

WEEK 1 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Pullups - 1,2,3,4,5,6,7...til failure – resting with 1 min biking in between Pushups - 2,4,6,8,10...til failure - resting with 20 crunches in between Dips - 2,4,6,8,10...til failure - resting with 30 second plank pose in between	Leg PT: Long Jog or bike Every 5 minutes stop and do: 20 squats and 10 lunges per leg How long do you go for? Ab workout Reg Crunch - 25 Plank pose 1 min	PT Superset: Warm up with Shoulder Workout - do only once Repeat 10 times Jumping jacks 10 pushups 10 squats 10 pullups – 1-5 burpees - 10 Repeat 3 times Military press - 20 reps Rows 10-15 reps Bicep curls 20 Pushups 20 crunches 20	Leg PT: Run/Bike for 30 minutes BUT Every 5 minutes stop and do: 20 squats and 10 lunges per leg Ab workout Reg Crunch - 25 Plank pose 1 min	Max Rep PT: Warm-up with 5 min of cardio option Continue warm-up with crunches 25-50 reps repeat 4x's pullups - max Dips - 20 Crunches – 50 bike pyramid 20 minutes Repeat 3 times Crunches 25 Plank pose 1 minute	Leg PT: Warmup jog, or bike 5:00 RUN / leg PT / repeat 3-4 times RUN/BIKE 5:00 squats - 20 lunges – 10/leg crunches - 50 Plank pose 1 min

WEEK 2 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: go until you fail at pullups - if you can get 1 to 10 that = 55 pullups and 55 pushups. If you can repeat in reverse order = 100/100 pull/pushups Do burpees or 8 count pushups	Leg PT: Bike Pyramid: Level1 for 1:00, level 2 for 1:00, etc...increase level of resistance by 1 levels each minute for 10 minutes – & reverse order =20:00 Repeat 2-3 times squats - 20 lunges – 10/leg plank pose - 1:00	PT Superset: Warmup Pull-ups – 5 Pushups - 10 - repeat 5/10 until you can no longer do both amounts - how high do you get - no rest until you get 50 pullups / 100 pushups (1 min water break) keep going... Abs equals how many pushups you do above Bike 20:00	Leg PT: Bike pyramid 20 Min BUT every 5 minutes stop and do: 20 squats 20 lunges Ab workout Reg Crunch - 25 Plank pose 1 min	Max Rep PT: Warmup Shoulder W/O Repeat 4 times pullups max pushups – 20 crunches – 20 burpees - 20 Bike Pyramid: hold each level for 1 minute until failure – repeat in reverse order – should be 15-20 minutes long	Leg PT: Warmup Repeat ten times Jumping Jacks - 10 ½ Squats - 10 Repeat 5 times Squats - 30 Run or bike 2:00 fast or at high levels of resistance Plank pose 1min bike – 20:00

WEEK 3 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup Pyramid to failure! Pullups 1-x-1 Pushups 2 -max - 2 Abs 5- max- 5 Dips – 2 –max -2 Using the 1-10-1 pyramid - start at bottom go to max sets in all events and back down to bottom. If you fail on one event before another like pullups - just do negative or assisted until you max on three of four events...	Leg PT: 5:00 warmup Lowerbody Day Repeat 3 x's Bike 10:00 squats 30 Lunges- 25 / leg Crunches 25	PT Superset: Repeat 3 times Pullups, pushups, crunches, dips, sub max effort (10-15 reps of each) non impact aerobic activity for 30 minutes	Leg PT: Repeat 3 times Bike 3:00 Squats – 30 Lunges – 20	Max Rep PT: Repeat 5 times Jumping jacks – 20 Pullups – max reps Dips – 10-20 Tricep Push ups 10 Crunches 25 reps Lower/Upperback: -Plank pose 1:00 -Swimmers – 1:00 -Reverse pushups- 25 -Arm Haulers – 25 Shoulder routine	Leg PT: Repeat 2 times bike or run - 10:00 squats - 40 lunges - 20/ leg calves - 30 (heel raise) crunches 50

WEEK 4 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Repeat 5 times jumping jacks - 10 pushups 10 Shoulder workout lateral raises 10 lat raises (thumb up) 10 lat raise #3 10 (thumbs up/down) front raise 10 cross over jacks - 10 military press - 10 pyramid: 1-max - 1 pullups x 1 pushups x 2 abs of choice x 5	Leg PT: 5:00 warmup Repeat 10 times Jumping jacks - 10 squats – 10 crunches - 20	PT Superset: 5:00 warmup PT Repeat 10 times Jumping jacks - 20 pushups – 20 abs of choice – 25 pull-ups - ? (mix in a set of pull-ups here to get total reps of 50 pullups in this workout)	Leg PT: 5:00 warmup(jog,bike) stretch Repeat 4 times lunges - 20/leg squats - 20 ½ squats - 20	Max Rep PT: Warmup Alternating circuit Repeat 5 times Pullups – max reps flutterkicks 50 Dips - max reps Abs of choice – 50 Shoulder workout	Leg PT: repeat 3 times bike or run– 5:00 squats – 20 ½ squats – 20 lunges – 10/leg bike at high resistance levels such as 10-15 out of level 20

WEEK 5 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup Pyramid to failure! Pullups 1-x-1 Pushups 3 -max - 3 Abs 5- max- 5 Dips – 3 –max -3 Using the 1-10-1 pyramid - start at bottom go to max sets in all events and back down to bottom. If you fail on one event before another like pullups - just do negative or assisted until you max on three of four events...	Leg PT: repeat 10 times 20 jumping jacks 20 squats Repeat 5 times Bike - 5:00 fast squats - 50 reps lunges - 20 / leg calves - 50 reps crunches 50 flutterkicks– 50	PT Superset: Repeat 10 times jumping jacks - 10 PULLUPS - 5 Pushups – 10 Shoulder workout –nonstop lateral raise – 10 thumbs up lat raise-10 thumbs down lat raise 10 front raise – 10 cross overs – 10 military press - 10	Leg PT: 5:00 warmup Repeat 3 times squats – 20 ½ squats - 20 lunges 20/leg crunches - 50	Max Rep PT: Repeat 6 times run or bike 5 min pullups max pushups max rest with 50 abs or 1 min plank pose shoulder w/o bike pyramid 20 min	Leg PT: Repeat 2 times Squats – 40 ½ squats – 20 lunges - 20/leg crunches - 50

WEEK 6 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Repeat 5 times jumping jacks - 10 pushups 10 Shoulder workout lateral raises 10 lat raises (thumb up) 10 lat raise #3 10 (thumbs up/down) front raise 10 cross over jacks - 10 military press - 10 pyramid: 1-max - 1 pullups x 1 pushups x 3 abs of choice x 5	Leg PT: Repeat 5 times <i>Squats – 20</i> <i>Lunges 20/leg</i>	PT Superset: Repeat 10 times jumping jacks – 10 pushups - 10 PULLUPS - 5-10	Leg PT: Repeat 3 times Bike 3:00 Squats – 30 Lunges – 20	Max Rep PT: Repeat 3-4 times Pullups - max Pushups max plank pose 1 min Shoulders w/o	Leg PT: Repeat 3 times bike or run - 10:00 squats - 40 lunges - 20/ leg calves - 30 (heel raise) crunches 50

