 21 21 22 22
Bacon Rashers; middle Bacon Rashers; streaky Ham (Roasted) Pork (Chop) Pork (Ribs) Rabbit Veal	238 272 145 123 152 114 112	15.2 15.8 21 21 22 22 22
Bacon Rashers; middle Bacon Rashers; streaky Ham (Roasted) Pork (Chop) Pork (Ribs) Rabbit Veal Venison	238 272 145 123 152 114 112 157	15.2 15.8 21 21 22 22 22 20 22
Bacon Rashers; middle Bacon Rashers; streaky Ham (Roasted) Pork (Chop) Pork (Ribs) Rabbit Veal	238 272 145 123 152 114 112	15.2 15.8 21 21 22 22 22
Bacon Rashers; middle Bacon Rashers; streaky Ham (Roasted) Pork (Chop) Pork (Ribs) Rabbit Veal Venison	238 272 145 123 152 114 112 157	15.2 15.8 21 21 22 22 22 20 22
Bacon Rashers; middle Bacon Rashers; streaky Ham (Roasted) Pork (Chop) Pork (Ribs) Rabbit Veal Venison	238 272 145 123 152 114 112 157	15.2 15.8 21 21 22 22 22 20 22
Bacon Rashers; middle Bacon Rashers; streaky Ham (Roasted) Pork (Chop) Pork (Ribs) Rabbit Veal Venison	238 272 145 123 152 114 112 157	15.2 15.8 21 21 22 22 22 20 22

FISH	CALORIES	PROTEIN
-	-	-
Cod	82	18
Haddock	87	19
Halibut	110	21
Blue Grenadier	84	17
Rainbow Trout	150	23
Salmon	205	20.5
Sardines	160	17
Sole Fillet	80	17
Tuna (Steak)	144	23.3
Barramundi	86	20.1
Flat Head		
PROTEIN POWDER & Other (100g)	CALORIES	PROTEIN
-	-	-
True Protein, WPI (30g serve)	370	84.3
Mirrabooka Protein and Oats (25g serves)	374	45.6
Noway (ATP) (18g serves)	358	94
Prana Power Plant Protein Chocolate (40g serves)	387	66.8
Vegie Delight Savoury Mince	98	14.8
Beyond Meat Burger	239	17.7
Cottage Cheese	98	11
Ricotta	106	8.8
Lupin Flakes	360	40
YoPro, Vanilla	62	10
SKYR Yoghurt	61	9.6

I .	1

-	

<u> </u>	· · · · · · · · · · · · · · · · · · ·	

-	

CARBS	FATS
-	-
0.5	10
0	15.1
0	9
0	9
0	15.1
0	20
0	4.5
0	25.63
0	9
CARBS	FATS
-	-
0	2.6
0	6
0.4	1.6 0.1
0.8	10
0.2	6.08
0.2	2.08
0	2.00
CARBS	FATS
CARBS -	FATS -
CARBS - 0	FATS - 1.2
-	-
- 0	- 1.2
0 0.2	- 1.2 2
0 0.2 2.1 0.5	1.2 2 1.8 15 20
0 0.2 2.1 0.5 0	1.2 2 1.8 15 20 13.3
0 0.2 2.1 0.5 0 0	1.2 2 1.8 15 20 13.3 15
0 0.2 2.1 0.5 0 0 0.5	1.2 2 1.8 15 20 13.3 15 20
0 0.2 2.1 0.5 0 0 0.5 0	1.2 2 1.8 15 20 13.3 15 20 23.6
0 0.2 2.1 0.5 0 0 0.5 0 0	1.2 2 1.8 15 20 13.3 15 20 23.6 6
0 0.2 2.1 0.5 0 0 0.5 0 0 1.5	1.2 2 1.8 15 20 13.3 15 20 23.6 6
0 0.2 2.1 0.5 0 0 0.5 0 0 1.5	1.2 2 1.8 15 20 13.3 15 20 23.6 6 4
0 0.2 2.1 0.5 0 0 0.5 0 0 1.5 0	1.2 2 1.8 15 20 13.3 15 20 23.6 6 4 6
0 0.2 2.1 0.5 0 0 0.5 0 0 1.5 0 0	1.2 2 1.8 15 20 13.3 15 20 23.6 6 4 6 2
0 0.2 2.1 0.5 0 0 0.5 0 0 1.5 0 0	1.2 2 1.8 15 20 13.3 15 20 23.6 6 4 6 2 3 7
0 0.2 2.1 0.5 0 0 0.5 0 0 1.5 0 0	1.2 2 1.8 15 20 13.3 15 20 23.6 6 4 6 2 3
0 0.2 2.1 0.5 0 0 0.5 0 0 1.5 0 0	1.2 2 1.8 15 20 13.3 15 20 23.6 6 4 6 2 3 7
0 0.2 2.1 0.5 0 0 0.5 0 0 1.5 0 0	1.2 2 1.8 15 20 13.3 15 20 23.6 6 4 6 2 3 7
0 0.2 2.1 0.5 0 0 0.5 0 0 1.5 0 0	1.2 2 1.8 15 20 13.3 15 20 23.6 6 4 6 2 3 7

