



SIXTY DAY REVOLUTION

T R A I N W I T H A P U R P O S E

**MUSCLE
& FITNESS**

TRAINING PROGRAM

PRESENTED BY JAMES GRAGE

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PROGRAM OVERVIEW

Welcome to 60 Day Revolution! Below we will show you the break down of each "Day".



JUMP START



Directions: Perform the "Jump Start" warmup as a circuit before all workouts.



UPPER BODY DAY



Perform three trisets, choosing from the exercise list provided. Make sure to refer to the chart to see how set and rep ranges in each phase.



LOWER BODY DAY



Here you are performing **2 Supersets with a Straight Set** or regular set that does not include a superset. Make sure to **refer to the chart** to see how the **set and rep ranges** change.



CONDITIONING DAY



60 Day Revolution is designed to accommodate you even if you may have limited equipment or places to workout. So, on your conditioning days, we give you 3 options **to complete your conditioning**. Working out: **indoor, outdoor or a rowing machine**. This is also designed so you can have a different workout every time!



ACTIVE REST DAY



If you have a lot of **fat to lose**, **bump it up to 2 conditioning days per week**. Note that Week 7 conditioning is 30 minutes of steady-state cardio at moderate intensity. There is **no conditioning workout in Week 8**, though you can **perform Week 7's steady-state cardio session if desired**.



FULL BODY DAY



Here you are performing **2 Supersets plus 1 of 3 Finishers**. Make sure to **refer back to the chart given** to you to see how the **set and rep ranges** change every week in each phase.



CHALLENGE DAY



Share your results on social media to compare times and scores with the hashtag **#60DayChallenge**.



REST DAY



Recovery is key, this is your rest day.



PLEASE NOTE: All readers are advised to consult their physician before beginning any exercise and nutrition program. BPI and the contributors do not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this program.



EXAMPLE PROGRAM: 60 DAY CHART

PERFORM EACH DAY ONCE PER WEEK

		UPPER BODY DAY LOWER BODY DAY CONDITIONING DAY ACTIVE REST DAY FULL BODY DAY CHALLENGE DAY REST DAY						
		MON	TUES	WED	THUR	FRI	SAT	SUN
INTRO	PHASE 1	1	2	3	4	5	6	7
	PHASE 2	8	9	10	11	12	13	14
OVERLOAD	PHASE 3	15	16	17	18	19	20	21
	PHASE 4	22	23	24	25	26	27	28
OVERLOAD	PHASE 5	29	30	31	32	33	34	35
	PHASE 6	36	37	38	39	40	41	42
DELOAD	PHASE 7	43	44	45	46	47	48	49
	PHASE 8	50	51	52	53	54	55	56
SHOCK								
DELOAD / RESET								
DELOAD / RESET		57	58	59	60			
ACTIVE RECOVER / LIGHT TRAINING								



UPPER BODY DAY

REP GUIDELINES FOR UPPER BODY: There are a wide variety of sets and reps used for each phase of the 60 Day Revolution. On **Upper Body Day**, there are different set and rep schemes for each triset. **Refer to the chart** below during each week of the program. All sets and reps are expressed as **sets x reps**. For instance, on **Week 1 (Intro) on Triset # 1, you'll do 3 x 10, or 3 sets of 10 reps. In Week 8 (Shock) on the same triset, you'll do 7-10 sets of 1 rep.** Use the heaviest weights you can manage with good form during all weeks, **except for Week 7**; this is a **DELOAD** and meant as a break before you hit Week 8, the **SHOCK** phase where you'll use the heaviest possible weights that you can lift.



JUMP START: Perform the following warmup as a circuit before all workouts.