WEEK 7 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup Pullups 2,4,6,8,10 1) reg 2) reverse 3) close 4) wide in between sets pushups -20 crunches 20	Leg PT: Repeat 4 times squats – 20 lunges – 20 /leg heel raises – 20/leg crunches - 50	PT Superset: **10 Supersets** Pullups 5-10 Pushups 25 Abs of choice 50 Dips 10-20 Repeat above 10 times	Leg PT: 5:00 warmup(jog,bike) Repeat 4 times lunges - 20/leg squats - 20 ½ squats - 20	Max Rep PT: Pullups 50 in as few sets as possible – rest with 20 burpees in between pullup sets	Leg PT: Warmup - 5:00 Repeat 10 's 10- Jumping Jacks 20 - squats Repeat 3 times squats - 30 lunges - 15 / leg Abs (2x's) Regular crunches – 50 Lowerback exercises: - swimmers – 30 sec. - R arm L leg lifts - 20 - L arm R leg lifts 20

WEEK 8 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Pullup pyramid: 1,2,3,4,5,6,7,6,5,4 , 3,2,1 – rest with 25crunches in between each pullup set. Repeat 10 times bike sprint 1:00 10 - pushups 10 crunches bike 20:00 crunches – 50 Lower back exercises 1,2 Upper back exercises 1,2,3	Leg PT: 5:00 warmup Bike / leg PT / repeat 4 times run 5:00 squats - 30 lunges – 15/leg heel raises - 30	PT Superset: 5:00 warmup PT Repeat 10 times Jumping jacks - 20 pushups – 20 abs of choice – 25 pull-ups - ? (mix in a set of pull-ups here to get total reps of 100 pullups in this workout) pullups - 100 any way you can 10x10; 5 x-20 your choice Bike – remainder of hour -10-15 minutes	Leg PT: repeat 10 times 10 jumping jacks 20 squats Repeat 4-5 times bike or run - 5:00 squats - 50 reps lunges - 20 / leg calves - 50 reps crunches - 50 total time - 35- 45:00	Max Rep PT: Bike 30:00 repeat 2 times pull-ups – max reps pushups – max reps dips – max reps bicep curls – 10,15,20 superset reps military prs – 10,15,20 crunches – 100	Leg PT: 10 jumping jacks 20 squats stretch Repeat 3 times squats - 25 crunches - 30 lunges - 10/leg crunches - 30 ½ squats - 30 crunches - 30 jumping jacks – 50 or bike 4:00

WEEK 9 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: PT Pyramid 1-10-1 1) pullups x 1 2) pushups x 3 3) crunches x 5 4) dips x 2 set #1: 1 pullup, 3 pushups, 5 crunches and 2 dips Set #2 2pullups, 6pushups,10 crunches, 4 dips...total reps= 100 pulls,300push,500 crunches.200 dips	Leg PT: 5:00 warmup Lowerbody Day (bike) Repeat 4 x's Squats 30 Lunges- 15/leg crunches - 25 Time self on 1 mile bike	PT Superset: 5:00 warmup repeat 10 times jumping jacks - 20 20 pushups 30 crunches pullups -reps = 100 reg grip 2,4,6,8,10 rev grip 2,4,6,8,10 wide grip 2,4,6,8 close grip 2,4,6,8 50 abs of choice after every new grip = 200 abs do pull-ups anyway you can – negatives or, assisted version	Leg PT: Leg / ab workout repeat 4 times Squats 20 Lunges 20 Calf raise 25	Max Rep PT: Pushup/Crunch superset: 5 cycles of: Pullups - max Dips – 10-20 regular pushup 10 reg crunch 10 wide pushup 10 reg. crunch 10 tricep pushup 10 reg crunches 20	Leg PT: Repeat 5 's 10- Jumping Jacks 20 - squats Repeat 5 times squats - 30 lunges - 30 Bike 10:00 Abs (2x's) reg crunches – 50

WEEK 10 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup flutterkicks 25 max pushups crunches 25 max pullups Pyramid to failure! Pullups 1-max -1 Pushups 3 -max -3 Abs 5- max- 5 Dips 3-max-3	Leg PT: Repeat 10 's 10- Jumping Jacks 10 - squats Repeat 5 times squats - 20 lunges – 10/leg	PT Superset: Repeat 10 times 5-10 pullups 20 pushups 50 abs of choice	Leg PT: 5:00 warmup Lowerbody PT Repeat 6 times Bike 3:00 Squats 25 Lunges 15/ leg Crunches = 50	Max Rep PT: Repeat 20 times jumping jacks - 10 pushups 10 Repeat 4x's pull-ups – max reps pushups – 25 biceps – 20 reps military press– 10 resp bike – 10-20:00	Leg PT: 5:00 warmup Repeat 8 times lunges - 20/leg squats – 20

<u>WEEK 11 - DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>	<u>DAY 6</u>
PT Pyramid: 5:00 warmup PT pyramid (alternate) 1 - MAX -pullups 3- max- 3 pushups 5 - max- 5 crunches should get over 10 on pullups, 30 on pushups and 50 on crunches on top set total 1-10-1 pyramid = 100 pullups 300 pushups 500 abs of choice	Leg PT: - legs day repeat 3 times bike – 5:00 squats – 20 ½ squats – 20 lunges – 10/leg bike at high resistance levels such as 10-15 out of level 20	PT Superset: 5:00 warmup Repeat 10 times 10 pullups 30 pushups 100 abs of choice Total 100 pullups 300 pushups 1000 abs	Leg PT: 5:00 warmup Leg Day Repeat 4 x's Bike 5:00 or Squats 30 calves 30 Lunges- 25 / leg Crunches 25	Max Rep PT: Repeat 7 times Pullups - max pushups - 20 abs of choice 50 options Regular crunches flutterkicks shoulderworkout reg. lat raise - 10 -thumbs up -10 - thumbs down - 10 front raise - 10 cross overs - 10 military press – 10	Leg PT: 5:00 warmup Repeat 4 times Squats - 20 Lunges 10/leg

<u>WEEK 12 - DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>	<u>DAY 6</u>
PT Pyramid: pullups 1-10-1 pushups - 2-20-2	Leg PT: 5:00 warmup Repeat 4 times Run 5:00 fast Squats - 30 Lunges – 15/leg Heel raises 30	PT Superset: 5:00 warmup Repeat 5-10 x's Pushups - 40 Dips - 20 Pullups – 5-15 Repeat abs 3x's Fluttericks - 50 Reg crunches - 50 Swimmers - 20 R arm/L leg lifts- 20 L arm/R leg lifts 20	Leg PT: 5:00 warmup Repeat 4 times Bike 5:00 Squats - 30 Lunges – 15/leg calves 30	Max Rep PT: 5:00 warmup Repeat 10 times Pullups – max reps pushup - 20 crunches - 20 tricep pushups - 10 Crunches – 20 Shoulder workout repeat 2 times lateral raises 10 lat raises (thumb up) 10 latraise(th up/down) 10 front raise (th up) 10 cross over jacks - 10 military press - 10 Lowerback exercises: Repeat 3 times Swimmers – 1:00 R arm left leg lifts – 1:00 L arm R leg lifts – 1:00	Leg PT: 5:00 warmup Spartan bike bike 15:00 100 squats 100 abs of choice bike 15:00 75 lunges total 75 abs of choice bike 15:00 50 ½ squats 50 abs of choice