CARBS	FATS
-	-
0	0.7
0	1
0	2
0	1.3
0	6
0	13.4
0	9
0	1.5
0	4.9
0.6	0.4
CARBS	FATS
-	-
4.4	1.7
31.6	7.4
3.9	0.6
16.3	3.1
10.2	0.5
4.4	17.7
3.4	4.3
6.4	5.2
4	6.4
4.6	0.3
4.9	0.5

I

1

1

l

I

l

-	-
ES PROTEIN	CARBS
-	-
2	21
2	32
1	11.7
1	6.5
2.6	23
9.4	68.3
8.9	70.8
2.7	28.2
5.8	50.8
2.6	23.1
3.9	27.4
1.4	15.4
14.1	72.9
6.9	81.3
14	64
13	71
6.9	22.3
5.8	15.7
8	21.5
2.3	34.4
1.1	8.6
0.9	6.4
2	10
ES PROTEIN	CARBS
-	-
0.6	2.9
3.7	28.9
0.3	27.5
13.3	50.6
7	72
5.9	74.6
6.3	90.6
6.7	83.3
10.7	77.7
12.5	67.5
10.8	51.9
	40.9
	25.4
	CARBS
	3.6 4.6 PROTEIN

Dextrose (Bulk Nutrients) 50g per serve	368	0	90
Maltodextrin (Bulk Nutrients) 30g per serve	382	0	95
Maple Syrup	366	0	90
Rice Cakes, thin (4 cakes, 25g)	390	8.1	78.5
Strawberry Jam (Bonne Maman)	265	0.4	64

-
FATS
-
0
0.4
0.1
0.1
0.9 2.5 2
2.5
2
0.3
0
0.5
1.4
1.4 0.3 1.2 1.2
1.2
1.2
6
3
1.5
1.5 2.7 1.1
1.1
1.6
0.2
0.1
0
FATS
-
1.7
2.8
0
13.3
2.5
3.2
1.8
3.3
3
13.3 2.5 3.2 1.8 3.3 3 7.5
2.4
5
5.3
FATS
-

0
0 0 3.3 0.1
0
3.3
0.1

FATS (100g)	CALORIES	PROTEIN
-	-	-
Coconut Oil	892	0
Butter (Mainland Organic)	731	0
Organic Ghee	740	1
Hass Avocado	167	2
Olive Oil (Unrefined, Cold-Pressed)	884	0
Flaxseed Oil	884	0
Macadmia Oil (100ml)	807	0
Almond Butter	642	17.8
Peanut Butter (Pic's)	595	26.7
Pumpkin Seeds	535	25
Aldi Organic Dark Chocolate	570.8	8.2
Lindt 85% Dark Chocolate	576	12.5
Cacao Nibs (Organic, Raw)	596	14.3
NUTS	CALORIES	PROTEIN
-	-	-
Almonds	576	21
Cashews	553	18
Walnut	654	15
Brazil	656	14
Macadamia	718	8
Peanuts	567	26
- Cariato	001	