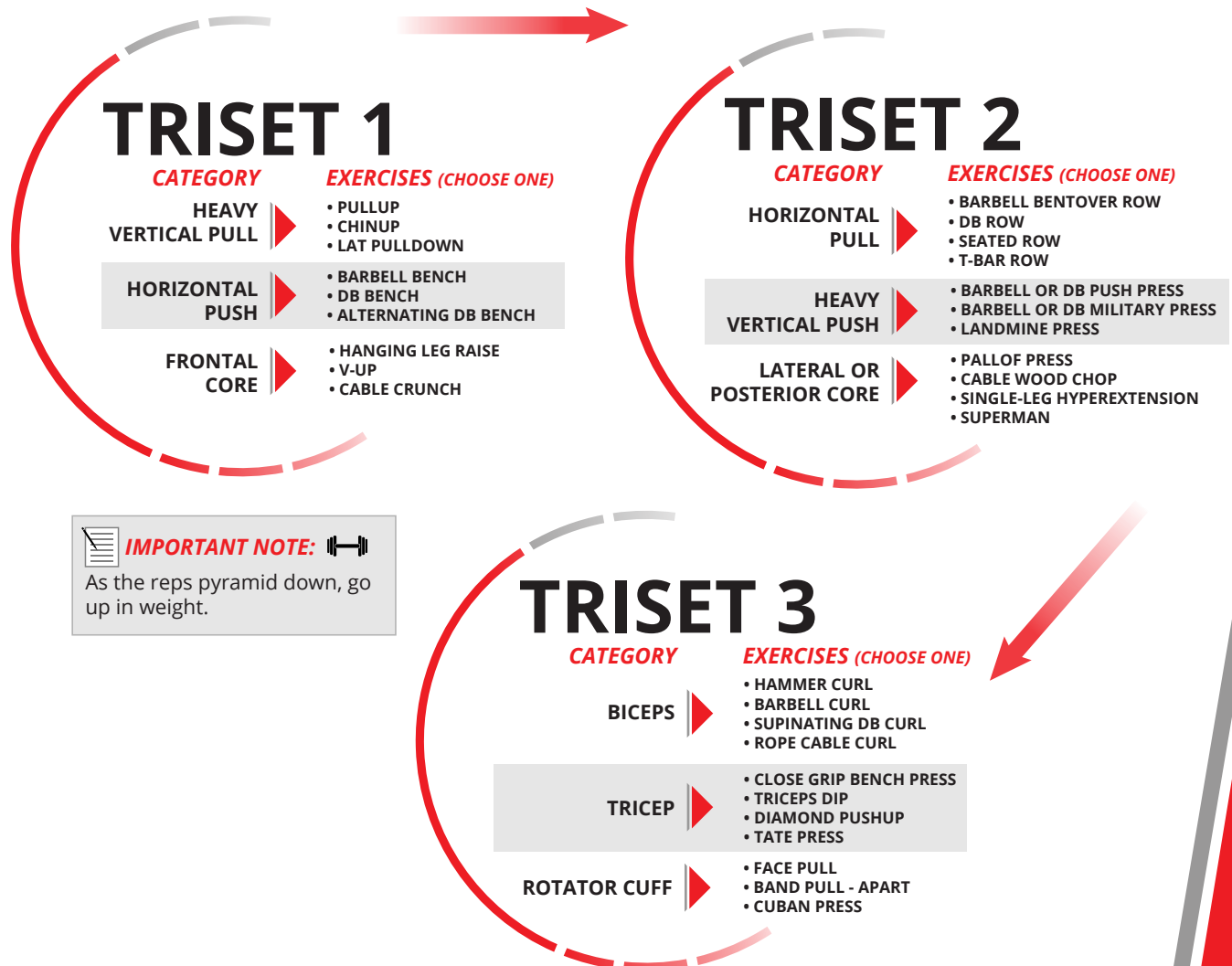
EXERCISE	REPS
Shoulder Mobility*	10
Side Bend	10 each side
Trunk Rotation	10 each side
Yoga Pushup**	10
Band Pull-apart	10

PHASES	TRISSET 1	TRISSET 2	TRISSET 3
1 INTRO	3 x 10	3 x 10	4 x 8-12
2 BASE	4 x 8	4 x 10, 8, 6, 4 ↔	4 x 8-12
3 OVERLOAD	4 x 10, 8, 6, 4 ↔	4 x 8	4 x 8-12
4 OVERLOAD	5 x 5	4 x 10, 8, 6, 4 ↔	4 x 8-12
5 OVERLOAD	6 x 3	5 x 5	4 x 8-12
6 OVERLOAD	6 x 10, 8, 6, 4, 4, 3 ↔	6 x 3	4 x 8-12
7 DELOAD	4 x 6-10	4 x 6-10	4 x 8-12
8 SHOCK	7-10 x 1	7-10 x 1	4 x 8-12

* You can use arm circles, face pulls, or the shoulder mobility exercise of your choice.

** Perform a normal pushup, then in the top position form a pike with your hips; your body will form a triangle with the ground; keep your back flat and legs straight.