WEEK 13 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup 8 count Bodybuilder pushup / pullup pyramid: Repeat 20 times 20 pushups 20 crunches	Leg PT: 5:00 warmup Repeat 4 times Bike 3:00 squats -30 lunges 15/leg heel raises 30	PT Superset: 5:00 warmup Repeat 10 times jumping jack 10 pushups - 10 pullups – 5-7 Repeat 3 times Jumping jacks - 20 pushups - 30 dips - 15 crunches - 100 flutterkicks - 50 leg levers - 50 8 count body builders - 15	Leg PT: 5:00 warmup Repeat 5-10 x's Squats - 40 Lunges - 10 /leg Calve raises - 40	Max Rep PT: 5:00 warmup Repeat 10 times jumping jacks -10 pushups – 10-20 crunches – 25 pull-ups - max	Leg PT: 5:00 warmup Repeat 10 times Jumping jacks - 20 squats - 10

WEEK 14 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 8 count Bodybuilder pushup / pullup pyramid	Leg PT: 5:00 warmup Repeat 5 times Bike 3:00 Squats – 25 Lunges – 20/leg BIKE every minute increase/decreas e level in pyramid fashion: 1,2,3,4,5,6,7,8,7,6 ,5,4,3,2,1	PT Superset: 5:00 warmup **10 Supersets** Pullups 5-10 Abs of choice 50 Dips 20 ABS x 2 Crunches 50	Leg PT: 5:00 warmup Repeat 4 times Bike 5:00 Squats - 30 Lunges – 15/leg calves 30	Max Rep PT Upperbody PT Repeat 10 times pushups – 10 pull-ups - max jumping jacks 10 Repeat 4 times reg. pushup: 20 wide pushup: 20 tricep pushup: 10 dips - max or 20 run/bike 5:00 use knees for pushup if you have to... (Just one time) max pushups crunches 50	Leg PT: 5:00 warmup Spartan bike bike 15:00 100 squats 100 abs of choice bike 15:00 75 lunges total 75 abs of choice bike 15:00 50 ½ squats 50 abs of choice

WEEK 15 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: PT pyramids1-8-1 pullups x 1 pushups x 3 crunches x 5	Leg PT: 5:00 warmup Repeat 4 x's Bike 5:00 squats 30 calves 30 Lunges- 25 / leg crunches - 25	PT Superset: 5:00 warmup Repeat 20 times 20 jumping jacks 10-20- pushups Repeat 2 x's Max Pullups shoulder workout	Leg PT: Warmup -5:00 Repeat 10 x's 10- Jumping Jacks 20 - squats Repeat 5 times squats - 30 lunges - 30	Max Rep PT: 5:00 warmup BIG DAY Repeat 10 times Pullups - max pushups - 15-25 crunches – 100 or 4 x 25 that is right 1000 ABS...!!! Your choice for abs bike 30:00 1:00 fast pace / 1:00 slower pace...	Leg PT: 5:00 warmup Repeat 3 times Squats – 50 Lunges 20 / leg Bike 1:00

WEEK 16 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 8 count Bodybuilder pushup / pullup pyramid	Leg PT: Bike 2:00 100 squats nonstop	PT Superset: 5:00 warmup Tough Day PT Repeat 10 times Abs of choice – 50 Pushups – 30 Pullups – 5-10 That is right 500 abs	Leg PT: 5:00 warmup Repeat 10 times Jumping jacks - 20 squats - 20	Max Rep PT: 5:00 warmup Bike – 30:00 repeat 2 times pull-ups – max reps pushups – max reps dips – max reps bicep curls – 10,15,20 superset reps military press – 10,15,20 crunches – 100	Leg PT: 5:00 warmup Easy day Repeat 10 times Jumping jacks - 20 squats - 10

WEEK 17 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup 8 count Bodybuilder pushup / pullup pyramid:	Leg PT: 5:00 warmup Repeat 5 times Bike 3:00 Squats – 25 Lunges – 20/leg BIKE every minute increase/decreas e level in pyramid fashion:	PT Superset: Jumping jacks – 50 pushups – 40 leaning rest 1:00 Flutterkicks - 100 Leg levers - 100 Scissors - 100 wide pushups 30 reg pushups – 30 tricep pushups - 20 Pullups – 100 reps In as few sets as possible In between sets of pull-ups do : Dips – 5 sets x 20 Reps	Leg PT: 5:00 warmup Repeat 4 times Run 5:00 Squats - 30 Lunges – 15/leg calves 30	Max Rep PT 5:00 warmup pullups - 50 pushups - 200 flutterkicks - 200 any way you can	Leg PT: 5:00 warmup Spartan bike bike 15:00 100 squats 100 abs of choice bike 15:00 75 lunges total 75 abs of choice bike 15:00 50 ½ squats 50 abs of choice

WEEK 18 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Jumping jacks– 100 Pullup pyramid to 10..back down to 1. Dips – 5 x 20 reps (1:00 rest) Pushups / Abs pushups – 50 Flutterkicks -100 wide pushups – 50 Leg levers – 100 tricep pushup – 30 Scissors – 100	Leg PT: 5:00 warmup Lowerbody Day Repeat 4 x's Bike 5:00 squats 30 calves 30 Lunges- 25 / leg crunches -25	PT Superset: 5:00 warmup **10 Supersets** Pullups 5-10 Abs of choice 50 Dips 20 ABS Superset x 2 Hanging kneeups 25 Crunches 50	Leg PT: Warmup 5:00 Repeat 10 times 10- Jumping Jacks 20 - squats Repeat 5 times squats - 30 lunges - 30 100 flutterkicks 100 Scissors	Max Rep PT: 5:00 warmup pullups - 50 in as few sets as possible...rest only 2:00 max in between first three sets – then only 1:00 in between remaining sets repeat 10 times 20 pushups 30 crunches	Leg PT: 5:00 warmup Repeat 4 times Bike 5:00 (W) lunges - 20 (W) Squats-20

WEEK 19 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup 8 COUNT BODYBUILDER PUSHUP / PULLUP PYRAMID... Repeat 3 times Jumping jacks - 20 pushups - 30 dips - 15 crunches - 100 flutterkicks - 50 leg levers - 50 8 count b.builders- 15	Leg PT: Repeat 10 times Jumping jacks - 10 Squats - 10 Repeat 6 times squats - 30 no weight lunges - 20 /leg	PT Superset: 5:00 warmup Repeat 10 x's Pushups - 40 Dips - 20 Pull-ups - 10-15 Repeat abs 5x's Abs / lowerback Reg crunches - 50 Swimmers – 20 sec R arm / L leg lifts- 20 L arm / R leg lifts- 20	Leg PT: 5:00 warmup Repeat 4 times Bike 4:00 (W) Squats – 20 (W) Lunges – 10/leg Abs of choice – 50	Max Rep PT: 5:00 warmup pullups - 100 pushups - 200 crunches - 300 any way you can in as many sets as you need	Leg PT: 5:00 warmup stretch repeat 4 times bike 5:00 squats - 30 lunges – 15/leg calves - 30

WEEK 20 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: pullups 1-10-1 pushups - 2-20-2	Leg PT: Warmup - 5:00 Repeat 10 's 10- Jumping Jacks 20 - squats Bike - 20:00 - Repeat 5 times squats - 30 lunges - 30 Abs (2x's) crunches - 25 flutterkicks - 100 scissors - 100 leg levers - 100	PT Superset: 5:00 warmup Repeat 10 times pushups - 10 jumping jacks 10 Repeat 5 times pullups – max reps regular grip reverse grip 30 abs at every set shoulder workout reg. lat raise - 10 -thumbs up -10 - thumbs dn - 10 front raise - 10 - thumbs up - 10 military press - 10 bike- 20:00	Leg PT: Repeat 3 times bike - 5:00 squats - 30 lunges – 15/leg calves - 30 crunches 25	Max Rep PT: 5:00 warmup repeat 10 times Bike 2:00 20 pushups 30 crunches pullups - 100 pullups any way you can	Leg PT: 5:00 warmup Repeat 6 times Bike 2:00 squats - 50 lunges - 25 / leg

