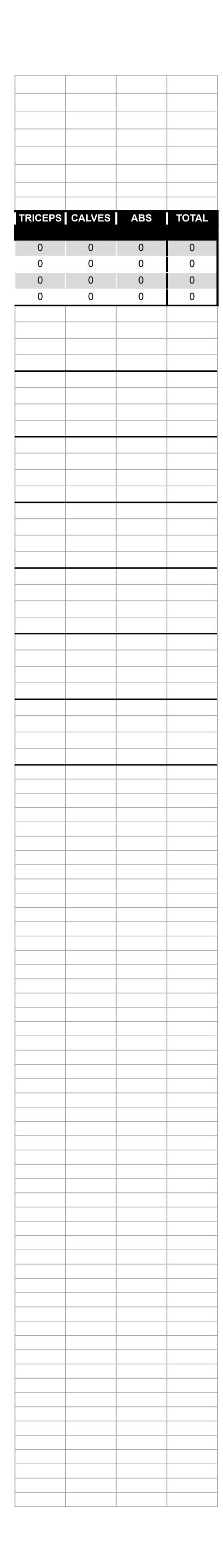
This document was exported from Numbers. Each table was converted to an Excel worksheet. All other objects on each Numbers sheet were placed on separate worksheets. Please be aware that formula calculations may differ in Excel.

Numbers Sheet Name	Numbers Table Name	Excel Worksheet Name
Phase 1		
	Table 1	Phase 1
Performance Tracker		
	Table 1	Performance Tracker
Timeline		
	Table 1	<u>Timeline</u>
Graphs		
	Table 1	<u>Graphs</u>
Weight Track		
	Table 1	Weight Track