DIRECTIONS: Each workout **consists of three trisets**. Don't rest between exercises within the triset, and **rest only 90-120 seconds** at the end of each triset. In each category, **choose one exercise for each workout day** and stick with it for that day; you can change it in subsequent workouts. **Get creative with your combinations.** For instance, don't just triset the first move in each category: pullups, barbell bench, and hanging leg raises. Try combining pullups with alternating dumbbell bench, and V-ups, then shake up the rotation for something totally different the next week. The other major variable is the number of sets and reps done in each phase of the program.



IMPORTANT NOTE:

As the reps pyramid down, go up in weight.



LOWER BODY DAY

REP GUIDELINES FOR LOWER BODY: Refer to the chart below during each week of the program. All sets and reps are expressed as sets x reps. Use the heaviest weights you can manage with good form during all weeks, except for Week 7; this is a deload and meant as a break before you hit Week 8, the shock phase where you'll use the heaviest possible weights that you can lift.



JUMP START: Perform the following warmup as a circuit before all workouts.

EXERCISE	REPS
Shoulder Mobility*	10
Side Bend	10 each side
Trunk Rotation	10 each side
Yoga Pushup**	10
Band Pull-apart	10

PHASES	SUPERSET 1	SUPERSET 2	HIP HINGE
1 INTRO	3 x 10	3 x 10	3 x 10
2 BASE	4 x 8	4 x 6	3 x 10, 8, 6 ↔
3 OVERLOAD	4 x 5	4 x 8	3 x 10
4 OVERLOAD	5 x 5	4 x 10, 8, 6, 4 ↔	3 x 10, 8, 6 ↔
5 OVERLOAD	4 x 3	4 x 5	3 x 8
6 OVERLOAD	5 x 8, 6, 4, 4, 3 ↔	4 x 6	3 x 10
7 DELOAD	3 x 6	3 x 6	3 x 6
8 SHOCK	5 x 2	5 x 3	4 x 3



IMPORTANT NOTE: ↔ As the reps pyramid down, go up in weight.

DIRECTIONS: Each workout consists of two supersets and a single lift (a hip hinge) performed in straight sets. Make sure to rest between supersets for about 90-120 seconds. Where you have exercises to choose from, pick one exercise for that particular day and stick with it; choose a different exercise the following week.

SUPERSET 1

CATEGORY EXERCISE (CHOOSE ONE)

DOUBLE-LEG ▶

- BACK SQUAT
- FRONT SQUAT
- GOBLET SQUAT

SUPERSET WITH ▶

- PASSIVE HANG: 30-60 SECONDS (ACTIVE RECOVERY)

SUPERSET 2

CATEGORY EXERCISE (CHOOSE ONE)

HEAVY SINGLE LEG ▶

- BARBELL BACK LUNGE
- BARBELL FRONT LUNGE
- STEP-UP

SUPERSET WITH ▶

- PRIMAL SQUAT: 30-60 SECONDS (ACTIVE RECOVERY)

STRAIGHT SETS

CATEGORY EXERCISE (CHOOSE ONE)

HIP HINGE ▶

- ROMANIAN DEADLIFT
- SINGLE-LEG DEADLIFT



OPTIONAL CHALLENGE X3

EXERCISE: SLED DRAG 30 YARDS
SUPERSET WITH ▶ SLED PUSH 30 YARDS

-OR-

EXERCISE: PLATE PUSH
***PERFORM ON TURF OR MORE SMOOTH SURFACE (LIKE WOOD). IF PERFORMED ON A SMOOTH SURFACE, PLACE A TOWEL AND STACK PLATES ON TOP.**



CONDITIONING DAY

Directions: On each conditioning day, **pick one OPTION:** Indoor Sprint; Outdoor Sprint; or Row, and **use the rep guidelines** provided for that week. **Perform one conditioning day per week.** If you have a lot of fat to lose, bump it up to two conditioning days per week. Note that Week 7 conditioning is 30 minutes of steady-state cardio at moderate intensity. There is **no conditioning workout in Week 8**, though you can **perform Week 7's steady-state cardio session if desired.**



OUTDOOR SPRINTS: OPTION 1

DIRECTIONS: Perform each sprint workout as a circuit. Sprint, immediately follow it with an active recovery walk, then when the time is up, sprint again until all rounds are complete.