WEEK 21 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup 8 COUNT BODYBUILDER PUSHUP / PULLUP PYRAMID Shoulder workout	Leg PT: 5:00 warmup Repeat 25 times 30 abs of choice 20 squats Choice of abs: flutterkicks leg levers scissors crunches	PT Superset: 5:00 warmup Repeat 5 times Jumping jacks - 20 Pushups – 10 Crunches – 20 Pullups – 5-10	Leg PT: 5:00 warmup Repeat 10 x's Squats - 40 Lunges - 10 /leg Calves - 40	Max Rep PT: 5:00 warmup pullups - 100 in as few sets as possible pushups - 40 in between each pullup set "rest" with 100 abs of choice each set	Leg PT: 5:00 warmup Repeat 4 times Squats - 40 Lunges - 20 /leg Bike 2:00 Repeat 5 times Squats - 40 Lunges - 20 /leg Bike 1:00

WEEK 22 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup 8 COUNT BODYBUILDER PUSHUP / PULLUP PYRAMID...	Leg PT: Repeat ten times Jumping Jacks - 10 Squats - 10 Repeat 3 times Squats - 30 Lunges – 15/leg calves - 30 bike 3:00	PT Superset: Repeat 5 times Pull-ups – max pushups – 20 Abs of choice – 50 Repeat 5 times Pushups – 20 Pull-ups 10	Leg PT: Repeat 4 times Squats – 30 Lunges – 15/leg Heel raises - 25	Max Rep PT: 100 pullups in as few sets as possible Bike 2:00 100 pushups in as few sets as possible Bike 2:00 100 crunches nonstop Bike 2:00	Leg PT: Warmup -5:00 Repeat 10 's 10- Jumping Jacks 20 - squats Repeat 5 times squats - 30 lunges - 30

WEEK 23 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup PT pyramids1-max-1 pullups x 1 pushups x 3 crunches x 5 Repeat 5 times jumping jacks -20 pushups - 20	Leg PT: 5:00 warmup Repeat 3 times Squats – 50 Lunges 20 / leg Bike 1:00	PT Superset: 5:00 warmup **10 Supersets** Pullups 5-10 Pushups 25 Abs of choice 50 Dips 10-20 Repeat above 10 times	Leg PT: 5:00 warmup Bike / leg PT repeat 4 times bike 5:00 squats - 30 lunges – 15/leg calves - 30 with increasing resistance for every minute you are on Bike pyramid 1:00 at each level and repeat in reverse order - should take about 10-15:00	Max Rep PT: 5:00 warmup Repeat 10 times 20 pushups 20 crunches PT pullups - 100 pushups - 200 crunches - 300 any way you can in as many sets as you need to	Leg PT: repeat 3 times squats - 20 1/2 squats - 20 lunges - 10-20/leg walking lunges - 20 steps calves - 20

WEEK 24 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup 8 count BB pushup / pullup pyramid	Leg PT: 5:00 warmup Repeat 5 times run - 5:00 squats - 30 reps lunges - 20 / leg calves - 50 reps total time - 30:00	PT Superset: 5:00 warmup **10 Supersets** Pullups 10-20 Abs of choice 50 Dips 20 ABS Superset x 2 Hanging kneeups 25 Crunches 50	Leg PT: 20:00 bike Repeat 3 times squats - 25 w/wt. reg. crunches - 50 lunges - 10/leg crunches - 50 ½ squats - 30 crunches - 50 jog / bike 5:00 15:00 Bike – fast as far as you can in 15:00	Max Rep PT: 5:00 warmup pullups - 100 pullups any way you can repeat 10 times Bike – 2:00 20 pushups 30 crunches	Leg PT: Repeat ten times Jumping Jacks - 10 Squats - 20 Repeat 4 times Squats - 30 w/DB Lunges - 15 / leg w/DB Calves - 30 w/ DB Repeat 3 times No weight PT Squats - 30 Lunges – 15/leg calves - 30 bike 3:00

WEEK 25 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup 8 count BB pushup / pullup pyramid	Leg PT: Warmup - 5:00 Repeat 10 's 10-Jumping Jacks 20 - Squats Repeat 3-4 times Squats - 25 Lunges - 20 / leg Calves/shins - 20 Heel /toe raises (both legs together) Crunches - 50	PT Superset: Repeat 10 times 5-10 pullups 20 pushups bench dips - 20	Leg PT: Warmup -5:00 Repeat 10 's 10- Jumping Jacks 20 – squats Repeat 5 times squats - 20 lunges - 20	Max Rep PT: 5:00 warmup stretch pullups - 100 in as few sets as possible pushups - 40 in between each pullup set “rest” with 100 abs of choice each set	Leg PT: 5:00 warmup (repeat 2-3 times) squats - 30 Supersets Bike 10 minutes – every 2 minutes stop and do lunges - 30 steps calves - 25

<u>WEEK 26 - DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>	<u>DAY 6</u>
PT Pyramid: 8 count BB pushups and pullup pyramid:until 20 Pullups shoulder workout	Leg PT: 5:00 warmup Repeat 4 x's Bike sprint 1 mile Squats 30 Lunges- 15 / leg Crunches -30 Time self on 1 mile bike	PT Superset: 5:00 warmup Repeat 10-20 times 20 jumping jacks 20- pushups 10 pullups	Leg PT: Warm-up 5:00 Repeat 5 times Bike – 5:00 lunges – 30 per leg abs of choice - 100 squats – 30	Max Rep PT: 5:00 warmup stretch pullups - 100 in as few sets as possible pushups - 40 in between each pullup set “rest” with 100 abs of choice each set	Leg PT: Warmup - 5:00 repeat 2-3 times squats - 20 1/2 squats - 20 walking squats - 10/side lunges - 10-20/leg walking lunges - 20 steps

<u>WEEK 27 - DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>	<u>DAY 6</u>
PT Pyramid: Repeat 10 times jumping jacks - 10 pushups 10 Shoulder workout x 2 lateral raises 10 lat raises (thb up) 10 lat raise #3 10 (thumbs up/dn) front raise 10 cross over jacks 10 military press 10 pyramid: 1-max - 1 pull-ups x 1 pushups x 3 abs x 5 dips x 3 Flutterkicks – 50- 100 Leg levers – 50- 100 Scissors – 50-100	Leg PT: Bike 15:00 Repeat 3x's Squats - 40 Crunches - 50 Lunges - 20/leg Calve raises - 25 Bike - 18:00	PT Superset: Repeat 10-20 times Jumping jacks - 10 Pushups - 10 Repeat 4 times Pushups - 25 Reverse pushups - 20 Pullups - max Dips - max crunches -50 Lowerback #1/2 - 25 Bicep curls - 20 Hammer curls - 20 Military press - 15 Abs of choice - 50 Repeat 2 times Shoulder Workout	Leg PT: Repeat 3x's Squats - 20 Lunges - 10/leg Calves - 30 Crunches - 50 Bike - 4:00 (Pyramid for 1:00 each) Bike 30:00	Max Rep PT: 5:00 warmup Pullups – 100 reps Pushups – 200 reps Abs of choice - 300 reps (do in as few sets as possible – alternating exercises after each max set)	Leg PT: 5:00 warmup Lowerbody PT Repeat 6 times Bike 3:00- 4:00 Squats 25 Lunges 15/ leg _____ Abs Flutterkicks - 100 Leg levers - 100