K OTTOBRE							Y FRIDAY SATURDA	AY SUNDAY																
RAM: UPPER/LOWER				WEEK 1 UPPER BODY (1) WEEK 2 UPPER	LOWER BODY (1) REST	UPPER BODY (2) UPPER	LOWER UPPER BODY (3) LOWER UPPER	REST		ENTE	DDDI	C - ®												
E: 1; SEASON A 2025				WEEK 2 UPPER BODY (1) WEEK 3 UPPER	BODY (1) REST	BODY (2) UPPER	LOWER BODY (2) LOWER UPPER UPPER	REST				E S S												
H: TYRONE FOLINO 12/1/2025				BODY (1)	BODY (1) REST LOWER BODY (1) REST	BODY (2) UPPER BODY (2)	BODY (2) BODY (3) LOWER UPPER BODY (2) BODY (3)	REST																
S:				BODY (1)	BODY (1) REST	BODY (2)	BODY (2) BODY (3)	REST																
R BODY BODY PART PART	EXERCISE	SESSION SETS	REPS	TEMPO REST	DATE	SET 1	SET 2	SET :	3 SE			ET 6 TOTAL												
PART PART				DAY 1: UPPER B			S LOAD REPS	S LOAD I	REPS LOAD	REPS LOAD	REPS LOAD	REPS TONNAGE			Week QU	DS GLUTES	HAM	UPPER	MID PEC L	OWER LATS	S MID	UPPER FF	RONT MEDIAL	REAR
	T			WA	ARM-UPS										_	_			2		0			0
UPPER PEC	Incline Barball Cheet		8,8,6,6 8,8,6,6										0		2	0	0	0	0	0 0	0	0	0 0	0
(CLAVICU	Incline Barbell Chest Press; mid grip			3010 120									0		3	0	0	0	0	0 0	0	0	0 0	0
LAR)				3010 120									0		4 (0	0	0	0	0 0	0	0	0 0	0
	Chin Un wid a mineted		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		1 3		3010 90-120 3010 90-120									0											
(STERNA L)	Flat Dumbbell Chest Press; neutral grip	3 3		3010 90-120 3010 90-120									0											
		4 3		3010 90-120									0											
	T Bar Row; prime	1 3		3111 90-120									0											
MID BACK	—handles; from blocks;	3 3		3111 90-120 3111 90-120									0											
	semi pronated grip	4 3		3111 90-120									0											
MID PEC	Seated Cable Chest	1 3		3110 90-120									0											
(STERNA	—Flies; paused at the	3 3		3110 90-120 3110 90-120									0											
L)	bottom	4 3		3110 90-120 3110 90-120									0											
		1 3	8 - 12	3010 90									0											
MEDIAL DELTS	Seated Dumbbell Lateral Raise	2 3		3010 90 3010 90																				
			8 - 12										0											
	01. 11	1 3	8 - 12	3110 90									0											
BICEPS	Standing EZ Bar Bicep Curls; semi supinated	2 3		3110 90									0											
	grip; fat bar	4 3		3110 90 3110 90									0											
			8 - 12	3110 90									0											
	_	2 3	8 - 12	3110 90									0											
TRICEPS	Flat EZ Bar Skull	2 0	0 40	2440 00										the state of the s			1							
TRICEPS	Flat EZ Bar Skull Crusher; fat bar	3 3 4 3		3110 90 3110 90									0											
	Crusher; fat bar	3 3 4 3											0											
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	Crusher; fat bar		8 - 12	3110 90 TEMPO REST DAY 2: LO	OWER BODY (1	OAD REPS						ET 6 TOTAL TONNAGE												
	Crusher; fat bar EXERCISE	SESSION SETS	8 - 12 REPS	3110 90 TEMPO REST DAY 2: LO WA 3210 120-150	OWER BODY (1	OAD REPS																		
	Crusher; fat bar	SESSION SETS 1 4 2 4	8 - 12 REPS 8,8,6,6 8,8,6,6	3110 90 TEMPO REST DAY 2: LO WA 3210 120-150 3210 120-150	OWER BODY (1	OAD REPS																		
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BODY PART PART GLUTES	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep	SESSION SETS	8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea	3110 90 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 90-120	OWER BODY (1	OAD REPS																		
BODY BODY PART	Crusher; fat bar EXERCISE Trap Bar Deadlift; high	SESSION SETS	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 TEMPO REST WA 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3010 90-120 3010 90-120 3010 90-120	DWER BODY (1	OAD REPS																		