WEEK	ROUNDS	INTENSITY	ACTIVE RECOVERY
1 Intro	6	15- to 30-second sprint	1-2 minute walk
2 Base	7	15- to 30-second sprint	1-2 minute walk
3 Overload	8	15- to 30-second sprint	1-2 minute walk
4 Overload	9	15- to 30-second sprint	1-2 minute walk
5 Overload	10	15- to 30-second sprint	1-2 minute walk
6 Overload	10	15- to 30-second sprint	1-2 minute walk
7 Deload	1	30 Minutes of Steady Cardio	N/A
8 Deload	N/A	N/A	N/A



INDOOR SPRINTS: OPTION 2

DIRECTIONS: Perform each sprint workout as a circuit. Sprint, then immediately bump down the treadmill speed to follow it with an active recovery walk. Keep the treadmill at a moderate incline for the duration of the workout.

WEEK	ROUNDS	INTENSITY	ACTIVE RECOVERY
1 Intro	8-12	20-second sprint	40-second walk
2 Base	12-15	15-second sprint	45-second walk
3 Overload	10	30-second sprint	90-second walk
4 Overload	30	10-second sprint	20-second walk
5 Overload	8-12	20-second sprint	40-second walk
6 Overload	12-15	15-second sprint	45-second walk
7 Deload	1	30 Minutes of Steady Cardio	N/A
8 Deload	N/A	N/A	N/A



ROWING MACHINE: OPTION 3

DIRECTIONS: Perform each rowing workout as a circuit; row the indicated amount at the intensity described, rest for the indicated amount, then immediately start your next round.

WEEK	ROUNDS	INTENSITY	REST
1 Intro	5	500 m, AFAP	2 minutes
2 Base	5	500 m, AFAP	2 minutes
3 Overload	5	500 m, AFAP	90 seconds
4 Overload	5	500 m, AFAP	90 seconds
5 Overload	6	500 m, AFAP	90 seconds
6 Overload	6	500 m, AFAP	90 seconds
7 Deload	1	30 Minutes of Steady Cardio	N/A
8 Deload	N/A	N/A	N/A



POWER BOOST: Add intensity to your conditioning day.
Perform 10 burpees or :30 mountain climbers in between each round.



FULL BODY DAY

REP GUIDELINES FOR FULL BODY: Refer to the chart below during each week of the program. All sets and reps are expressed as sets x reps. Use the heaviest weights you can manage with good form during all weeks, except for Week 7; this is a **DELOAD** and meant as a break before you hit Week 8, the **SHOCK** phase where you'll use the heaviest possible weights that you can lift.



JUMP START: Perform the following warmup as a circuit before all workouts.

EXERCISE	REPS
Shoulder Mobility*	10
Side Bend	10 each side
Trunk Rotation	10 each side
Yoga Pushup**	10
Band Pull-apart	10

PHASES	SUPERSET 1	SUPERSET 2	FINISHER
1 INTRO	3 x 10	3 x 10	*
2 BASE	4 x 8	4 x 6	*
3 OVERLOAD	4 x 5	4 x 8	*
4 OVERLOAD	5 x 5	4 x 10, 8, 6, 4 ⇄	*
5 OVERLOAD	4 x 3	4 x 5	*
6 OVERLOAD	5 x 8, 6, 4, 4, 3 ⇄	4 x 6	*
7 DELOAD	3 x 6	3 x 6	*
8 SHOCK	5 x 2	5 x 3	*



IMPORTANT NOTE: ⇄ As the reps pyramid down, go up in weight.

*Finisher instructions provided below.

* You can use arm circles, face pulls, or the shoulder mobility exercise of your choice.