WEEK 28 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup PT pyramids1-10-1 pullups x 1 pushups x 3 crunches x 5 Repeat 5 times jumping jacks -20 pushups – 20	Leg PT: 5:00 warmup Repeat 8 times lunges - 20 / leg squats - 20	PT Superset: 5:00 warmup **10 Supersets** Pullups 5-10 Pushups 25 Abs of choice 50 Dips 10-20 Repeat above 10 times	Leg PT: 5:00 warmup Repeat 3-4 times Bike 5:00 Squats - 30 Lunges – 15/leg calves 30	Max Rep PT: repeat 10 times jumping jacks - 10 pushups – 10 100 pullup - In as few sets as possible - resting with 25 abs of choice run Repeat 2 times: 50 pushups 100 crunches shoulder workout Abs section: Flutterkicks 100 Leg levers 100 Scissors 100 Plank pose 1 min Stretch	Leg PT: Repeat ten times Jumping Jacks - 10 Squats – 20 Repeat 4 times Squats - 30 w/weight Lunges - 15 / leg w/weight Calves - 30 w/weight crunches - 50

WEEK 29 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup stretch 8 count bodybuilder pushup / pullup pyramid Workout: continue up until you fail at pullups – repeat in reverse order	Leg PT: Repeat 10 times jumping jacks - 10 squats – 20 Repeat 5 times lunge - 20 / leg squat - 20 Abs - repeat 2 times crunches - 100 flutterkicks - 100 leg levers - 100 (non-stop) stretch	PT Superset: 5:00 warmup Repeat 5 times jumping jacks - 20 Pushups - 20 repeat 5 times jumping jacks - 20 dips - 20 repeat 5 times jumping jacks - 20 tricep pushups - 10 pullups - max repeat 5 times abs of choice - 50 lowerback - 20sec wide pushups - 20 bike - 30:00	Leg PT: 5:00 warmup Repeat 4 times Bike 10:00 Squats 25 Lunges 15/ leg Heel raises 20 (w/weight on back) Abs Repeat 3 times Flutterkicks - 50 Leg levers - 50 crunches – 25	Max Rep PT: 5:00 warmup MAX Pull-ups (try to get 100 pullups in as few sets as possible) rest with 50 abs of choice in btwn each set of pull-ups repeat 10 times 20 abs 20 pushups Bike 18-24 minutes	Leg PT: 5:00 warmup Repeat 5 times Bike 10:00 Squats – 25 Lunges – 20/leg (with weight on your back)

WEEK 30 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Warmup -5:00 8 count bodybuilder pushup / pullup pyramid Workout: ...continue up until you fail at pullups – repeat in reverse order	Leg PT: 5:00 warmup repeat 5 times Bike 2:00 squats - 20 1/2 squats - 20 4-count squats - 10 lunges - 20/leg	PT Superset: Repeat 10 times Jumping jacks - 20 20 – pushups 5 - pullups 20 crunches	Leg PT: Repeat 3 times: Bike 3:00 ½ Squats 20 Lunges 20/leg Heel Raises 30	Max Rep PT: Crunches - 300 Pushups - 200 Pull-ups – 75 in as few sets as possible – alternating max sets Flutterkicks 50- 100 Leg levers – 50- 100 Scissors – 50-100	Leg PT: Bike 20 minutes Squats 3 x 20 Lunges 3 x 10 Calves 3 x 25 Jumping Jacks 3 x 20

WEEK 31 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 8 count bodybuilder pushup / pullup pyramid Workout:	Leg PT: Bike 5:00 Repeat 3 x's Squats 20 Crunches 20 Lunges 10/leg Crunches 20 Heel raise 30 Crunches 20 Bike 2:00 Belly flutterkicks 2 x 20 R.arm/L.leg lifts 2 x 20	PT Superset: Pushup/Crunch superset: 5 cycles of: Regular 5 Reg.crunch 15 Wide 5 Reg.crunch 15 Tricep 5 Reg. crunch 15 Pull-ups: Regular grip 1,2,3,4,5,6 Reverse grip 6,5,4,3,2,1 Pushup/ Jumping Jacks superset Repeat 10 x's: Jumping Jacks 10 Push ups 5-10	Leg PT: Repeat 4 times: Bike 5:00 Squats 30 Lunges 15/leg Calves 30 Repeat 3 times: Crunches 25 Swimmers 20 R.arm /L. leg lifts 20	Max Rep PT: Warmup 10:00 DO in as few sets as possible: pull-ups – 50 Pushups – 200	Leg PT: Warmup repeat 10x's Jumping jacks 10 ½ Squats 10 Squats 3 x 20 Crunches 3 x 40 Bike 3:00 Lunges 3 x 10/leg crunches 3 x 40 Bike 3:00 Calves 3 x 25 Bike 3:00 Belly flutterkicks 20 R.arm/L.leg lifts 20

<u>WEEK 32 - DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>	<u>DAY 6</u>
PT Pyramid: Warmup - 5:00 8 Count bodybuilder pushup / pullup pyramid: ...continue up until you fail at pull-ups – repeat in reverse order	Leg PT: Bike 5:00 Repeat 4 times Belly flutterkicks 20 R.arm/L.leg lifts 20 Squats 20 reps Lunges 10 reps Calves 20 reps crunches 25 Bike 20:00	PT Superset: Repeat 5 times: (non-stop) Pull-ups 5-10 Push-ups 10-20 Crunches 10 Dips 10 Bike 1:00 Biking 20 minutes Ab workout Repeat 2-3 times: Reg. Crunches 25	Leg PT: Warmup repeat 10x's Jumping jacks 10 ½ Squats 10 Repeat 3-4 times Squats 20 Lunges 20 Calf raise 25 crunches 25 BIKE Push/pull peddle 1:00/1:00 for 20- 30 minutes Push 1:00 Pull 1:00 Alternating every 1:00 (need straps for feet to pull)	Max Rep PT: Repeat 10 times Jumping jacks - 10 Pushups – 10 Complete in as few sets as possible Pull-ups – 100 Pushups – 200 in Abs of choice – 300 do: flutterkicks leg levers scissors	Leg PT: Warmup repeat 10x's Jumping jacks 10 ½ Squats 10 Repeat 2-3 times Squats 20 ½ Squats 20 4-count squats 10 Walking squats 10/side Lunges 10-20/leg Walking lunges 20 steps Calves regular 20 Calves – toe in 20 Calves – toe out 20 Calves – bent knee 20

<u>WEEK 33 - DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>	<u>DAY 6</u>
PT Pyramid: 5:00 warmup 8 count bodybuilder pushup / pullup pyramid Workout: ...continue up until you fail at pullups – repeat in reverse order bike 20:00 crunches – 50 Plank pose 1 min Lower back exercises 1,2	Leg PT: Warmup repeat 10 x's Jumping jacks 10 ½ Squats 10 Repeat 4 times Squats 30 lunges 15/leg Calves 30 Bike 3:00	PT Superset: Bike 15:00 Repeat exercises 3 x's Push-ups 10-20 Dips 10-20 Crunches 25 Pull-ups 10-15 3:00 bike	Leg PT: Warmup Repeat 10x's Jumping jacks 10 ½ Squats 10 Repeat 3 times Squats 20 ½ Squats 20 4-count squats 10 Walking squats 10/side Lunges 10-20/leg Walking lunges 20 steps Calves regular 20 Calves – toe in 20 Calves – toe out 20 Calves – bent knee 20	Max Rep PT: 5:00 warmup stretch Few sets as possible 100 pullups 200 pushups 300 crunches Do not go to the next exercise until you finish 100 pulls, 200 pushups etc...	Leg PT: Repeat 3 times Bike 5:00 Squats 30 Lunges 15/leg Calves 30 Abs 50