BODY BODY PART GLUTES	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep	SESSION SETS	8 - 12 REPS 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8 - 10 ea	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	DWER BODY (1	OAD REPS																		
BODY PART GLUTES QUADS	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat	SESSION SETS	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	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	DWER BODY (1	OAD REPS																		
BODY PART PART GLUTES	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep	SESSION SETS	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	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 3010 90-120 3010 90-120	DWER BODY (1	OAD REPS																		
BODY PART GLUTES QUADS	Crusher; fat bar EXERCISE Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat	SESSION SETS	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 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6 8,8,6,6	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	DWER BODY (1	OAD REPS																		
BODY PART GLUTES QUADS	Trap Bar Deadlift; high handles; reset every rep Dumbbell Split Squat Lying Leg Curl; dorsi flexed Leg Extension; paused	SESSION SETS	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 8,8,6,6 8,8,6,6 8 - 10 8 - 10 8 - 10	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 4032 90-120 4032 90-120	DWER BODY (1	OAD REPS																		
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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	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 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10	3110 90 TEMPO REST 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 4032 90-120 4032 90-120 4032 90-120 4032 90-120 3012 90-120	DWER BODY (1	OAD 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	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 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10	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 4032 90-120 4032 90-120 4032 90-120 4032 90-120 3012 90-120 3012 90-120	DWER BODY (1	OAD 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 Extension; paused at	SESSION SETS	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 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10	3110 90 TEMPO REST 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3210 120-150 3010 90-120	DWER BODY (1	OAD REPS																		
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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 1 4 2 4 3 4 4 4 2 4 3 4 4 4 1 4 2 4 3 4 4 4 1 3 2 3 3 3 4 3 1 3 2 3 3 3 4 3 1 3 2 3 3 3 4 3 1 3 2 3 3 3 4 3 1 3 2 3 3 3 4 3 1 3 2 3 3 4 3	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 8,8,6,6 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12	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 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 3012 90-120 3012 90-120 3012 90-120	DWER BODY (1	OAD REPS																		
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BODY PART GLUTES QUADS HAM QUADS GLUTES CALVES 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	SESSION SETS 1 4 2 4 3 4 4 4 1 4 2 4 3 4 4 4 1 3 2 3 3 3 4 3 1 3 2 3 3 3 4 3 1 3 2 3 3 3 4 3 1 3 2 3 3 3 4 3 1 3 2 3 3 3 4 3 1 3 2 3 3 4 3 4 3 4 3 4 3	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 8 - 10 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12 10 - 12	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 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 2121 90 2121 90 2121 90 3010 90 3010 90 3010 90 3010 90 3010 90 3010 90 <td>DATE</td> <td>OAD REPS 1) SET 1</td> <td>SET 2</td> <td>SET</td> <td>REPS LOAD</td> <td>T 4 SE</td> <td>T 5 S</td> <td>TONNAGE TONNAGE TONNAGE TONNAGE TONNAGE</td> <td></td>	DATE	OAD REPS 1) SET 1	SET 2	SET	REPS LOAD	T 4 SE	T 5 S	TONNAGE TONNAGE TONNAGE TONNAGE TONNAGE												