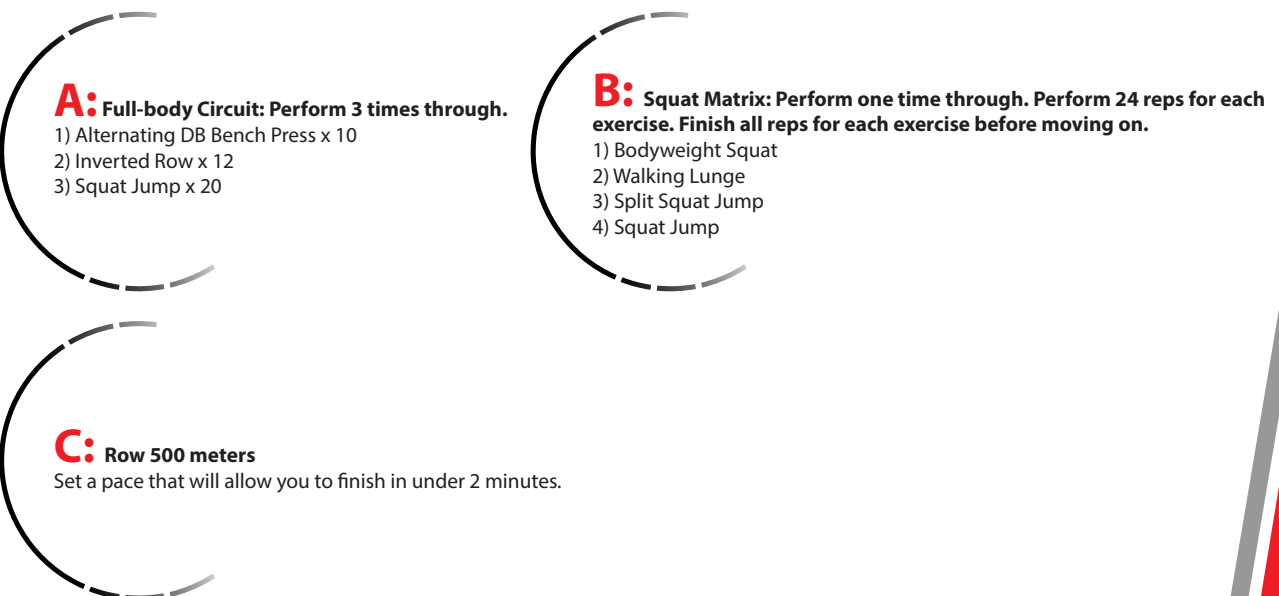
** Perform a normal pushup, then in the top position form a pike with your hips; your body will form a triangle with the ground; keep your back flat and legs straight.

DIRECTIONS: Perform all supersets according to the rep guidelines for the given week. Make sure to rest between supersets for about 90-120 seconds. When the supersets are complete, choose one finisher and follow the directions for that finisher. Time your finishers from week to week to measure improvement.



FINISHER

DIRECTIONS: PICK A, B, OR C AND DO IT AFAP (AS FAST AS POSSIBLE).





CHALLENGE DAY

GET SOCIAL

Directions: In each week, perform the challenge workout provided. **Share your results on social media** to compare times and scores with the hashtag **#60DayRevolution**.



PERFORM



RECORD



SHARE



CHALLENGE

WEEK 1: KETTLEBELL CIRCUIT

Directions: Perform the following circuit **three times** through, resting as little as possible. Use a **16 kg kettlebell** and **record your total time**.

EXERCISES	REPS
Kettlebell Swing	20
Clean and Press	10
Windmill	5 each side
Turkish Getup	5 each side
Goblet Pause Squat	10
Russian Twist	20



WEEK 2: BODYWEIGHT MAXES

Directions: Record your total reps for pullups and pushups and total time for V-ups.

EXERCISES	REPS
*Pullup	Max Reps in 6 Sets
Pushup	Max Reps in 6 Sets
V-up	50

Rest 60 Seconds between sets and exercises.
***No kipping**

WEEK 3: TABATA INTERVALS, PART I

Directions: Perform Tabata intervals of **20 seconds** of all-out effort, followed by **10 seconds of rest**. Start with **20 seconds of inverted rows**, as fast as possible, **rest for 10 seconds**, then do **20 seconds of pushups**, followed by **10 seconds of rest**, and so on. Do **8 total rounds**. Record your total reps performed (excluding the plank). **This is your score**.

EXERCISES	INTENSITY	REST
Inverted Row	20 SEC	10 SEC
Pushup	20 SEC	10 SEC
Lunge	20 SEC	10 SEC
Plank	20 SEC	10 SEC



WEEK 4: TABATA INTERVALS, PART II

Directions: Perform Tabata intervals of 20 seconds of all-out effort, followed by 10 seconds of rest. Perform 8 total rounds. Record the total number of reps you performed. This is your score.