WEEK 34 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Pullups - 1-10-1 Dips - 2-20-2 Flutterkick – 25 each set Repeat 10 times Pushups - 20 crunches – 30	Leg PT: Repeat 3 times Total 30 minutes *Bike 5:00 Squats 30 Lunges 15/leg Calves 30 Reg crunches 25	PT Superset: Bike 5:00 Repeat 3 x's Push-ups 10 Dips 8 Pull-ups 10 Repeat abs 2x's Abs/lower back crunches 25 Belly flutterkicks 20 R.arm/L.leg lifts 20	Leg PT: Repeat 4 times Bike 3:00 Squats 30 Lunges 15/leg Calves 30	Max Rep PT: 5:00 warmup Bike – 30:00 fast Max PT: 100 pullups in as few sets as possible(fsap) 200 pushups (fsap) 300 crunches (fsap)	Leg PT: Repeat 3-4 times: Squats 20 Lunges 20 Heel raise 25 Crunches 50
WEEK 35 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup 1-10-1 1) pullups x 1 2) pushups x 3 3) crunches x 5 4) dips x 2	Leg PT: Bike/Leg workout Push/pull peddles Alternate Push 1:00 1:00 pull 20- 30:00 Alternating every 1:00 (need straps for feet to pull) Repeat 3 times Bike 5:00 Squats w/heel raise 30 Lunges 15/leg Calves 30 Abs 50	PT Superset: Bike 5:00 Repeat 2 x's Push-ups 10-15 Crunches 20 Lower back#1 20 Pull-ups 15 Crunches 20 Rev.pull-ups 15 Crunches 20 Dips 10 Crunches 20 Lower back#1 10 Crunches 20 Lower back#2 20 Arm Haulers 20 Crunches 20 Lower back#3 20	Leg PT: Repeat 4 times Squats 25 Lunges 25 Heel Raise 30	Max Rep PT: Warmup - 5:00 Repeat 10 x's 10-Jumping jack 10 - Pushups Upperbody PT Circuit workout (no rest) Repeat 5x's Pullups - max Dips - 20 Pushups - 20 abs of choice- 50	Leg PT: Bike/leg PT Repeat 4 times: Bike 5:00 Squats 30 Lunges 15/leg Calves 30 Crunches 50
WEEK 36 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: pullups 1-10-1 pushups - 2-20-2	Leg PT: Repeat 5-10x jumping jack 10 squats 10 Repeat 4-8 times Squats 20 Lunges 10/leg bike for 4 minutes	PT Superset: Repeat 5-10 x's Jumping jacks 10 Pushup 5-10 Repeat 3 x's Push-ups 15 Crunches 20 Lower back#1 20 Pull-ups 10-15 crunches 20 Wide Push-ups 10-15 Dips 10-15 Crunches 20 Lower back #2 10 Arm Haulers 20 Rev.pull-ups 10- 15 Crunches 20	Leg PT: repeat 4 times bike 5:00 squats - 30 lunges – 15/leg abs 50	Max Rep PT: Pullups - 50 Pushups - 200 Crunches – 300 In as few sets as possible alternating max rep sets	Leg PT: Jumping Jacks – 10 Squats - 20 Repeat 3 times Squats - 30 Lunges - 15 Bike 5:00 crunches – 25 plank pose 1 min swimmers 30 sec rev pushups 20 birds 20 Arm haulers 20

WEEK 37 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 7:00 warmup PT pyramids 1-10-1 pullups x 1 pushups x 2 crunches x 5 Repeat 10 times jumping jacks - 10 pushups - 10	Leg PT: Repeat 3 times Bike 5 minutes Squats - 15 Lunges 10/leg Reverse pushups - 20 Crunches -50 Swimmers 1 min plank pose 1 min Abs of choice - 50 Cardio – 10 minutes bike	PT Superset: Repeat 5-10 x's Jumping jacks 10 Pushups 5-10 Repeat 2 times (no rest) Pull-ups max + 3 negs Abs 50 Dips max + 3 negs Abs 50 Push-ups max Abs 50 Bike 20:00	Leg PT: 5:00 warmup Repeat 10 times Jumping jacks - 20 squats - 20 crunches – 10-20 bike 20:00 swimmers 30 sec rev pushups 20 birds 20 Arm haulers 20	Max Rep PT: Repeat-5 times pushups - 40 Reg crunches – 25 pushups - 20 Reg crunch - 50 Pullups – max lower back exercises: swimmers 1:00 right arm/left leg ::30 left arm/right leg ::30 Shoulder W/O	Leg PT: Repeat 4 times Bike 5 min Squats 20 (W) Squats – 20 Lunges 10/leg

WEEK 38 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: PT Pyramid 1-10-1 1) pullups x 1 2) pushups x 3 3) crunches x 5 4) dips x 2 set #1: 1 pullup, 3 pushups, 5 crunches and 2 dips	Leg PT: Repeat 6 times squats 20 lunges 10/leg Bike 1 min Lower/Upperback : Plank pose 1:00 Swimmers – 1:00 Reverse pushups - 25 Arm Haulers – 25 Shoulder routine	PT Superset: Repeat 5-10x's Jumping jacks 10 Pushup 5-10 Repeat 10 times Pull-ups 10 Push-ups 20 Abs of choice 30	Leg PT: Bike 30 minutes – Every 6 minutes stop and do 20 squats / 20 lunges (10/leg) / plank pose – 1 minute	Max Rep PT: 5:00 warmup pullups - 100 in as few sets as possible pushups - 40 in between each pullup set and “rest” with 100 abs of choice each set	Leg PT: Repeat 6 times squats 20 lunges 10/leg plank pose 1 min

WEEK 39 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 1-2-3-4-5-4-3-2-1 Pullup/Dip x 2 Bike 20:00 Reg. Crunches 10 Pushups 10 Crunches 10 Dips 10	Leg PT: bike 30 minutes – every 5 minutes stop and do 20 squats / 20 lunges / plank pose 1 min	PT Superset: Push/Pull exercise Repeat 10 times: Jumping jacks 10 Push-ups 10 **10 Supersets** Pull-ups 8 Push-ups 20 Abs of choice 20 Dips 10	Leg PT: Repeat 10 times Jumping jacks – 10 squats – 20 Repeat 3 times Squats 20 Lunges 20 10 mile bike	Max Rep PT: 5:00 warmup Repeat 10 times 20 pushups 20 crunches PT pullups - 100 pushups - 200 crunches - 300 any way you can in as many sets as you need to	Leg PT: Repeat 5-6 times Bike 2:00 Squats – 10, 12, 14, 16, 18 , 20....(increase reps each cycle for 5-6 cycles) Lunges 10, 12, 14, 16, 18, 20