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 1 4 2 4 3 4 4 4 1 4 2 4 3 4 4 4 1 4 2 4 3 4 4 4 1 3 2 3 3 3 4 3 1 3 2 3 3 3 4 3 1 3 2 3 3 3 4 3 1 3 2 3 3 3 4 3 1 3 2 3 3 4 3 3 4 3 1 3 2	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 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12 10 - 1	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 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 2121 90 2121 90 3010 90 3010 90 3010 90 3010 90 3010 90 3010 90 30	DATE	SET 1 OAD REPS	LOAD REPS	SET	REPS LOAD	T 4 SE	T 5 S	TONNAGE TONNAGE TONNAGE TONNAGE TONNAGE												
BODY PART GLUTES GUADS 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	SESSION SETS SETS	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 10 - 12	TEMPO REST VA VA VA VA	DATE	SET 1 OAD REPS	SET 2	SET	REPS LOAD	T 4 SE	T 5 S	TONNAGE TONNAGE TONNAGE TONNAGE TONNAGE												
BODY PART GLUTES QUADS HAM QUADS GLUTES GLUTES ABS BODY PART 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	1	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 - 10 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 10 - 12 10 - 12	TEMPO REST 3210 120-150 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 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 3010 90	DATE LOY (2) [SHOULI	SET 1 OAD REPS	SET 2	SET	REPS LOAD	T 4 SE	T 5 S	TONNAGE TONNAGE TONNAGE TONNAGE TONNAGE												
BODY PART GLUTES GUADS 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	SESSION SETS 1	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 - 10 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 10 - 12	TEMPO REST W/A	DATE LOY (2) [SHOULI	SET 1 OAD REPS	SET 2	SET	REPS LOAD	T 4 SE	T 5 S	TONNAGE TONNAGE TONNAGE TONNAGE TONNAGE												
BODY PART GLUTES QUADS HAM QUADS GLUTES GLUTES ABS BODY PART BODY PART BODY PART 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 1	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 - 10 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 10 - 12 10 - 12	TEMPO REST W/A	DATE LOY (2) [SHOULI	SET 1 OAD REPS	SET 2	SET	REPS LOAD	T 4 SE	T 5 S	TONNAGE TONNAGE TONNAGE TONNAGE TONNAGE	0											
BODY PART GLUTES GLUTES QUADS HAM QUADS GLUTES GLUTES ABS BODY PART FRONT DELTS MID	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 SETS	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 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 8 - 10 10 - 12	TEMPO REST 3210 120-150 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 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 120 3011 120 3011 120 3111 120	DATE LOWER BODY (1) ARM-UPS DATE LOY (2) [SHOULINARM-UPS	SET 1 OAD REPS	SET 2	SET	REPS LOAD	T 4 SE	T 5 S	TONNAGE TONNAGE TONNAGE TONNAGE TONNAGE												
BODY PART GLUTES GLUTES QUADS HAM QUADS GLUTES ABS BODY BODY PART FRONT DELTS	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 Shoulder Press	SESSION SETS	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 8 - 10 10 - 12	TEMPO REST 3210 120-150 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 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 3010 90 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120 3010 120	DATE LOWER BODY (1) ARM-UPS DATE LOY (2) [SHOULINARM-UPS	SET 1 OAD REPS	SET 2	SET	REPS LOAD	T 4 SE	T 5 S	TONNAGE TONNAGE TONNAGE TONNAGE TONNAGE	0											