EXERCISES	INTENSITY	REST
Pullup	20 SEC	10 SEC
Pushup	20 SEC	10 SEC
Situp	20 SEC	10 SEC
Inverted Row	20 SEC	10 SEC
Lunge	20 SEC	10 SEC
Plank	20 SEC	10 SEC



WEEK 5: 21-15-9

Directions: Perform **three rounds** of the following exercises, **doing 21 reps** of everything in the first round, **15 in the second**, and **9 in the third**. **Record your time to share**.

EXERCISES	R1	R2	R3
Inverted row	21	15	9
Kettlebell Swing (16 kg)	21	15	9
Squat jump	21	15	9

WEEK 6: COUNTDOWN

Directions: Work the two exercises as a superset, working from 10 reps down to 1. This will work out to be 10 total rounds. Record your time to share.

EXERCISES	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10
Chinup	10	9	8	7	6	5	4	3	2	1
Dip	10	9	8	7	6	5	4	3	2	1

WEEK 7: PUSHUP & TUCK JUMP PYRAMID

Directions: Perform **3 pushups**, followed by **1 tuck jump** in round 1, then continue to **stack 3 and 1** to each subsequent round: **6 pushups** and **2 tuck jumps** in **Round 2**, **9 pushups** and **3 tuck jumps** in **Round 3**, and so on. Work as high as you can until you **reach failure** on pushups, then work backward, **removing 3 and 1** in each round until you get back to the reps for Round 1.

SAMPLE

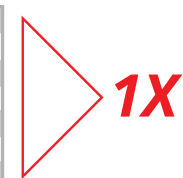
EX	R1	R2	R3
P.U.	3	6	9
T.J.	1	2	3

Perform to failure on pushups and then work backwards.

WEEK 8: THE 50-REP CLUB

Directions: Perform 50 reps each of the following moves. Use a 16 kg kettlebell for the moves that require it. Record your total time to share.

EXERCISES	REPS
Goblet Squat	50
Kettlebell Swing	50
Inverted Row	50
Kettlebell High Pull	50
Pushup	50
Decline Situp	50





NUTRITION OVERVIEW

While calories are certainly an important part of the M&F Food Pyramid, it is the quality of those calories that can make or break a physique. I.e, 500 calories from steak and 500 calories from ice cream are NOT the same. By eating your macronutrients—protein, carbs, and fat—in the right amounts, you can train harder, recover faster, and avoid unwanted fat gain.

MUSCLE GAIN **FAT LOSS**
14-18 CALORIES X POUND **10-12 CALORIES X POUND**



PROTEIN

Protein provides the amino acids needed to repair and grow muscle tissue. It also has the benefit of keeping you fuller for longer, which means you're less likely to rummage through that box of candy left over from the holidays. A beginner can really benefit from increasing protein intake to at least one gram per pound of body weight per day.



CARBS

Carbs are actually your body's preferred source of fuel. Cutting carbs in an effort to quickly shed weight can actually reduce the quality of your workouts and can compromise your body's ability to create and hold on to muscle. You need carbs for energy. Yes, eaten to excess, carbs can cause weight gain, but you'd do better to watch your overall calorie intake, as it's excess calories in general that lead to fat storage. A healthier relationship with carbs entails eating (primarily) unprocessed sources from potatoes, sweet potatoes, rice, fruits, and vegetables.



FAT

You've got to eat it to lose it. Seriously. Multiple studies have shown that consumption of healthy fats can actually lead to greater fat loss and improve protein synthesis while also protecting your heart and brain. Taking in 0.4 grams of fat per pound of body weight per day from healthy sources such as fish, olive oil, avocados, nuts, and seeds is essential for overall health and athletic performance.



FOOD PYRAMID

You should manipulate your consumption of these macronutrients to meet particular caloric targets based on your overall goals. Those looking to gain muscle, will need more calories and more carbs. Lower (not low) carb and calorie counts are standard for those more concerned with dropping weight or leaning out.

Use the Food Pyramid as a starting point for your daily macronutrient breakdown and caloric requirements, then adjust up or down incrementally until you find what works best for you.



NUTRITION SAMPLE PLANS

What you put in your body has a drastic impact on the way you look, feel, and lift. Whether you're a beginner or an advanced lifter, your food intake will be the greatest determining factor in the degree of change you are able to achieve. Here are two sample meal plans for two different goals: muscle gain and fat loss.

Below examples are two sample meal plans for muscle gain and fat loss. To truly gain quality lean muscle mass, you need a balanced diet both high in carbs and calories. A balanced diet will help you achieve either goal.