CARBS	FATS
-	-
0	100
0.6	82
1	83
8.6	15
0	100
0	100
0 21.4	92 60.7
14.3	47.8
17.85	13
30.6	43.4
19	45.4
43	39
CARBS	FATS
- CARBO	-
22	49
30	49
14	65
12	
	66
14	76
16	49

VEGETABLES & BEANS (100g uncooked)	CALORIES	PROTEIN
-	-	-
Alfalfa Seeds	23	4
Arugula	25	3
Asparagus	26	3.4
Beets	43	2
Bok Choy	16.5	1.2
Broccoli	34	2.8
Broccolini	43	3.7
Brussels Sprouts	43	3
Cabbage	26	4
Red Cabbage	31	1.4
Carrots	24	0.6
Cauliflower	25	1.9
Celery	7	0.5
Chickpeas	164	9
Corn (Yellow)	86	3
Courgette/Zuchinni	19	2
Cucumber	15	1
Egg Plant/Aubergine	15	0
Garlic	149	6
Green Beans	31	1.8
Kale	49	4.3
Kidney Beans	84	5
Lettuce (Baby Cos)	17	1.7
Mange Tout	26	3.2
Mixed Baby Greens	17.6	2.4
Mushroom (Portabello)	35	4
Mushroom (Sliced White)	22	3.1
Okra	31	2
Onion	40	1
Peas (Frozen, Boiled)	69	6
Potato (Red)	70	2
Potato (White)	77	2
Pumkin (Butternut Baked)	40	0.9
Radish	16	1
Red Bell Pepper	31	1
Spaghetti Squash	31	0.6
Spinach	23	2.9
Spring Onion	32	1.8
Squash	16	1
Tomato (Red)	19	1
White Kidney Beans	84	5
•		

FRUIT (100g uncooked)	CALORIES	PROTEIN
-	-	-
Apple	48	0
Apricots	29	0.8
Banana	89	1
Blackberries	43	1
Blueberries	57	1
Cherries	63	1
Cranberries	46	0
Dates	277	2
Figs	74	1
Grapes	67	1
Kiwi	61	1
Lemon	29	1
Lime	30	1
Mango	65	1
Melon (Honeydew)	36	1
Melon (Watermelon)	30	1
Orange	46	1
Peaches	39	1
Pears	36	0.3
Pineapple	50	1
Rasins	299	3
Raspberries	53	1.2
Strawberries	32	0.7
Sultanas	337	2.4
NON-FRUIT/VEGETABLE (100g/100ml uncooked)	CALORIES	PROTEIN
-	-	-
Activated Almond Milk (Nutty Bruce)	48	1
Almond and Coconut Milk (Nutty Bruce)	68	5
Raw Honey	304	0.3
Maple Syrup	366	0

· ·	-

<u> </u>	
<u> </u>	

<u> </u>	
<u> </u>	

· ·	-

<u> </u>	
<u> </u>	

<u> </u>	
<u> </u>	

CARBS - 2 4 1.4 10 3.2 7 7.3 9	FATS 1 - 0.8 0 0.2
- 2 4 1.4 10 3.2 7 7.3	- 1 1 0.8 0 0
2 4 1.4 10 3.2 7 7.3	1 1 0.8 0 0
4 1.4 10 3.2 7 7.3	1 0.8 0 0.2
1.4 10 3.2 7 7.3	0.8 0 0.2
10 3.2 7 7.3	0 0.2
3.2 7 7.3	0.2
7 7.3	
7.3	\sim \sim
	0.4
9	0
	0
1	0
7	0.2
4.9	0.4
5	0.3
0.9	0.2
27	3
19	1
2	0.4
4	0
2	15
33	0
7	0.2
9	0.9
16	1
3.3	0
3.3	0.1
4.7	0
5	1
0.3	0.3
7	
	0
9	0
9.7	0.9
16	0
18	0
10.5	0.1
3	0
6	0.2
7	0.6
3.6	0.4
7.3	0.2
3	0
4	0
15	0.5

CARBS	FATS
-	-
13	0
6.6	0.1
23	0
10	0
14	0
16	0
12	0
75	5
19	0
17	0
15	1
9	0
11	0
17	0
9	0
8	0
12	0
10	0
9.1	0.1
13	0.1
79	0.1
12	0.6
7.7	0.3
77.4	0.6
11.4	0.0
CARBS	FATS
- 7	-
7	2
6	4
82	0
90	0

	<u> </u>		
I .	I .	l	I

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

-		
	 I	

	<u> </u>		
I .	I .	l	I

<u> </u>		

<u> </u>		

-			
	<u> </u>	<u> </u>	
I .	I.	I.	

I			

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

I			

<u> </u>		

<u> </u>		

<u> </u>		
<u> </u>		

	<u> </u>		
I .	I	l	I

<u> </u>		

<u> </u>		

<u> </u>		

I			

I			

<u> </u>		

<u> </u>		

<u> </u>		

I			

<u> </u>		

I			

<u> </u>		

I			

I			

I			

I			

<u> </u>		
<u> </u>		

	<u> </u>		
I .	I	l	I

<u> </u>		

<u> </u>		

I			

I			

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

<u> </u>		

I			

I			

I			

<u> </u>		

<u> </u>		

1	

1	

1	

1	

-	

<u> </u>	

1	

-	

1	

1	

1	

1	

	I .

1	

1	

ENITE	DDDICE FITNIECS NOTES DA	CE							
Please take the time to read and understand all of the information below. This will be applicable to all of your training programs. Any questions please ask your coach.									
DAY 1	LOWER BODY (1)				D	ate;	Date;	Date;	Date;
Order	Exercise	Sets	Reps	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
M1	Lying Glute Clams	2	20ea	control	0				
A 1	DB Split Squats; front foot elevated	5	8 to 10ea	4010	60	5kg (10 reps)	7.5kg (10 reps)	10kg (9 reps)	12.5kg (8 reps)
A2	Lying Leg Curls; planta flexed	5	8 to 10	4010	60				
ym DOE This reference This reference This reference This is t	ers to the 'activation' exercises you MUST perform S NOT mean you are warmed up to train ers to the exercise that you will perform e.g A1-A2 back to A1 ers to the amount of SETS you will perform of an exercise to the amount of REPS you will perform for each set of the SPEED at which the exercise will be perform to the SPEED at which the exercise will be perform to the SPEED at which the exercise will be perform to the SPEED.	This particu xercise. Be	ular setup is vaware this is	vhat we call n't necessar	a PAIRING . P	erform A1 (rest) Perform or everything. e.g <u>8 to 10</u>		Neutral Grip (hand) Pronated Grip (hand) Supinated Grip (hand) Unilateral Grip (hand)	HAND / FOOT POSITIONS Palms facing towards one another Palms facing towards the ground Palms facing towards the roof Two separate handles (not
	ers to the total amount of <u>REST</u> you will take betwe						vise	Dorsi Flexed (foot)	joined together) Toes pulled up towards you
	where you record your <u>WEIGHTS</u> . It is important the ue a new program also	at you do th	nis so your co	ach can see	the progress	you are making and whe	n	Planta Flexed (foot)	Toes pointed away from you
	TEMPO EXPLAINED - 4010								RATE OF PERCEIVED EXERTION
4	The 1st number is the ECCENTRIC . This is the LC	• .	ohase (length the top to the	•	muscle) e.g D	DB Split Squat = 4 secor	d	RPE - 6	Fairly easy, like a warm up
0	The 2nd number is the isometric pause in the ST		position. This		ely follows the	eccentric e.g DB Split S	quat	RPE - 7	You can perform 4-6 more reps
1	The 3rd Number is the CONCENTRIC . This is the lifting phase (shortening of the manage pause 1 second LIFT)			nuscle) e.g DB	3 Split Squat = 4s down (S	RPE - 8	You can perform 2-3 more reps	
0	The 4th number is the isometric pause in the SH = 4s do		position. This e 1s lift <u>0 se</u>	•		e muscle. e.g DB Split S	quat	RPE - 9	You have 1 more rep left in the tan
								RPE -10	You went to failure with perfect form
								RPE - 11	You went to failure with partial reps, a completing perfect reps

	PROGRESSIVE OVERLOAD EXPLAINED	RPE - 12	You used a high intesnity technique to push beyond failure
WHAT?	This is the gradual progression of <u>WEIGHT</u> over the duration of a program. Your aim is to continue challenging your body to adapt	RPE - 13	You used multiple high intensity techniques to go all out
HOW?	You want to use the RPE scale (>) to determine the true demand of the weight you are using. Let's use an 8 to 10 rep range as an example. Week 1 could be an RPE 7 for the 10 reps. By week 4 you want to be CLOSE to RPE10 for 8 reps. Still working within the rep range given		

RELATIVE STRENGTH (5	-12 SETS)	FUNCTIONAL HYPERTROPH
REP SCHEMES/SYSTEMS	SYSTEM %	FUNCTIONAL HYPERTROPH
Linear (3 - 5)	85%	Linear (6 - 8)
Descending (7 7 5 5 3 3)	85%	Descending (11 9 7 5)
Wave Load (7 5 3 7 5 3)	85%	Descending (10 10 8 8 6 6)
Pyramid (7 5 3 3 5 7)	85%	Wave Load (10 8 6 10 8 6)
Ascending (3 3 5 5 7 7)	85%	Pyramid (10 8 6 6 8 10)
Linear (2 - 4)	88%	Descending (9 8 7 6)
Wave Load (5 4 3 5 4 3)	88%	Ascending (6 7 8 9)
5 3 5 3 5	88%	Descending (10 8 6 6 6)
Descending (6 6 4 4 2 2)	88%	Descending (10 10 6 6 6)
Wave Load (6 4 2 6 4 2)	88%	Ascending (6 6 8 8 10)
555333	88%	Ascending (6 6 6 10)
Pyramid (5 4 3 3 4 5)	88%	Linear (5 - 7)
Ascending (2 2 4 4 6 6)	88%	Descending (8 8 6 6)
161616	89%	Descending (8 8 8 6 6)
Linear (2 - 3)	90%	Descending Jump (7 7 5 5 12)
Descending (5 4 3 2 1)	90%	Descending (9 9 7 7 5 5)
Descending (5 3 3 2 2)	90%	Wave Load (9 7 5 9 7 5)
Descending (5 5 3 3 1 1)	90%	Pyramid (9 7 5 5 7 9)
Ascending (1 2 3 4 5)	90%	Ascending (5 5 7 7 9 9)
Wave Load (5 3 2 5 3 2)	90%	Descending (7 5 5)
Wave Load (5 3 1 5 3 1)	90%	Descending Jump (8 6 4 4 12)
Pyramid (5 3 1 1 3 5)	90%	Ascending (6 6 6 8 8)
Ascending (1 1 3 3 5 5)	90%	Ascending (5 5 5 9 9)
Linear (1 1 1 1 1)	90%	Ascending (4 4 8 8 8)
Descending (5 3 3 2 2 1)	92%	Linear (4 - 6)
Descending (3 3 3 2 2 2)	92%	Descending (8 7 6 5 4)
Linear (1 - 2)	94%	Ascending (4 5 6 7 8)
Descending (3 3 2 2 1 1)	94%	Descending (8 8 6 6 4 4)

Wave Load (3 2 1 3 2 1)	94%	Wave Laod (8 6 4 8 6 4)
Pyramid (3 2 1 1 2 3)	94%	Pyramid (8 6 4 4 6 8)
1 Rep Max	100%	Ascending (4 4 6 6 8 8)
Cluster Training	-	Linear (6 6 6)
Eccentrics	-	Descending (6 4 4)
Traditional Contrast Training	-	AGVT (3 - 5)
French Contrast Training	-	E.R.D.N.A
Energy Systems (2 reps)	-	Energy Systems (6 reps)
5 x 5	-	Isometrics

Y (4-10 SETS)	REP SCHEMES/SYSTEMS	SYSTEM %	
			FIT
		NIC	RPR
			DDD

Y (4-10 sets)	HYPERTROPHY (3-10 SE	ETQ)
1 (4-10 Sets)		_13)
78%	Linear (10 - 12)	70%
78%	Descending (15 12 10)	70%
78%	Descending (12 10 8)	70%
78%	Descending (15 12 10 10)	71%
78%	Linear (9 - 11)	72%
79%	Descending Jump (12 10 8 12)	73%
79%	Linear (8 - 10)	74%
79%	Descending (12 12 10 10 8)	74%
79%	Descending (12 12 9 9 6 6)	74%
79%	Wave Load (12 9 6 12 9 6)	74%
79%	Pyramid (12 9 6 6 9 12)	74%
80%	Ascending (6 6 9 9 12 12)	74%
80%	Descending Jump (12 10 8 6 15)	74%
80%	Linear (10 10 10)	74%
80%	Descending (10 8 8)	74%
80%	Descending (10 8 6)	74%
80%	Ascending (8 8 8 12 12)	75%
80%	Linear (7 - 9)	76%
80%	Descending (12 10 8 8)	76%
80%	Descending (12 10 8 6)	76%
81%	Descending (12 8 8 8)	76%
81%	Ascending (6 8 10 12)	76%
81%	Descending (9 7 7)	76%
82%	Descending (9 7 5)	76%
83%	Descending (10 10 8 8 8)	77%
83%	German Body Comp	-
83%	German Volume Training	-
83%	Doubles Method	-

83% 83% 83% 83%	Extended Tempo 6 12 Method 8 x 8	- - -
-		
-		
-		

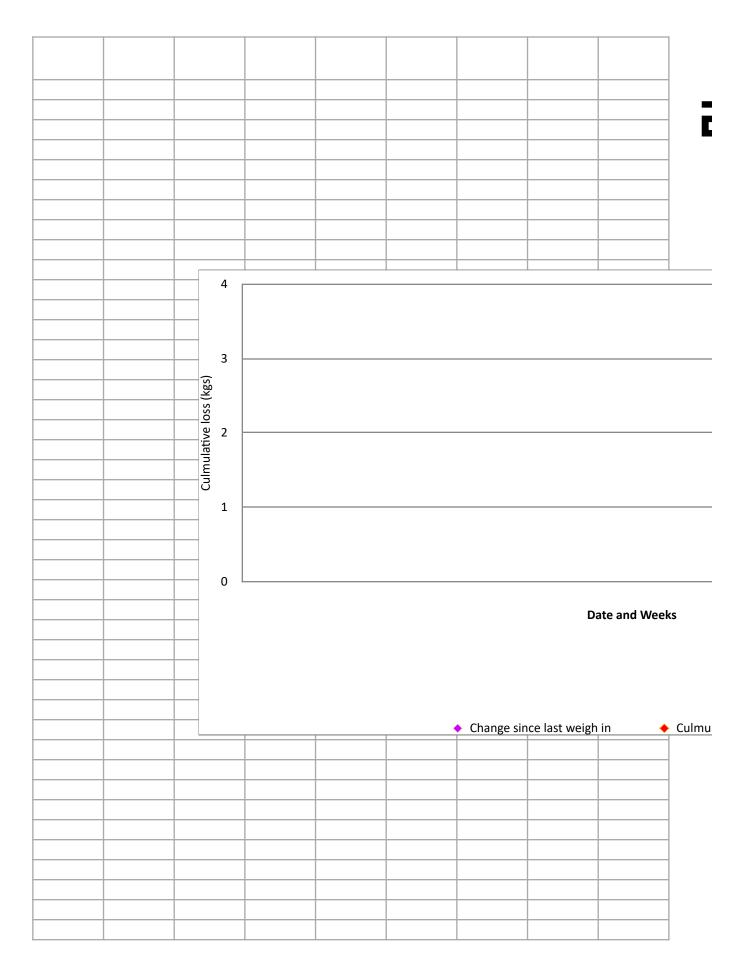
R		
SE®		
NESS		
REP SCHEMES/SYSTEMS	SYSTEM %	NO
		Aim to have an 8-12% ir
STRENGTH ENDURANCE	(3-6 SETS)	between accumulation a
-	<u>'</u>	
Linear (40 - 50)	40%	Aim to have a 4-8% incr
Linear (30 - 40)	45%	the same phase
Linear (20 - 30)	50%	
Descending (50 30 20)	50%	
Ascending (20 30 50)	50%	
Descending (30 15 15)	50%	
Linear (20 - 25)	55%	
Linear (15 - 20)	60%	
Ascending (15 15 30)	60%	
Linear (20 20 20)	60%	
Descending (20 10 10)	60%	
Descending (30 20 15 10)	61%	
Ascending (10 15 20 30)	61%	
Linear (12 -15)	66%	
Ascending (12 12 20)	66%	
Linear (15 15 15)	66%	
Descending (20 15 12 10)	67%	
Ascending (10 12 15 20)	67%	
6 12 25 Method	-	
Strongman	-	
-		

TE;	
1	

Weeks	Date	Weight	Change since last weigh in	Culmulative change	Aver. weight loss per week
		<u> </u>			

	 1	

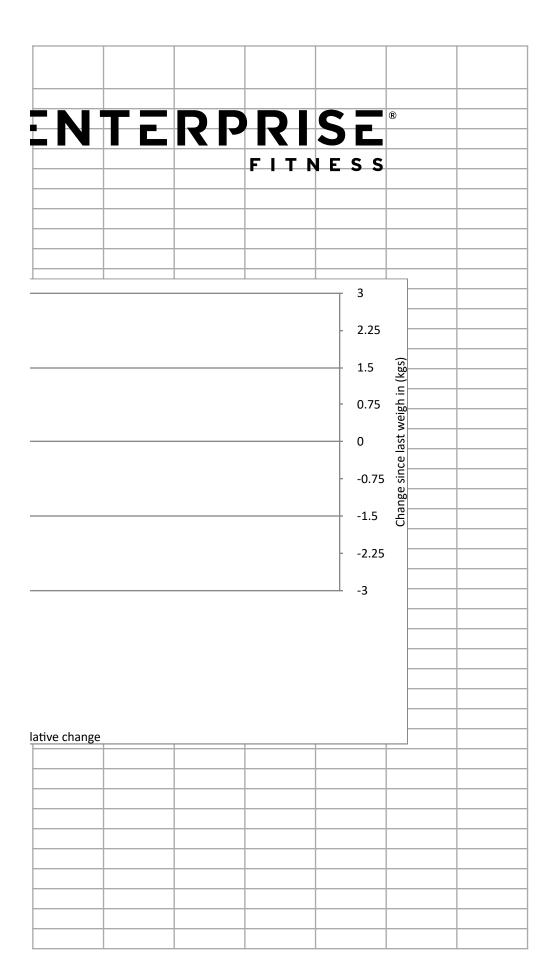
	 1	



<u> </u>					<u> </u>
 <u></u>	 	<u></u>	 	<u></u>	
<u> </u>					

<u> </u>					<u> </u>
 <u></u>	 	<u></u>	 	<u></u>	
<u> </u>					

 1				



<u> </u>			