	(COSTAL)	handles	3 3	3 8 - 10 3010 90-120						0	0		
	,		4 3	3 8 - 10 3010 90-120						0			
	_	One Arm Bent Over	1 3	3 8 - 10 ea 3111 90-120 3 8 - 10 ea 3111 90-120						0			
B2	LATS —	Dumbbell Row; neutral	3 3	3 8 - 10 ea 3111 90-120						0			
		אייפ	4 3	3 8 - 10 ea 3111 90-120						0	0		
		Low Cable Lateral	1 3	3 8 - 12 ea 3010 90						0			
C1	MEDIAL DELTS	Raise; single arm;	2 3	3 8 - 12 ea 3010 90						0			
		hybrid hook	4 3	3 8 - 12 ea 3010 90 3 8 - 12 ea 3010 90						0			
			1 3	3 10 - 12 3011 90						0			
C2	LATS	Straight Arm Cable Lat Pullover; straight or ez	2 3	3 10 - 12 3011 90						0	0		
		bar attachment	3 3	3 10 - 12 3011 90						0			
			1 3	3						0			
D4	REAR	Standing Cable Rear	2 3	3 10 - 12 3010 90						0			
D1	DELTS	Standing Cable Rear Delt Flies	3 3	3 10 - 12 3010 90						0			
			4 3	3 10 - 12 3010 90						0			
	REAR	30° Prone Dumbbell	2 3	3 12+ 2020 90 3 12+ 2020 90						0			
D2	DELTS	Rear Delt Flies; reps plus swing to failure	3 3	3 12+ 2020 90						0			
		plus swillig to failule	4 3	3 12+ 2020 90 3 12+ 2020 90						0			
ORDER	BODY PART	BODY EXERCISE	SESSION SET	TS REPS TEMPO REST DA	OATE SET 1	SET 2	<u> </u>		SET 5 SET 6 REPS LOAD REPS				
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				WARM-									
		Safety Bar Bulgarian	1 4							0			
A1	GLUTES -	Split Squat; paused at the bottom; slight knee	$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	4 6 - 8 ea 3210 120						0			
	 	bend forward	4 4	4 6 - 8 ea 3210 120 4 6 - 8 ea 3210 120		 				0			+
			1 4	4 8 ea 3010 120						0			
A2	HAM	Kneeling Leg Curl;	2 4	4 8 ea 3010 120						0			
		dorsi flexed	3 4	4 8 ea 3010 120						0			
			4 4	4 8 ea 3010 120 4 8 - 10 ea 3010 90-120		 				0			
D 4			2 4	4 8 - 10 ea 3010 90-120 4 8 - 10 ea 3010 90-120						0			+
B1	QUADS	Low Cable Split Squat	3 4	4 8 - 10 ea 3010 90-120						0	0		
			4 4	4 8 - 10 ea 3010 90-120						0			
<u> </u>	-	Barbell Romanian	1 4	4 10 - 12 3012 90-120 4 10 - 12 3012 90-120						0			
B2	HAM —	Deadlift; paused at the bottom	3 4	4 10 - 12 3012 90-120						0			
		Dottom	4 4	4 10 - 12 3012 90-120						0			
			1 3	3 10+10 3010 90						0	0		
C1	GLUTES -	Glute Drive; full reps plus top 1/2 reps	2 3	3 10+10 3010 90						0			
		plus top 1/2 reps	4 3	3 10+10 3010 90 3 10+10 3010 90						0			
			1 3	3 12 - 15 2121 90						0			
C2	CALVES	Seated Calf Raise	2 3	3 12 - 15 2121 90						0			
	-		3 3	3 12 - 15 2121 90						0			
			1 3	3						0			
	1 400	15º Incline Reverse	2 3	3 8 - 12 3010 90						0			
C3	ABS	Crunch	3 3	3 8 - 12 3010 90						0			
			4 3	3 8 - 12 3010 90						0			
			2 0							0			
			3 0	0 0 0						0			
			4 0	0 0						0			
	DODY/	DODY			CET 4	SET 2	CET 2	ET 4	ET E				
DRDER	BODY PART	BODY EXERCISE	SESSION SET	TS REPS TEMPO REST DA	OATE LOAD REPS	SET 2			SET 5 SET 6 REPS LOAD REPS				
				DAY 5: UPPER BODY	Y (3) [ARMS BIAS]	ZOND NEI O	TOND REFORM	INCI O LOZIO	INDI O DOND NEI O				
				WARM-									
			1 4	4 8 - 10 3010 90 4 8 - 10 3010 90						0			
A1	TRICEPS	Flat Bench Press; close grip	e 2 4 3 4	4 8 - 10 3010 90 4 8 - 10 3010 90		 				0			+
			4 4	4 8 - 10 3010 90						0			
			1 4	4 8 - 10 3110 90						0	0		
A2	BICEPS -	EZ Bar Preacher Curls; semi pronated grip	2 4	4 8 - 10 3110 90 4 8 - 10 3110 90						0			
	 	John pronated grip	4 4	4 8 - 10 3110 90 4 8 - 10 3110 90		 				0			
		Low Cable Overhead	1 4	4 8 - 12 3110 90						0			+
B1	TRICEPS —	Tricep Extension; rope		4 8 - 12 3110 90						0	0		
		attachment; paused at the bottom	3 4	4 8 - 12 3110 90 4 8 - 12 3110 90						0			
			1 1 4	4 8 - 12 3110 90 4 8 - 12 3010 90						0			
P2	PICEDS	Low Cable Bicep Curls;	3; 2 4	4 8 - 12 3010 90						0			
B2	BICEPS	dual cable; supinated grip; kas handles	3 4	4 8 - 12 3010 90						0			
			4 4	4 8 - 12 3010 90 3 12 15 3010 90						0			
	UPPER PEC	Seated Low to High	2 3	3						0			
C1	(CLAVICU	Cable Chest Flies	3 3	3 12 - 15 3010 90						0			+
	LAR)		4 3	3 12 - 15 3010 90						0	0		
		04-11-0-11-	1 3	3 12 - 15 3010 90						0			
C2	UPPER BACK	Standing Cable Face Pull; rope attachment	3 3	3						0			
	†	, , , , , , , , , , , , , , , , , , , ,	4 3	3 12 - 15 3010 90						0			
			1							0	0		
D1			2 0	0 0						0			
	 		3 0							0			
			1 3	3 12 - 15 3010 90						0			
D2	MEDIAL	45° Prone Dumbbell	2 3	3 12 - 15 3010 90						0			
D2	DELTS	Lateral Raise	3 3	3 12 - 15 3010 90						0			
			4 3	3 12 - 15 3010 90						0	0		
	RODY	BODY			SET 1	SET 2	SET 3 S	ET 4 S	ET 5 SET 6				
ORDER	BODY PART	BODY EXERCISE	SESSION SET	TS REPS TEMPO REST D					REPS LOAD REPS				
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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				

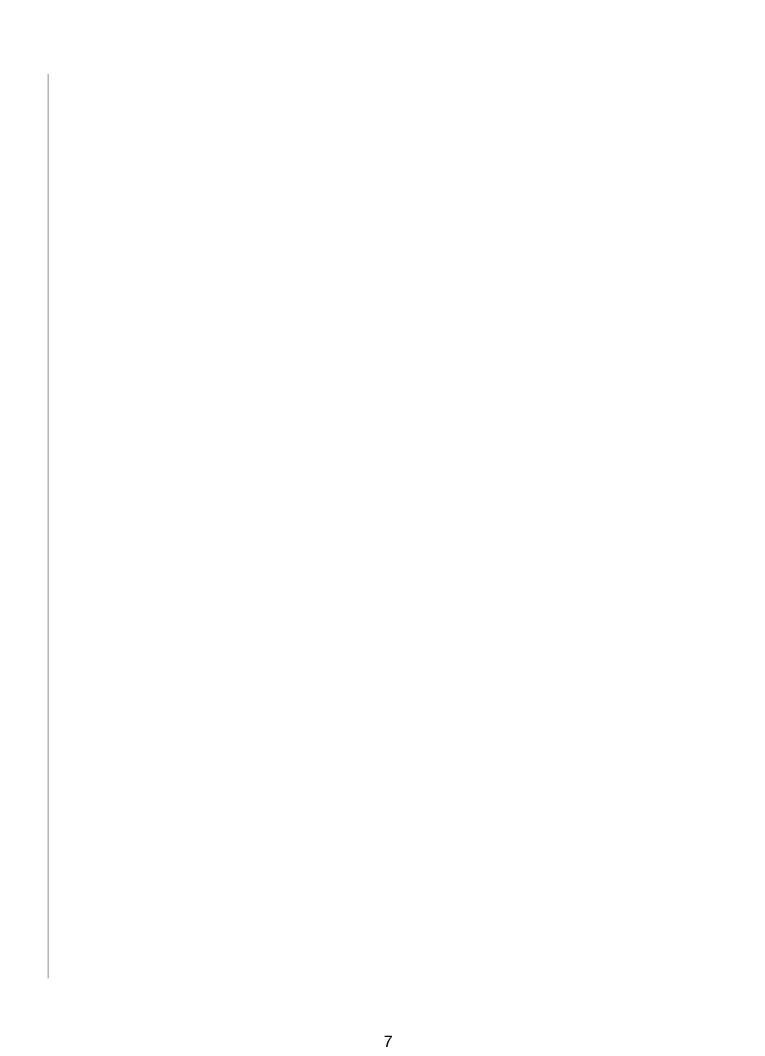
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6/5/23	М		
6/6/23	Т		
6/7/23	w		
6/8/23	Т		
6/9/23	F		
6/10/23	S		
6/11/23	S		
6/12/23	М		
6/13/23	Т		
6/14/23	w		
6/15/23	Т		
6/16/23	F		
6/17/23	S		
6/18/23	S		
6/19/23	М		
6/20/23	Т		
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PERFORMANCE TRA

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

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ENTERPRISE FITNESS

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

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FEMALE CYCLE (Day)	CHECK IN DAY	CALL REQUIRED

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DAILY CHECK IN (Client Comments)			

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 - 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. 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	NON-TRAINING DAY / CARDIO		
WEEKLY AVERAGE	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	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	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
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	FREQUENCY	PROTEIN
Non-Training day		
	-	0
AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
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	FREQUENCY	PROTEIN
WEEKLY AVERAGE		0
AVG.WEIGHT (KG)	AVG.WEIGHT +/-	AVG. PRO
0.00		0
I	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.STEPS AVG.WEIGHT (KG)		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
0.00			0



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FAT	CARB	KCAL
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AVG. FAT	AVG. PRO	AVG. KCAL
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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
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FAT	CARB	KCAL
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AVG. FAT	AVG. PRO	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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FAT	CARB	KCAL
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FAT	CARB	KCAL
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AVG. FAT	AVG. CARB	AVG. KCAL
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TRAINER COMMENTS (WEEKLY OVERVIEW)	
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	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			MAINTE	NANCE
Goal					
Weekly Avg. Weight	1				
Predicted Weight					
Predicted Body Fat %					
Actual Body Fat %					
,					
Baseline	0	0	0	0	0
Calories		<u> </u>			
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Surplus/Deficit			
Protein			
Carbs			
Fats			
Steps			
Cardio	N/A		

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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				
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		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

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	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
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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
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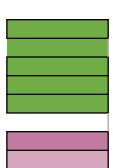


24	25	26	27	28	29
7 weeks out	6 weeks out	5 weeks out	4 weeks out	3 weeks out	2 weeks out
19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar
20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar
21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar
22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar
23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar
24-Feb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

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



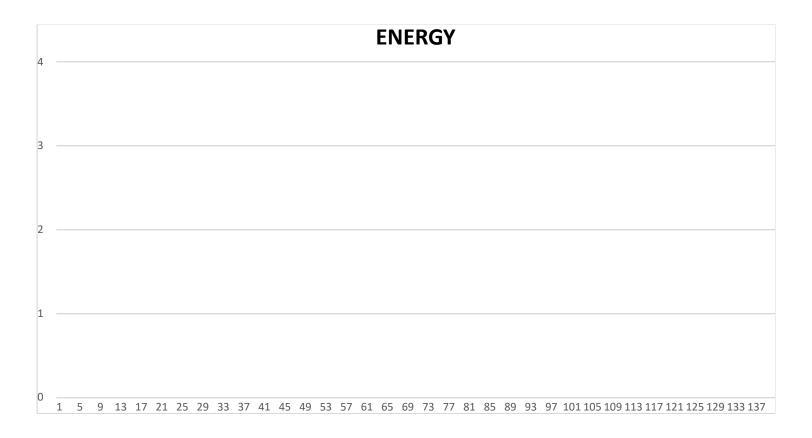
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1	SLEEP QUALITY & DURATION
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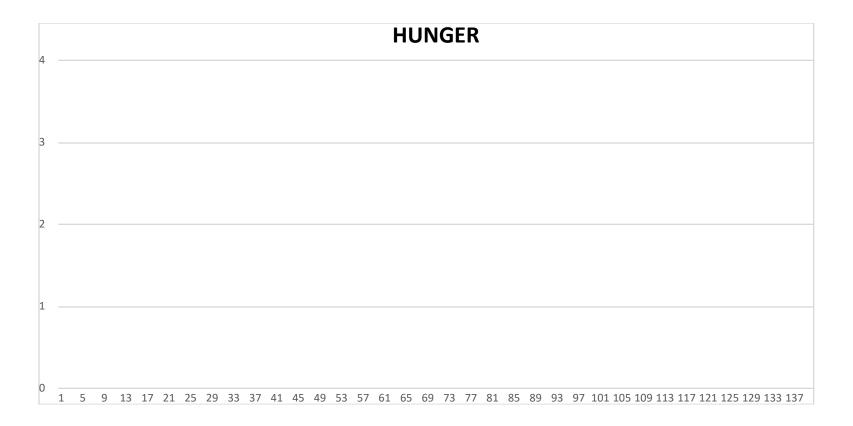


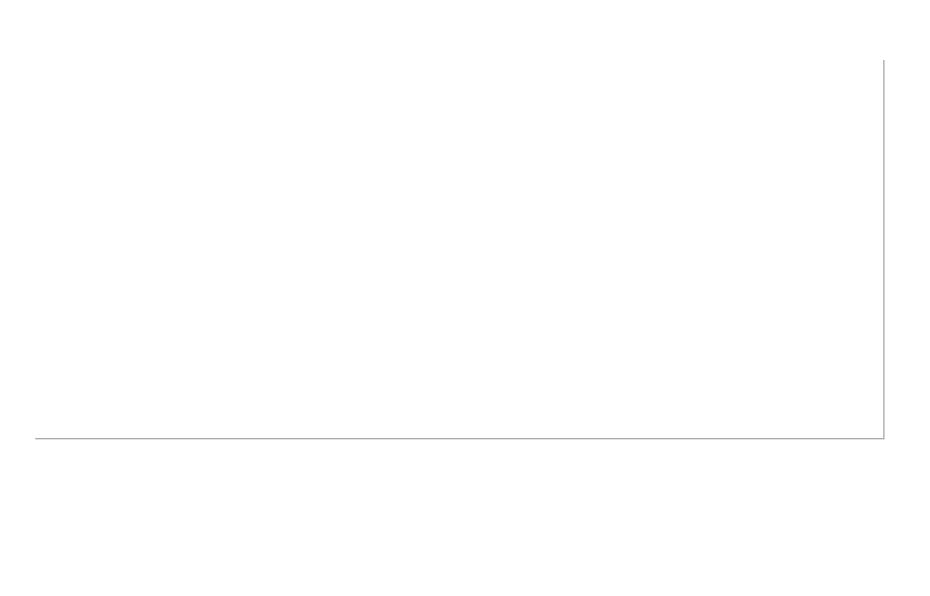
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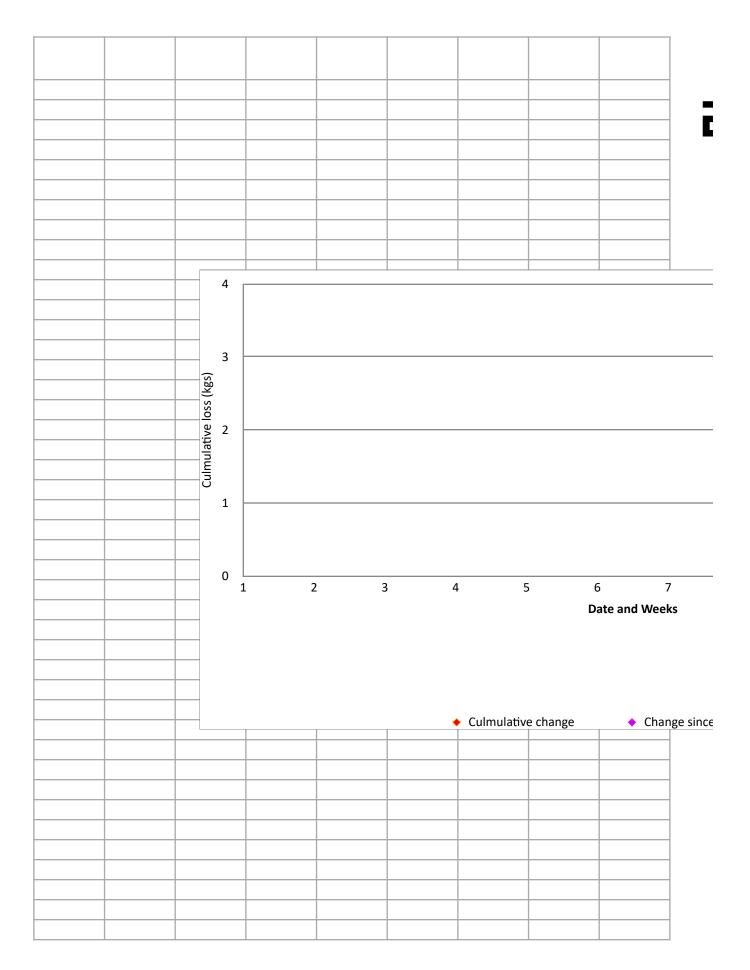




Weeks	Date	Weight	Change since last weigh in	Culmulative change	Aver. weight loss per week
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