WEEK 40 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 2-4-6-8-10-8-6-4-2 Pull-ups/Push-ups Dips 10-15 Crunches 10	Leg PT: Jumping Jacks - 10 / Squats - 10 (repeat 5-10 times) Repeat the following three times: (in circuit order with no rest) squats- 20 reps lunges 10/leg reps (regular, 1/2) calves - 30 (regular, toes in, toes out) bike - 5:00	PT Superset: Repeat 3 times Jumping jacks 10-20 Pull-ups max Push-ups 10-20 Repeat 3 times Jumping jacks 10-20 Pull-ups 5-10 Dips 10-20 Repeat 3 times Jumping jacks 10-20 Tricep push-ups 10-20 Pull-ups 5-10	Leg PT: bike 2:00-3:00 / Repeat the following four times: bike 2:00-3:00 Squats - 10 - 20 reps Lunges - 10 -15 reps each leg Calves - 30 reps each leg	Max Rep PT: 5:00 warmup repeat 10 times Bike 2:00 20 pushups 30 crunches pullups - 100 pullups any way you can	Leg PT: 5:00 warmup repeat 4 times bike 5:00 squats - 30 lunges - 15 calves - 30 with increasing resistance for every minute you are on 1:00 at each level and repeat in reverse order - should take about 10-15:00

WEEK 41 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Repeat 10 times: Jumping jacks 10 Push-ups 5-10 Push/Pull exercise 2-4-6-8-10-8-6-4-2 Pull-ups/Push-ups Repeat 2 times: Change grip on reverse side of pyramid	Leg PT: 5:00 warmup Repeat 5 times Bike - 5:00 squats - 30 reps lunges - 20 / leg calves - 50 reps total time - 30:00	PT Superset: 5:00 warmup Repeat 3-4 times Pushups 10-20 Pullups 50% of max reps crunches 20 Plank pose 1 min Bike 15:00 Lower/Upperback : -Plank pose 1:00 -Swimmers – 1:00 -Reverse pushups - 25 -Arm Haulers – 25 Shoulder routine	Leg PT: Repeat ten times Jumping Jacks - 10 Squats - 20 Repeat 4 times Squats - 30 w/DB Lunges - 15 / leg w/DB Calves - 30 w/ DB Repeat 3 times No weight PT Squats -30 Lunges - 15 calves -30 bike 3:00	Max Rep PT: Warmup repeat 5-10x's Jumping jacks 10 Push-ups 10 MEGA-MAX WORKOUT Pull-ups Push-ups Dips 1.Max Max Max 2.Max-2 Max-10 Max-4 3.Max-4 Max-20 Max-8 4.Max-6 Max-30 Max-12 5.Max-8 Max-40 Max-16 (no rest from exercise to exercise)	Leg PT: Warmup – 5:00 Repeat 10 's 10-Jumping Jacks 20 – Squats Repeat 3-4 times Squats - 25 Lunges - 20 / leg Calves/shins - 20 Heel /toe raises (both legs together)

WEEK 42 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Bike 5:00 Repeat 2 x's if too easy 1-2-3-4-5-4-3-2-1 Pull-ups x 2 Push-ups x 4 Crunches x 5 Dips x 4 Belly flutterkicks 20 R.arm / L.leg lifts 20 bike 20:00	Leg PT: 5:00 warmup <u>Repeat 4-5 times</u> Bike 5:00 squats - 30 lunges - 15 flutterkicks – 25	PT Superset: Warmup 5:00 Repeat 5-6 times Pushups 20-25 Pullups 50% of max reps Crunches 30 Plank pose 1 min Bike 20:00 Lower/Upperback : Plank pose 1:00 Swimmers – 1:00 Reverse pushups - 25 Arm Haulers – 25 Shoulder routine	Leg PT: 5:00 warmup Squat – 200 Lunges – 100 * Repeat sequence and complete numbers in as few sets as possible. Bike 7:00 squats - 40 Bike 7:00 lunges - 40 Bike 7:00 squats 40 Bike 7:00 lunges - 40	Max Rep PT: Repeat 10 times: Jumping jacks 10 Push-ups 10 50 pull-ups in as few sets as possible (goal 2-3) Repeat 5-10 times: Push-ups 10-20 Abs of choice 20-30	Leg PT: 5:00 warmup repeat 2 times bike 5:00 squats - 50 lunges 20 / leg calves - 50 flutterkicks-100 <u>Shoulders</u>

WEEK 43 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Warmup repeat 5-10 x's Jumping jacks 10 Push-ups 10 UPPER BODY PT 1-2-3-4-5-4-3-2-1 1. Pull-ups x 1 2. Push-ups x 2 3. Abs x 3 4. Dips x 2	Leg PT: 5:00 warmup Repeat 3 times squats – 20 ½ squats - 20 lunges 20/leg crunches - 50	PT Superset: Repeat 10 times jumping jacks - 10 pushups – 10 crunches 15 Repeat 5 times Pushups – 10-20 crunches - 10 Pullups – max Shoulder workout Bike – 20:00	Leg PT: Repeat ten times Jumping jacks – 10 squats – 20 Repeat 3 times (W) Squats 20 (W) Lunges 20 Side stepping squats -20 10 mile bike	Max Rep PT: Mega-MAX workout 1. Pull-ups 2. Push-ups 3. Dips Max out all 1,2,3 Max -2, max-10, max-4 Max-4, max-20, max-8 Max-6, max-30, max-12 Max-8, max-40, max-16 No rest – exercise to Exercise	Leg PT: Repeat 6 times Bike 2:00 pace Squats – 20 ½ squat – 10 lunges – 10/leg abs of choice 50

WEEK 44 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Pull-ups 1-10-1 Push-ups 2-20-2 Abs of choice 5-50-5	Leg PT: Bike pyramid: Level 1 for 1 minute Increase 1-2 levels per minute until near impossible to pedal – then repeat in reverse order – should take 20-30 minutes Repeat 4 times Squats - 20 lunges - 10/leg	PT Superset: Repeat 5 times push ups 10-20 crunches 10-20 Pull ups max Bike 4 minutes Easy bike 20 min	Leg PT: Repeat 6 times Bike 2:00 pace Squats – 20 ½ squat – 10 lunges – 10/leg abs of choice 50	Max Rep PT: Repeat 20 times Jumping jacks 10 Push-ups 10 100 pull-ups in as few sets as possible (goal 4-8) Rest 2:00 in between each Set	Leg PT: Repeat 4 times Bike 3:00 w/* Shoulders w/o on bike Squats – 20 ½ Squats - 20 Lunges – 10/leg Bike 10:00

WEEK 45 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Pull-ups 1-10-1 Push-ups 3-30-3 Abs of choice 5-50-5	Leg PT: 5:00 warmup Repeat 4 x's Bike 5:00 squats 30 calves 30 Lunges- 25 / leg Crunches 25 Shoulder workout	PT Superset: Repeat 8 times push ups 10-20 crunches 10-20 Pull ups max Bike 4 minutes Easy Bike 20 min	Leg PT: 5:00 warmup Repeat 4 times Run 5:00 fast Squats - 30 Lunges – 15/leg calves 30 shoulder workout	Max Rep PT: Warmup 10:00 Repeat 10 times Jumping jacks – 10 Pushups – 10 Pullup / Dips Perform 50 pullups in as few sets as possible – resting with matching dips, pushups, and abs of choice x 3: Shoulder W/O	Leg PT: 5:00 warmup Repeat 4 times Run 5:00 fast Squats - 30 Lunges – 15/leg calves 30

WEEK 46 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: Reverse pyramid Chest/abs Push-ups 25-1 Abs of choice 50-2 Start with push-ups 25,24,23 Alternate with abs 50,48,46 Basically double your reps for abs 2-4-6-8-10-8-6-4-2 Pull-ups Three grips Pull-up pyramid 1. Regular grip 2. Reverse grip 3. Grip of choice Total 150 pull-ups	Leg PT: 5:00 warmup Spartan bike bike 15:00 100 squats 100 abs of choice bike 15:00 75 lunges total 75 abs of choice bike 15:00 50 ½ squats 50 abs of choice	PT Superset: Repeat 10 times push ups 10-20 crunches 10-20 Pull ups max Bike 4 minutes Easy Bike 20 min	Leg PT: 5:00 warmup Repeat 4 times bike 3:00 squats - 30 lunges 15/leg heel raises 30	Max Rep PT: Repeat 5 times Jumping jacks – 10 Pushups – 10 abs of choice 20 Pullups – max reps Dips – max reps Lower/Upperback : Plank pose 1:00 Swimmers – 1:00 Reverse pushups 25 Arm Haulers 25 Shoulder routine Bike 15 min	Leg PT: <i>Repeat 5-10 times</i> Jumping jacks – 10 Squats – 10 <i>Repeat 4-5 times</i> bike 3 minutes Squats – 20 reps Lunges – 15/leg reps Heel raises (calves) – 20-30 reps
WEEK 47 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 2-4-6-8-10-8-6-4-2 Dips Pull-ups Four grips Pull-up pyramid 1. Regular grip 2. Reverse grip 3. Close grip 4. Grip of choice Total 200 pull-ups But alternating dips either parallel bar dips or bench dips Total 200 dips	Leg PT: repeat 6 times: squats – 20 lunges – 10/leg plank pose 1 minute	PT Superset: Repeat 5-10 times Pull ups 10 Push ups 25 Abs of choice - 25 Dips - 10-15 (all should be sub max effort) Bike 30:00 Shoulder W/O	Leg PT: Warm up with 5 min bike Repeat 4 times squats – 20 lunges – 10/leg crunches 25	Max Rep PT: Repeat 2-3 times Pushups – max reps Pullups – max reps Crunches - 25 Dips - max crunches - 25 pushups- max reps -knees	Leg PT: Warm-up bike 10:00 Repeat 5 times Squats – 10 Lunges – 10/leg

WEEK 48 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 2-4-6-8-10-8-6-4-2 Four grips Pullup pyramid 1. Regular grip 2. Reverse grip 3. Close grip 4. Grip of choice Total 200 pull-ups But alternating push-ups Try to double the pushups on the pyramid Total 400 push-ups	Leg PT: Repeat 5 cycles of: Squats 20 crunches - 20 Lunges 10 / leg crunches - 20 Calf raise 20 crunches 20	PT Superset: Do several sets 10-15 sets of 5-10 pullups / dips and 10- 20 pushups per set.. Rest a minute with a water break / light stretch or active rest with a set of abs of your choice.	Leg PT: Repeat 5-10 times Jumping jacks or bike - 1 minute squats – 20 Lunges – 10/leg Calf Raise / stretch – 20 / leg	Max Rep PT: Pullups 50-100 Pushups 100-200 crunches 150-300 After each complete set of pull, push, crunches. Get these numbers in as few sets as possible. Do not go higher than 10 sets.	Leg PT: Repeat 4-5 times bike 5:00 Squats - 20 Lunges 10 / leg crunches - 25 Cooldown bike 5:00

WEEK 49 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: How high can you go UP the pyramid until you fail at both pull- ups / pushups?	Leg PT: Repeat 8 times Bike 2:00 rest with 10 squats and 10 lunges / leg	PT Superset: 5:00 warmup Repeat 10 times pushups - 10 jumping jacks 10 Repeat 3 times pullups – max reps regular grip reverse grip 30 abs at every set shoulderworkout reg. lat raise - 10 -thumbs up -10 - thumbs down - 10 front raise - 10 - thumbs up - 10 - thumbs down - 10 upright rows - 10 rev flies - 10 military press - 10 repeat w/no weight bike- 20:00	Leg PT: Repeat 4 times Bike 4:00 rest with 20 squats 10 / lunges per leg	Max Rep PT: Pullups 50-100 Pushups 100-200 Crunches 150- 300 After each complete set of pull, push, crunches. Get these numbers in as few sets as possible. Do not go higher than 10 sets.	Leg PT: bike 5 minutes Repeat 4-6 times bike 5 minutes (W) Squats 20 ½ squats - 20 (W) Lunges 10/leg side step squats - 20

WEEK 50 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: How high can you go UP the pyramid until you fail at both pull-ups / pushups? Shoulder routine	Leg PT: Repeat 4-5 times Bike 6-8:00 Squats – 30 Lunges -- 20 / leg Calves (heel raises) -- 30 per leg	PT Superset: Warmup 10:00 Repeat 10 times Jumping jacks – 10 Pushups – 10 (variety of pushups – wide, close, fingertips, 8count bodybuilders etc) Repeat 3-4 times: Pullups max Pushups - 25 Shoulders Workout	Leg PT: Repeat 4-5 times Bike 5:00 at increasing levels per minute on stationary bike Squats -- 30 Lunges -- 20 / leg Calves -- 30 per leg	Max Rep PT: 50 Pull ups 100 push ups 200 crunches 5 minutes of plank pose Get above numbers done anyway you can.	Leg PT: Repeat this 8-10 times Bike between 2:00 - 3:00 Squats – 30-40 reps Lunges - 20-30 reps per leg Heel Raises – 30 reps

WEEK 51 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid: 5:00 warmup Pullups: 4,6,8,10,12 of each grip below 1) regular grip 2) reverse grip 3) close grip 4) wide grip 5) mountain climber (200 pullups - HE man) Repeat 10 times 20 pushups do 25-50 abs below Flutterkicks - 50 Leg levers - 50 Scissors - 50 shoulder workout 2 x's	Leg PT: Bike 2:00-4:00 Squats -- 20-30 Lunges -- 10-20 per leg Repeat above 5-8 times	PT Superset: Warmup 10:00 Repeat 10 times Jumping jacks – 10 Pushups – 10 Repeat 10 times Pushups – 20 Pullups – 5-10 Flutterkicks - 20 (variety of pullups and pushups) Shoulders Workout	Leg PT: Repeat 10 times Jumping Jacks - 10 squats- 10 Abs of choice – 20 Repeat 4-5 times: Bike 1:00-2:00 Squats - 20 Lunges - 10/leg Heel raises - 20	Max Rep PT: 50 Pull ups 100 push ups 200 crunches 5 minutes of plank pose Get above numbers done anyway you can.	Leg PT: Repeat 5-10 times bike 2:00-3:00 Squats - 20 reps Lunges - 10 -15 reps each leg

WEEK 52 - DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
PT Pyramid:	Leg PT:	PT Superset:	Leg PT:	Max Rep PT:	Leg PT:
Warmup 10:00	Leg Weight/PT x 2	5:00 warmup	bike – 20:00	100 Pull ups	bike – 30:00
Pullups	Squats – 40	Repeat 3 times	Repeat 5 times	200 push ups	During Bike
2,4,6,8,10,12,14	Lunges - 10/leg	Pullup –max	Squats – 20	300 Crunches	Stop every 5:00
Pushups,	Stretch legs	Pushups – 40-50	½ squats – 20	3:00 Bike	Do:
5,10,15,20,25,30..	Bike - 5:00	reverse pushups - 20	crunches - 25	Repeat above circuit until you reach 100 Pull ups	Squats – 25
.		dips - 20		in as few sets as possible..	½ squats 20
Abs of choice - 10,20,30,40...and repeat in reverse order - stop just before muscle failure (alternate each exercise and build up each cycle until near failure at any one exercise...)		abs of choice - 30		.	
		wide pushups – 20		Bike 20:00	
		Tri pushups – 10		Shoulder W/O	
		Super Set x 2			
		military – 10,15			
		bicep curls -10,15			
<u>Shoulder Workout</u>					