IMPORTANT NOTE:

This is an example meal plan and breakdown of the healthy foods you can eat for a 180-190 pound guy. Use the M&F Food Pyramid (www.muscleandfitness.com/pyramid) to develop your own meal plan.

EATING GUIDE



BREAKFAST

Whole eggs
Greek yogurt
Cottage Cheese
Turkey bacon
Oatmeal

LUNCH

Chicken
Fish
Beef
Turkey
Lean pork

GOOD FATS

Whole eggs
Avocado
Nuts
Fat from meat sources

GOOD CARBS

Fruit
Potatoes
Sweet potatoes
Rice (brown)
Oats
Quinoa



MUSCLE GAIN SAMPLE PLAN A

BREAKFAST

4 egg omelet with 1/2 cup broccoli, 1/2 avocado
1 piece fruit
2 cups (cooked) oatmeal
7oz non-fat Greek yogurt

LUNCH

4 cups salad greens with 8 oz grilled chicken, 1 tbsp olive oil as dressing
3 cups (cooked) rice

DINNER

8 oz salmon
1 cup broccoli
3 sweet potatoes

SNACK

Shake with 2 scoops chocolate protein powder
1 piece fruit

MACROS:

2520 calories, 180g protein, 360g carbs, 72g fat



FAT LOSS SAMPLE PLAN B

BREAKFAST

4 egg omelet with 1/2 cup broccoli, 1/2 avocado
1 piece fruit
1 cup (cooked) oatmeal
7oz non-fat Greek yogurt

LUNCH

4 cups salad greens with 8 oz grilled chicken, 1 tbsp olive oil as dressing
1.5 cups (cooked) rice

DINNER

8 oz salmon
1 cup broccoli
1.5 sweet potatoes

SNACK

Shake with 2 scoops chocolate protein powder

MACROS:

2160 calories, 180g protein, 180g carbs, 72g fat

MUSCLE GAIN CALCULATOR

$$14-18 \text{ CALORIES} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

$$2g \text{ CARB} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

$$1g \text{ PROTEIN} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

$$0.4g \text{ FAT} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

FAT LOSS CALCULATOR

$$10-12 \text{ CALORIES} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

$$1g \text{ CARB} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

$$1g \text{ PROTEIN} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

$$0.4g \text{ FAT} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$



MY NUTRITION PLAN



MUSCLE GAIN

MEAL 1

SNACK / SUPPLEMENT

MEAL 2

SNACK / SUPPLEMENT

MEAL 3

SNACK / SUPPLEMENT

MEAL 4

TOTAL CALORIES: _____

DAILY TOTAL MACROS:

MACROS: _____g Protein _____g Carbs _____g Fat

FAT LOSS

MEAL 1

SNACK / SUPPLEMENT

MEAL 2

SNACK / SUPPLEMENT

MEAL 3

SNACK / SUPPLEMENT

MEAL 4

TOTAL CALORIES: _____

DAILY TOTAL MACROS:

MACROS: _____g Protein _____g Carbs _____g Fat

MUSCLE GAIN CALCULATOR

$$\triangle \square \bullet \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

14-18 CALORIES

$$\text{2g CARB} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

$$\text{1g PROTEIN} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

$$\text{0.4g FAT} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

FAT LOSS CALCULATOR

$$\triangle \square \bullet \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

10-12 CALORIES

$$\text{1g CARB} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

$$\text{1g PROTEIN} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$

$$\text{0.4g FAT} \times \text{PER POUND BODY WEIGHT} = \text{DAILY AMOUNT}$$



TRAINING LOG UPPER BODY

UPPER BODY WEEK ☐

EXERCISE	TRISSET 1	WEIGHT	NOTES:
EXERCISE	TRISSET 2	WEIGHT	
EXERCISE	TRISSET 3	WEIGHT	

UPPER BODY WEEK ☐

EXERCISE	TRISSET 1	WEIGHT	NOTES:
EXERCISE	TRISSET 2	WEIGHT	
EXERCISE	TRISSET 3	WEIGHT	

UPPER BODY WEEK ☐

EXERCISE	TRISSET 1	WEIGHT	NOTES:
EXERCISE	TRISSET 2	WEIGHT	
EXERCISE	TRISSET 3	WEIGHT	

UPPER BODY WEEK ☐

EXERCISE	TRISSET 1	WEIGHT	NOTES:
EXERCISE	TRISSET 2	WEIGHT	
EXERCISE	TRISSET 3	WEIGHT	



TRAINING LOG LOWER BODY

LOWER BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE	SETS / REPS	WEIGHT	

EXERCISE CHALLENGE	WEIGHT	NOTES:

LOWER BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE	SETS / REPS	WEIGHT	

EXERCISE CHALLENGE	WEIGHT	NOTES:

LOWER BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE	SETS / REPS	WEIGHT	

EXERCISE CHALLENGE	WEIGHT	NOTES:

LOWER BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE	SETS / REPS	WEIGHT	

EXERCISE CHALLENGE	WEIGHT	NOTES:



TRAINING LOG UPPER BODY

UPPER BODY WEEK ☐

EXERCISE	TRISSET 1	WEIGHT	NOTES:
EXERCISE	TRISSET 2	WEIGHT	
EXERCISE	TRISSET 3	WEIGHT	

UPPER BODY WEEK ☐

EXERCISE	TRISSET 1	WEIGHT	NOTES:
EXERCISE	TRISSET 2	WEIGHT	
EXERCISE	TRISSET 3	WEIGHT	

UPPER BODY WEEK ☐

EXERCISE	TRISSET 1	WEIGHT	NOTES:
EXERCISE	TRISSET 2	WEIGHT	
EXERCISE	TRISSET 3	WEIGHT	

UPPER BODY WEEK ☐

EXERCISE	TRISSET 1	WEIGHT	NOTES:
EXERCISE	TRISSET 2	WEIGHT	
EXERCISE	TRISSET 3	WEIGHT	

TRAINING LOG CONDITIONING DAY



TRAINING LOG FULL BODY DAY

FULL BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/			

FINISHER A. ☐ B. ☐ C. ☐

EXERCISE	SETS / REPS / TIME	WEIGHT	NOTES:

FULL BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/			

FINISHER A. ☐ B. ☐ C. ☐

EXERCISE	SETS / REPS / TIME	WEIGHT	NOTES:

FULL BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/			

FINISHER A. ☐ B. ☐ C. ☐

EXERCISE	SETS / REPS / TIME	WEIGHT	NOTES:

FULL BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/			

FINISHER A. ☐ B. ☐ C. ☐

EXERCISE	SETS / REPS / TIME	WEIGHT	NOTES:



TRAINING LOG FULL BODY DAY

FULL BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE			

FINISHER A. ☐ B. ☐ C. ☐

EXERCISE	SETS / REPS / TIME	WEIGHT	NOTES:

FULL BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE			

FINISHER A. ☐ B. ☐ C. ☐

EXERCISE	SETS / REPS / TIME	WEIGHT	NOTES:

FULL BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE			

FINISHER A. ☐ B. ☐ C. ☐

EXERCISE	SETS / REPS / TIME	WEIGHT	NOTES:

FULL BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE			

FINISHER A. ☐ B. ☐ C. ☐

EXERCISE	SETS / REPS / TIME	WEIGHT	NOTES:



TRAINING LOG CHALLENGE DAY

KETTLEBELL CIRCUIT WEEK ☐



:

21-15-19 WEEK ☐



:

BODYWEIGHT MAXES WEEK ☐

EXERCISE	SETS / REPS	WEIGHT	NOTES:

50 REP CLUB WEEK ☐



:

TABATA INTERVALS, PART 1 WEEK ☐

EXERCISE	REPS							

TABATA INTERVALS, PART 2 WEEK ☐

EXERCISE	REPS							

21-15-19 WEEK ☐



:



TRAINING LOG LOWER BODY

LOWER BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE	SETS / REPS	WEIGHT	

EXERCISE CHALLENGE	WEIGHT	NOTES:

LOWER BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE	SETS / REPS	WEIGHT	

EXERCISE CHALLENGE	WEIGHT	NOTES:

LOWER BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE	SETS / REPS	WEIGHT	

EXERCISE CHALLENGE	WEIGHT	NOTES:

LOWER BODY WEEK ☐

EXERCISE	SUPERSET 1	WEIGHT	NOTES:
SW/ EXERCISE	SUPERSET 2	WEIGHT	
SW/ EXERCISE	SETS / REPS	WEIGHT	

EXERCISE CHALLENGE	WEIGHT	NOTES: