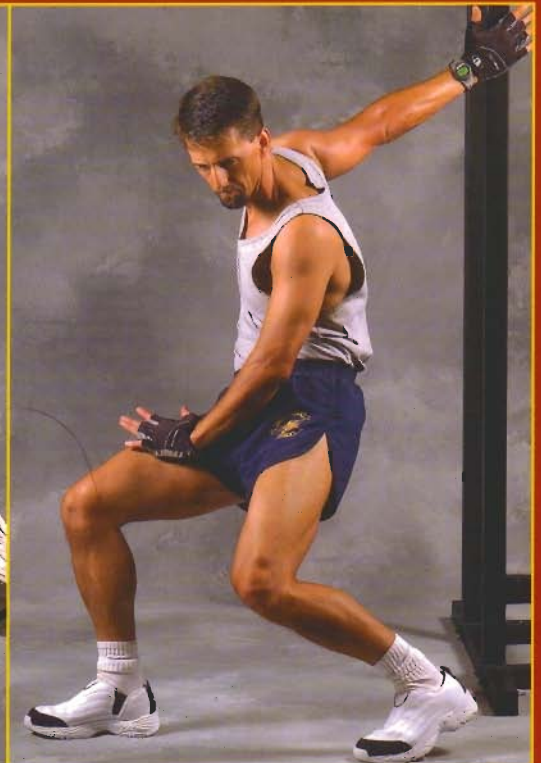


# 12 WEEKS to Better Than Ever

with Mark De Lisle's

## NAVY SEAL BREAKTHROUGH TO MASTER LEVEL FITNESS™







# 12 WEEKS to Better Than Ever

with Mark De Lisle's

NAVY SEAL  
**BREAKTHROUGH TO**  
MASTER LEVEL  
FITNESS™



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## **Disclaimer**

The exercises and advice contained within this book may be too strenuous or dangerous for some people, and the reader should consult a physician before engaging in them.

The author and publisher of this book are not responsible in any manner whatsoever for any injury that may occur through reading and following the instructions herein.

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## **12 Weeks to Better Than Ever**

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**"Special thanks to Lor Pace and Lance Wubbels  
for making this 12-week program happen."**

**—Mark De Lisle**

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**"Change is never easy. . . .  
However, for those of us who  
truly want to succeed, we must  
push ourselves to the next level."**

## INTRODUCTION

**H**ealth, fitness, and quality of life are becoming more and more important to each of us on a daily basis, regardless of where we are currently on the time line of life. We all know that we want to look and feel younger, but in order to do so we must experience a paradigm shift, or in other words, a lifestyle change.

Sadly, change is never easy, which is why most people wander through life with little to no excitement in their daily lives. However, for those of us who truly want to succeed, we must push ourselves to the next level.

This workbook is designed to help you accomplish this very task, and is a companion to the book entitled *Mark De Lisle's Navy SEAL Breakthrough to Master Level Fitness!* Having been a Navy SEAL and a professional fitness trainer, I know this program will take you there.

Like any tool, this workout is only as good as the person using it . . . YOU!

As a result, I have designed this workout to be as simple as possible, cover all of the major components of the book, and yet give you the most complete and comprehensive workout available on the market today.

Unfortunately, there are no magic pills if you are looking for long-term results. However, with dedication and hard work, you can reach your goals and regain the body of your youth. For those who are already "in shape," get ready, because now you are going to push yourself even further than before!

As you use this workbook, you will record your current status, set goals for change, make a plan of action, and then finally complete your transformation to a better, healthier you by finishing the program.

Remember, you can get as much or as little out of this program as you like. Every exercise, every measurement, and every step to your "lifestyle change" is up to you to execute for perfection.

In other words, if you only perform 50% of the program each day, then you can expect 50% of the results. The only person who will suffer is you. Make the decision today to not stop until you reach your goals!

**Before beginning this body-changing program, make sure you have clearance from your healthcare provider.**



# 1

## FIRST THINGS FIRST

**"As you execute this program,  
do not become discouraged.  
Permanent change takes time."**



### 1. READ THE BOOK

In order to maximize the benefit of your "lifestyle change," you must first read the book *Mark De Lisle's Navy SEAL Breakthrough to Master Level Fitness!*

My book will give you insight and instruction on proper form, as well as pictures and demonstrations on the stretches, and exercises necessary to complete this program.

The book also gives the "Why" for doing so many of the different requirements outlined in this workbook. Once you have read Mark's book, and feel that you have a clear understanding, it will be time to start this program.

### 2. FIND A PARTNER OR GROUP

As you execute this program, do not become discouraged. Permanent change takes time. There will be days when you will not want to work out.

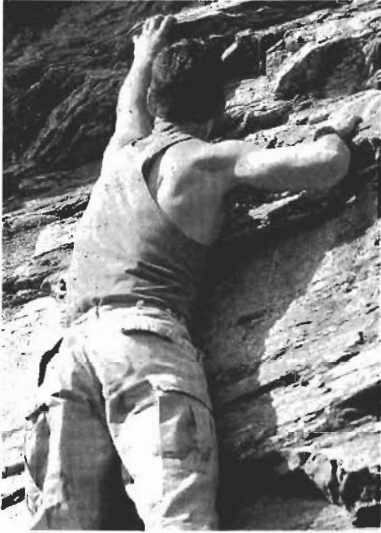
The best solution for combating failure and ensuring your success is to do this program with someone else or a group of people. You will find as you work with others, they will push you toward your goals, and you in turn will push them toward theirs. Through teamwork and the synergistic motivation of others around you, you will see great success with this program!

### 3. BE PREPARED FOR CHANGE

Remember, this program is a total body workout. It will focus not only on proper exercise, but hydration and nutrition as well. Exercise is not enough. It is only one piece of the entire puzzle. We not only want you to be more fit, we also want you to be healthier.

*As you begin to feel better about yourself, it will spill over into the other areas of your life, because success begets success!*





**"Keep in mind, people  
who are lean and mean  
are that way for a reason...."**

2

## YOU ARE WHAT YOU EAT

### 1. EAT RIGHT

Regrettably, most people do not eat healthy. When they become overweight, they diet (starve their bodies) to shed the unwanted pounds. As a result, their bodies store the excess fat from the unhealthy food they eat, or it creates fat and keeps it in storage for the times of famine (dieting). In either scenario, the body is not working optimally.

Keep in mind, people who are lean and mean are that way for a reason. *If looking and feeling younger is one of your goals, then exercise is not enough.* You must make conscious choices regarding your eating habits, by replacing old habits with new ones.

### 2. SPOIL YOURSELF ONCE A WEEK

"Does eating right mean I have to suffer?" No, not really. In fact, you will find that the more fit you become, the less you will want to eat certain foods. With all the blood, sweat, and tears from your daily workouts, you won't want to throw away all your progress on a doughnut.

"Does that mean that I can't eat what I want?" No, you can . . . Once a week! That's right! Although eat-

ing right all the time is the best solution, carrots and celery will never replace a big bowl of ice cream or a chocolate bar!

The point is this. During the week you must stay focused. You must work out on a daily basis and eat properly. *On Saturday or Sunday (not both days), reward yourself with some of life's delicacies.* But, come Monday, it's back to work again.

### 3. EAT SMALL AND EARLY

In addition to eating properly (foods low in fat), when and how much you eat are also critical.

***It is best to eat five small meals throughout the day, and whenever possible NO FOOD 4 hours prior to going to bed at night.***

Imagine your stomach as a furnace that runs more efficiently if it is constantly burning. If you rarely add fuel to burn, or you put in too much fuel at a time, the furnace will not function properly. On the other hand, if the furnace is always burning and is never overworked, your stomach will digest food faster and more efficiently. *Our bodies have a hard time using poorly digested food, and usually convert it to fat.*



#### 4. DRINK PLENTY OF WATER

Equally as important to eating right is hydration. Most people do not drink enough water. On average, a person should drink 8 ten-ounce glasses of water a day. Water is critical for circulating the necessary nutrients into one's cells, as well as eliminating toxins and waste from the body. Water is also needed to keep our bodies from overheating. *Remember, when you feel thirsty, you are already dehydrated! Don't wait until you get to this point.*

#### 5. SUPPLEMENT YOUR DIET

Eating right isn't enough anymore. Sadly, even some of our best foods are not enriched with the same amount of vitamins and minerals of even a generation ago. As a result, it is *necessary to supplement one's diet with those nutrients necessary for proper health.* I recommend the following IONYX supplements for meeting one's daily minimums, and IONYX has created a fit pak specifically designed to provide daily support for my workout. Check it out on page 54.



For more information about these electrolyte supplements or to find out how to purchase IONYX products, please refer to my Web site at [www.masterlevelfitness.com](http://www.masterlevelfitness.com).





"After all, isn't it going to be fantastic when you feel and look younger again!"



## MY BEFORE BODY...

### 1. MEASURE YOUR BODY

As is the case in most of life's many experiences, it is just as important to know where you have been, as it is to know where you are going. So for the last time, we need to take a good hard look at your current body.

Although it may be a little uncomfortable, we suggest that you use your partner for this chapter. "WHY?" It's simple. *You need to record your measurements, and it is easier for someone else to measure your body for you.*

Remember, your loved ones want you to be healthy. They want you to succeed, and if you let them, they can even help you. So, don't let discomfort keep you from reaching your goals! Let your loved ones give you the encouragement and support necessary for you to obtain that body that you have temporarily misplaced!

*A little bit of embarrassment is a good thing. If anything, it will give you more encouragement to make the change.*

### 2. TAKE PICTURES OF YOUR BODY

*Have your partner take your "before body" pictures, to visually record your transformation! When taking your pictures, you will need full-length, frontal, side, and backside views of your body. For the best results, make sure you use a well-lit room, and, if possible, wear a swimsuit or other clothing that will expose your "before body."*

Keep in mind that at the end of the program, you will also take pictures of your "new body!" You may also want to track your progress. *Post your pictures somewhere that will remind you of your motivation!*

### 3. WEIGHT DOESN'T MATTER

During your beginning stages, you may want to track your weight, because you will be shedding unwanted fat. However, there will come a point where you will start putting on weight again . . . this is great, because muscle weighs more than fat! As a result, *your end goal shouldn't be how much you weigh, but rather how you feel and look.*

One of the main reasons for taking your measurements is because everyone loses weight differently, and in different parts of their bodies. By tracking your measurements, you will see progress that you might not have noticed as quickly (i.e., In the beginning you may only lose a few pounds, which may not seem like much, but your measurements show that those few pounds equate to 4 inches off of your waist . . . not bad.). Remember to celebrate your successes!



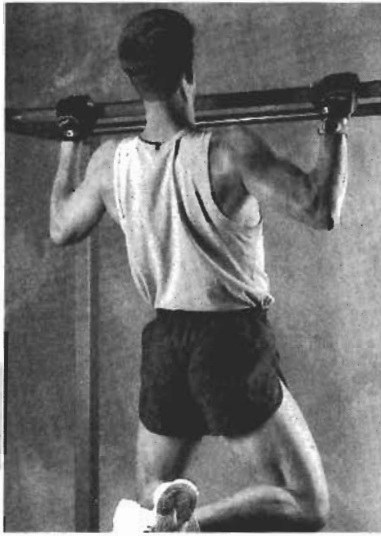
## MY BEFORE BODY...



## MY MEASUREMENTS

[illegible]





**"Do not sacrifice form for repetitions.  
You will only be cheating yourself!"**

4

**READY...**

### **1. SET YOUR FITNESS LEVEL**

*In order to optimize this program, you must prepare by benchmarking your current fitness level. Remember this is only a starting point. Once you begin your training, you may need to adjust (increase or decrease) your repetitions or move to a higher level until you are maximizing your workout (the best time for setting your benchmark is on the Saturday before you begin working out).*

When creating your benchmark, perform every exercise outlined on the following page. Each exercise must be done to exhaustion (usually within a 2-minute period).

When performing each exercise, make sure you maintain the proper form at all times. This must be done for a variety of reasons. First, each exercise is specifically chosen to target a specific part of the body. Second, improper form can cause injury.

As you perform each exercise, you will create "snap shots" of your current physical fitness for a given part of the body.

*Do not become discouraged if you do not have the same fitness level as someone else. Everyone's starting point is different.*

### **2. BE HONEST**

As you take your evaluation test, you may find that in four of the five areas you are a beginner, but in the fifth area you are advanced. This is okay. Once you start your weekly routines, you need to exercise each body part at the level it is challenged.

Remember, your fitness evaluation is a guide for your weekly workouts; therefore, you need an honest view of your current fitness levels. As a result, *do not sacrifice form for repetitions. You will only be cheating yourself.*





# FITNESS EVALUATION

Use this fitness evaluation as a general overall look at your fitness level. Record the maximum number of repetitions for each of the following exercises, then check the corresponding box for the level of the exercise you performed. When you begin your workout, use the correct fitness level for each exercise as a starting point. Adjust reps and pyramids as necessary or move to a higher level whenever possible.

EXERCISES (Regular)	Total Max Reps	Beginning Level	Intermediate Level	Advanced Level
Push-Ups		32	72	130
Crunches		20	50	100
Lunges		10	25	50
Bar Dips		10	20	30
Flutter Kicks		20	40	60
Calf Raises		75	90	120

Choose the corresponding level and stage from the following pyramid tables as a guide when performing upper body workouts.

EXERCISES		Beginning Level		Intermediate Level		Advanced Level	
		Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
PUSH-UPS	Regular	2-4-2	2-4-6-4-2	2-4-6-8-10-8-6-4-2	4-6-8-10-12-10-8-6-4	6-8-10-12-14-12-10-8-6	8-10-12-14-16-14-12-10-8
	Diamond	2-4-2	2-4-6-4-2	2-4-6-8-6-4-2	2-4-6-8-10-8-6-4-2	4-6-8-10-12-10-8-6-4	8-10-12-14-12-10-8
	Dive Bombers	2-4-2	2-4-6-4-2	2-4-6-8-6-4-2	2-4-6-8-10-8-6-4-2	4-6-8-10-12-10-8-6-4	8-10-12-14-12-10-8
PULL-UPS	Regular	2-4-2	2-4-6-4-2	2-4-6-8-6-4-2	2-4-6-8-10-8-6-4-2	4-6-8-10-12-10-8-6-4	8-10-12-14-12-10-8
	Close Grip	1-2-1	1-2-4-2-1	2-4-6-4-2	2-4-6-8-6-4-2	2-4-6-8-10-8-6-4-2	4-6-8-10-12-10-8-6-4
	Reverse Grip	1-2-1	1-2-4-2-1	2-4-6-4-2	2-4-6-8-6-4-2	2-4-6-8-10-8-6-4-2	4-6-8-10-12-10-8-6-4
	Commandos	1-1-1	1-2-1	1-2-4-2-1	2-4-6-4-2	4-6-8-6-4	4-6-8-10-8-6-4
	Behind the Neck	1-2-1	1-2-1	1-2-4-2-1	2-4-6-4-2	4-6-8-6-4	4-6-8-10-8-6-4





**"Goals keep you focused  
on the end results  
and are necessary  
for true commitment."**

5  
**AIM...**

### **1. VISUALIZE YOUR FUTURE**

What kind of body do you want to have in 90 days? Cut out pictures and post them in conspicuous places where you will see them. *Imagine yourself with your new body.* (You may even want to place your face on the pictures of your future body.)

### **2. SET REALISTIC GOALS**

In order to obtain your sculpted body, you must set goals. Goals keep you focused on the end results and are necessary for true commitment. *If you are not committed, you will fail. Your goals must also be realistic or you will also fail.*

First, set your 90 day goals. Second, break these goals into monthly segments, by dividing these goals by 3. Then divide your monthly goals by 4 to set your weekly goals.

As you break down your goals into smaller pieces, they are much easier to attain. Each time you reach your smaller goals, it will give you the confidence and assurance you need to reach your final goals.

### **3. REWARD YOURSELF**

Although in many cases your "new body" is reward enough, we want you to go the extra mile, by giving yourself a special reward for meeting your goals.

Your reward might be a vacation to an exotic place where you can wear a new swimsuit. Maybe there is a smaller dress size or outfit that you have your eye on buying or a new set of golf clubs, a boat, or tools. *Regardless, give yourself a prize for accomplishing your goals. You have worked hard and you deserve it!*



AIM...



## "NEW BODY" GOALS

### 90 DAY GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### MONTHLY GOALS (Divide 90 day goals by 3)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### WEEKLY GOALS (Divide monthly goals by 4)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

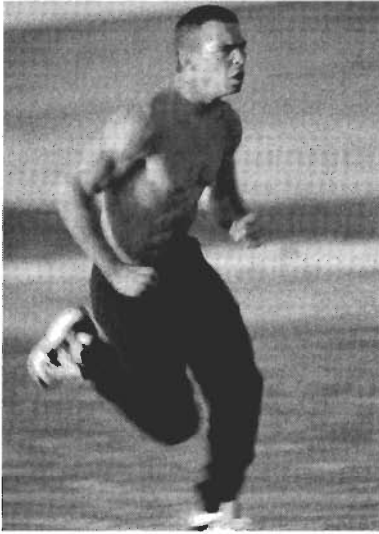
### REWARDS

SHORT-TERM (After 30 Days) \_\_\_\_\_

MID-TERM (After 45 Days) \_\_\_\_\_

LONG-TERM (After 90 Days) \_\_\_\_\_





**"There is no reason  
for further procrastination.  
The time is NOW!"**

**6  
FIRE!**

### **1. TIME TO TAKE OFF**

Normally, when a person yells "FIRE!" in a building, people jump out of their seats and take off running for their lives. . . .

*Well, consider this a FIRE, and start running as if your life depends on it, by putting everything you have learned into action!*

### **2. THERE'S NO LOOKING BACK**

By now, you have read and understand the book Mark De Lisle's *Navy SEAL Breakthrough to Master Level Fitness*!

There is no reason for further procrastination. The time is NOW! Don't put off any longer what you know you have to do. Decide today that you are willing to meet the goals you have set, regardless of what may come up in the next 90 days. *Commit yourself to*

*changing your body. As the Navy SEAL would say, "Dig deep, and use your fire in the gut" to make those changes that will alter your lifestyle forever.*

Change your eating habits, drink more water, eat less before going to bed. Constantly visualize your new body, and how your life is already changing for the better.

Review your goals. Look at the pictures of your future body that you have posted around your house, and remember the reward that you will be giving yourself for all your hard work.

### **3. YOU ARE IN CONTROL**

You can change your life. You have the tools, desire, and ability to succeed. *In 90 days you will have a new body, because you are in control of your future.* We look forward to seeing and hearing of your successes.



## THE PROGRAM

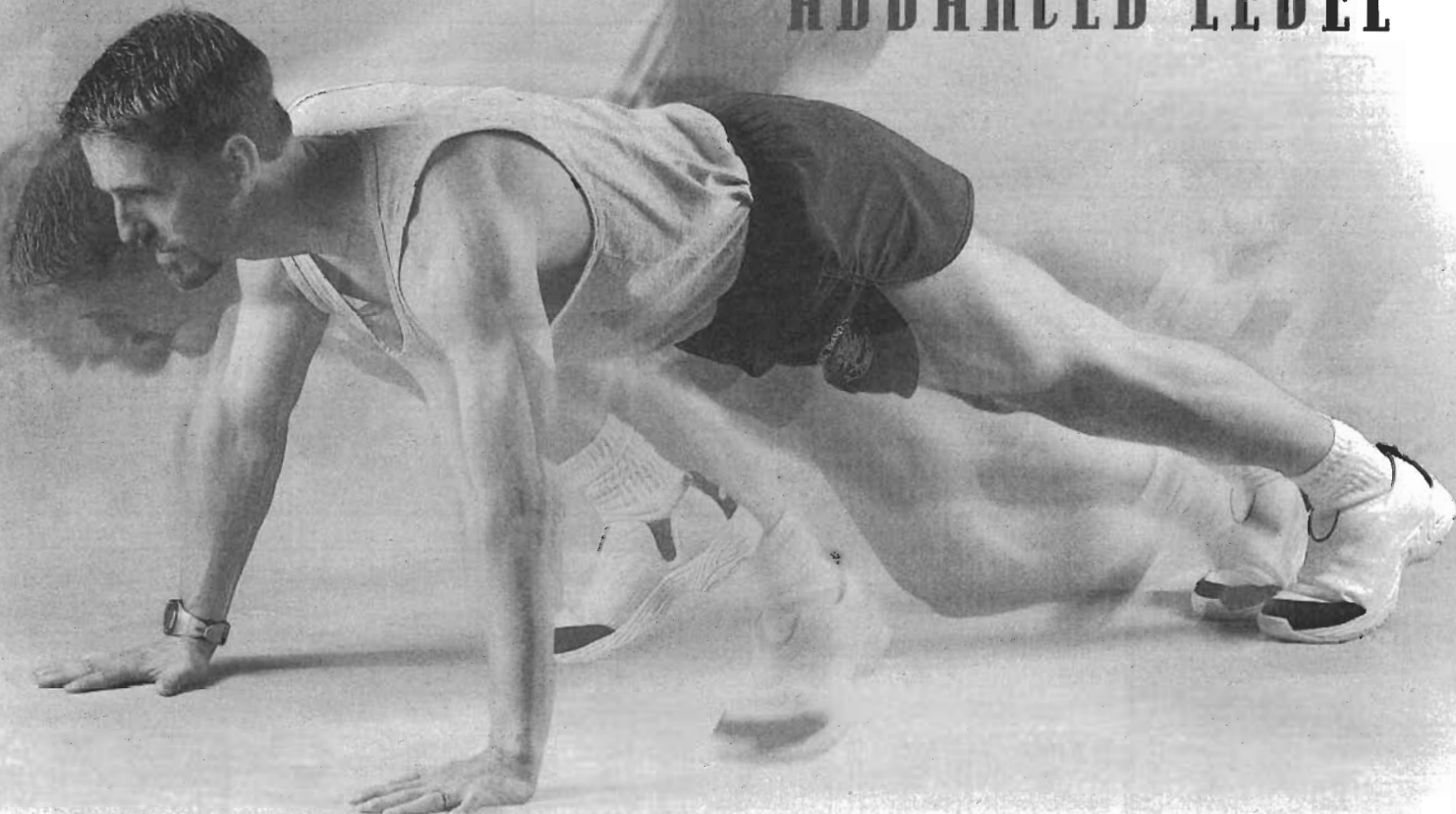
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						

## THE PROGRAM

BEGINNING LEVEL

INTERMEDIATE LEVEL

ADVANCED LEVEL





# WEEK 1

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 20 yds. (2x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 20 yds. (2x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 20 yds. (2x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 10		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 10		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest				60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		Intervals (Optional)		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 10		2 Laps = 800 yds.		Neck Rotations 10		Thigh	
Calf		Back Contractions 10				Back Contractions 10		Calf	
60-90 sec. Rest		Swimmer Exercise 10				Swimmer Exercise 10		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 10				Back Lifts 10		<b>LEGS</b>	
Lunges 10		60-90 sec. Rest				60-90 sec. Rest		Lunges 10	
Squats 20		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 20	
Fire Hydrants 10 (Each Side)		Regular 2-4-2				Regular 2-4-2		Fire Hydrants 10 (Each Side)	
Mountain Climber 10		Close Grip 1-2-1				Close Grip 1-2-1		Mountain Climber 10	
The Wall 1 min.		Reverse 1-2-1				Reverse 1-2-1		The Wall 1 min.	
60-90 sec. Rest		Commandos 1-1-1				Commandos 1-1-1		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 1-2-1				Behind the Neck 1-2-1		<b>CALVES</b>	
Straight (Regular) 50		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 50	
Toe to Toe 50		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 50	
Heel to Heel 50		Regular 5 (4 sets)				Regular		Heel to Heel 50	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 10		Regular 2-4-6-8-6-4-2				Regular 2-4-6-8-6-4-2		Hand to Toes 10	
X Sit-Ups 10		Diamond 2-4-6-4-2		Clockwork 15-10-5		Diamond 2-4-6-4-2		X Sit-Ups 10	
Crunches 10		Dive Bombers 2-4-6-4-2		Hanging Knee Up 10		Dive Bombers 2-4-6-4-2		Crunches 10	
Side Sit-Ups 10		8 Count Body Builders 5		Hanging Side Sit-Up 5		8 Count Body Builders 5		Side Sit-Ups 10	
Obliques 10		Take "After" Supplements		Hand to Toe (Short) 10		Take "After" Supplements		Obliques 10	
Flutter Kicks 10		Drink 16 oz. of water		Crunches (Short) 10		Drink 16 oz. of water		Flutter Kicks 10	
Reverse Crunches 10				Side Sit-Up (Short) 10				Reverse Crunches 10	
Knee Bends 10				Obliques (Short) 10				Knee Bends 10	
Chest Roll				Take "After" Supplements				Chest Roll 10	
Take "After" Supplements				Drink 16 oz. of water				Take "After" Supplements	
Drink 16 oz. of water								Drink 1 quart of water	

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 2

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 20 yds. (2x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 20 yds. (2x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 20 yds. (2x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 10		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 10		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		800 yd. Warm-Up		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 20		3 Sets of Cones		Neck Rotations 20		Thigh	
Calf		Back Contractions 20		First Set — 50%		Back Contractions 20		Calf	
60-90 sec. Rest		Swimmer Exercise 10		Second Set — 75%		Swimmer Exercise 10		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 10		Third Set — 100%		Back Lifts 10		<b>LEGS</b>	
Lunges 13		60-90 sec. Rest		5 Sets		60-90 sec. Rest		Lunges 13	
Squats 23		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 23	
Fire Hydrants 11 (Each Side)		Regular 2-4-2				Regular 2-4-2		Fire Hydrants 11 (Each Side)	
Mountain Climber 10		Close Grip 1-2-1				Close Grip 1-2-1		Mountain Climber 10	
The Wall 1 min.		Reverse 1-2-1				Reverse 1-2-1		The Wall 1 min.	
60-90 sec. Rest		Commandos 1-1-1				Commandos 1-1-1		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 1-2-1				Behind the Neck 1-2-1		<b>CALVES</b>	
Straight (Regular) 50		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 50	
Toe to Toe 50		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 50	
Heel to Heel 50		Regular 5 (4 sets)				Regular 5 (4 sets)		Heel to Heel 50	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 10		Regular 2-4-6-8-6-4-2				Regular 2-4-6-8-6-4-2		Hand to Toes 10	
X Sit-Ups 10		Diamond 2-4-6-4-2		Clockwork 15-10-5		Diamond 2-4-6-4-2		X Sit-Ups 10	
Crunches 10		Dive Bombers 2-4-6-4-2		Hanging Knee Up 10		Dive Bombers 2-4-6-4-2		Crunches 10	
Side Sit-Ups 10		8 Count Body Builders 5		Hanging Side Sit-Up 5		8 Count Body Builders 5		Side Sit-Ups 10	
Obliques 10		Take "After" Supplements		Hand to Toes (Short) 10		Take "After" Supplements		Obliques 10	
Flutter Kicks 10		Drink 16 oz. of water		Crunches (Short) 10		Drink 16 oz. of water		Flutter Kicks 10	
Reverse Crunches 10				Side Sit-Up (Short) 10				Reverse Crunches 10	
Knee Bends 10				Obliques (Short) 10				Knee Bends 10	
Chest Roll 10				Take "After" Supplements				Chest Roll 10	
Take "After" Supplements				Drink 16 oz. of water				Take "After" Supplements	
Drink 16 oz. of water								Drink 1 quart of water	
<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™



# WEEK 3

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 25 yds. (2x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 25 yds. (2x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 25 yds. (2x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 10		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 10		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Laps = 1200 yds.		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 22				Neck Rotations 22		Thigh	
Calf		Back Contractions 22				Back Contractions 22		Calf	
60-90 sec. Rest		Swimmer Exercise 12				Swimmer Exercise 12		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 11				Back Lifts 11		<b>LEGS</b>	
Lunges 16		60-90 sec. Rest				60-90 sec. Rest		Lunges 16	
Squats 26		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 26	
Fire Hydrants 13 (Each Side)		Regular 2-4-2				Regular 2-4-2		Fire Hydrants 13 (Each Side)	
Mountain Climber 11		Close Grip 1-2-1				Close Grip 1-2-1		Mountain Climber 11	
The Wall 1:15 min.		Reverse 1-2-1				Reverse 1-2-1		The Wall 1:15 min.	
60-90 sec. Rest		Commandos 1-1-1				Commandos 1-1-1		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 1-2-3-2-1				Behind the Neck 1-2-3-2-1		<b>CALVES</b>	
Straight (Regular) 55		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 55	
Toe to Toe 55		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 55	
Heel to Heel 55		Regular 6				Regular 6		Heel to Heel 55	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 11		Regular 2-4-6-8-6-4-2				Regular 2-4-6-8-6-4-2		Hand to Toes 11	
X Sit-Ups 11		Diamond 2-4-6-4-2		Clockwork 15-10-5		Diamond 2-4-6-4-2		X Sit-Ups 11	
Crunches 11		Dive Bombers 2-4-6-4-2		Hanging Knee Up 11		Dive Bombers 2-4-6-4-2		Crunches 11	
Side Sit-Ups 11		8 Count Body Builders 6		Hanging Side Sit-Up 6		8 Count Body Builders 6		Side Sit-Ups 11	
Obliques 11		Take "After" Supplements		Hand to Toes (Short) 11		Take "After" Supplements		Obliques 11	
Flutter Kicks 11		Drink 16 oz. of water		Crunches (Short) 11		Drink 16 oz. of water		Flutter Kicks 11	
Reverse Crunches 11				Side Sit-Up (Short) 11				Reverse Crunches 11	
Knee Bends 11				Obliques (Short) 11				Knee Bends 11	
Chest Roll 11				Take "After" Supplements				Chest Roll 11	
Take "After" Supplements				Drink 16 oz. of water				Take "After" Supplements	
Drink 16 oz. of water								Drink 1 quart of water	

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
<b>3</b> Electrolyte™	<b>3</b> Recover™
<b>1</b> Energy Plus™	<b>2</b> Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
<b>3</b> Electrolyte™	<b>3</b> Recover™
<b>1</b> Energy Plus™	<b>2</b> Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
<b>3</b> Electrolyte™	<b>3</b> Recover™
<b>1</b> Energy Plus™	<b>2</b> Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
<b>3</b> Electrolyte™	<b>3</b> Recover™
<b>1</b> Energy Plus™	<b>2</b> Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
<b>3</b> Electrolyte™	<b>3</b> Recover™
<b>1</b> Energy Plus™	<b>2</b> Restore™



# WEEK 4

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 25 yds. (2x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 25 yds. (2x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 25 yds. (2x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 12		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 12		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		800 yd. Warm-Up		<b>BURNOUTS— UPPER BODY</b>		ITB	
Thigh		Neck Rotations 24		3 Sets of Cones		<b>SET 1</b>		Thigh	
Calf		Back Contractions 24		First Set — 50%		Regular Pull-Ups		Calf	
60-90 sec. Rest		Swimmer Exercise 12		Second Set — 75%		Bar Dips		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 11		Third Set — 100%		Regular Push-Ups		<b>BURNOUTS— LEGS</b>	
Lunges 19		60-90 sec. Rest		6 Sets		<b>SET 2</b>		<b>SET 1</b>	
Squats 29		<b>PULL-UPS</b>				Close Grip Pull-Ups		The Wall	
Fire Hydrants 15 (Each Side)		Regular 2-4-6-4-2				Bar Dips		Frog Hops	
Mountain Climber 12		Close Grip 2-4-2				Diamond Push-Ups		Hand to Toe	
The Wall 1:15 min.		Reverse 2-4-2				<b>SET 3</b>		<b>SET 2</b>	
60-90 sec. Rest		Commandos 1-2-1				Reverse Grip Pull-Ups		Lunges	
<b>CALVES</b>		Behind the Neck 1-2-3-2-1				Bar Dips		Star Hops	
Straight (Regular) 55		60-90 sec. Rest				Dive Bombers		Side Sit-Ups	
Toe to Toe 55		<b>BAR DIPS</b>				<b>SET 4</b>		<b>SET 3</b>	
Heel to Heel 55		Regular 6				Behind the Neck Pull-Ups		Mountain Climbers	
60-90 sec. Rest 55		60-90 sec. Rest				Bar Dips		Knee Bends	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		Regular Push-Ups		<b>SET 4</b>	
Hand to Toes 11		Regular 2-4-6-8-6-4-2		Clockwork 15-10-5		<b>SET 5</b>		Fire Hydrants (Each Side)	
X Sit-Ups 11		Diamond 2-4-6-4-2		Hanging Knee Up 11		Commandos		High Knees	
Crunches 11		Dive Bombers 2-4-6-4-2		Hanging Side Sit-Up 6		Bar Dips		Crunches	
Side Sit-Ups 11		8 Count Body Builders 6		Hand to Toes (Short) 11		Diamond Push-Ups		<b>SET 5</b>	
Obliques 11		Take "After" Supplements		Crunches (Short) 11		Take "After" Supplements		Calf Raises	
Flutter Kicks 11		Drink 16 oz. of water		Side Sit-Up (Short) 11		Drink 16 oz. of water		Sprints	
Reverse Crunches 11				Obliques (Short) 11				Knee Roll Ups	
Knee Bends 11				Atomic 5				Take "After" Supplements	
Chest Roll 11				Take "After" Supplements				Drink 1 quart of water	
Take "After" Supplements				Drink 16 oz. of water					
Drink 16 oz. of water									

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 5

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 30 yds. (2x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 30 yds. (2x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 30 yds. (2x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 12		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 12		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		4 Laps = 1600 yds.		<b>CIRCUIT— UPPER BODY</b>		ITB	
Thigh		Neck Rotations 26				<b>SET 1</b>		Thigh	
Calf		Back Contractions 26				Regular Pull-Ups 5		Calf	
60-90 sec. Rest		Swimmer Exercise 14				Bar Dips 5		60-90 sec. Rest	
<b>CIRCUIT— LEGS</b>		Back Lifts 12				Regular Push-Ups 10		<b>LEGS</b>	
<b>SET 1</b>		60-90 sec. Rest				<b>SET 2</b>		Lunges 21	
The Wall 1:30 min.		<b>PULL-UPS</b>				Close Grip Pull-Ups 5		Squats 31	
Frog Hops 30 yds. (2x)		Regular 2-4-6-4-2				Bar Dips 5		Fire Hydrants 17 (Each Side)	
Hand to Toe 25		Close Grip 2-4-2				Diamond Push-Ups 8		Mountain Climber 13	
<b>SET 2</b>		Reverse 2-4-2				<b>SET 3</b>		The Wall 1:30 sec.	
Walking Lunges 30 yds. (2x)		Commandos 1-2-1				Reverse Grip Pull-Ups 5		60-90 sec. Rest	
Star Hops 10		Behind the Neck 2-4-2				Bar Dips 5		<b>CALVES</b>	
Side Sit-Ups 25		60-90 sec. Rest				Dive Bombers 8		Straight (Regular) 55	
<b>SET 3</b>		<b>BAR DIPS</b>				<b>SET 4</b>		Toe to Toe 55	
Mountain Climbers 10		Regular 7				Behind the Neck Pull-Ups 3		Heel to Heel 55	
Regular Calf Raises 50		60-90 sec. Rest				Bar Dips 5		60-90 sec. Rest	
Knee Bends 25		<b>PUSH-UPS</b>				Regular Push-Ups 10		<b>ABDOMINALS</b>	
<b>SET 4</b>		Regular 2-4-6-8-10-8-6-4-2		<b>ABDOMINALS</b>		Take "After" Supplements		Hand to Toes 13	
Fire Hydrants 25 (Each Side)		Diamond 2-4-6-8-6-4-2		Clockwork 20-15-10		Drink 16 oz. of water		X Sit-Ups 13	
Toe to Toe Calf Raises 50		Dive Bombers 2-4-6-8-6-4-2		Hanging Knee Up 13				Crunches 13	
Crunches 25		8 Count Body Builders 7		Hanging Side Sit-Up 6				Side Sit-Ups 13	
<b>SET 5</b>		Take "After" Supplements		Hand to Toes (Short) 13				Obliques 13	
Heel to Heel Calf Raises 50		Drink 16 oz. of water		Crunches (Short) 13				Flutter Kicks 13	
Knee Roll Ups 25				Side Sit-Up (Short) 13				Reverse Crunches 13	
Take "After" Supplements				Obliques (Short) 13				Knee Bends 13	
Drink 16 oz. of water				Atomic 6				Chest Roll 13	
				Take "After" Supplements				Take "After" Supplements	
				Drink 16 oz. of water				Drink 1 quart of water	

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 6

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 20 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 20 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 20 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 14		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 14		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		<b>TIMED INTERVALS</b>		Butterfly	
ITB		<b>UPPER BODY</b>		800 yd. Warm-Up		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 28		3 Sets of Cones		Neck Rotations 30 sec.		Thigh	
Calf		Back Contractions 28		First Set — 50%		Back Contractions 30 sec.		Calf	
<b>TIMED INTERVALS</b>		Swimmer Exercise 14		Second Set — 75%		Swimmer Exercise 30 sec.		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 12		Third Set — 100%		Back Lifts 30 sec.		<b>LEGS</b>	
Lunges 30 sec.		60-90 sec. Rest		7 Sets		60-90 sec. Rest		Lunges 23	
Squats 30 sec.		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 33	
Fire Hydrants 30 sec. (Each Side)		Regular 2-4-6-4-2				Regular 30 sec.		Fire Hydrants 19 (Each Side)	
Mountain Climber 30 sec.		Close Grip 2-4-2				Close Grip 30 sec.		Mountain Climber 14	
The Wall 1:30 min.		Reverse 2-4-2				Reverse 30 sec.		The Wall 1:30 min.	
60-90 sec. Rest		Commandos 1-2-1				Commandos 30 sec.		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-2				Behind the Neck 30 sec.		<b>CALVES</b>	
Straight (Regular) 30 sec.		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 60	
Toe to Toe 30 sec.		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 60	
Heel to Heel 30 sec.		Regular 7				Regular 30 sec.		Heel to Heel 60	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 30 sec.		Regular 2-4-6-8-10-8-6-4-2		Clockwork 20-15-10		Regular 30 sec.		Hand to Toes 15	
X Sit-Ups 30 sec.		Diamond 2-4-6-8-6-4-2		Hanging Knee Up 15		Diamond 30 sec.		X Sit-Ups 15	
Crunches 30 sec.		Dive Bombers 2-4-6-8-6-4-2		Hanging Side Sit-Up 7		Dive Bombers 30 sec.		Crunches 15	
Side Sit-Ups 30 sec.		8 Count Body Builders 7		Hand to Toes (Short) 15		8 Count Body Builders 30 sec.		Side Sit-Ups 15	
Obliques 30 sec.		Take "After" Supplements		Crunches (Short) 15		Take "After" Supplements		Obliques 15	
Flutter Kicks 30 sec.		Drink 16 oz. of water		Side Sit-Up (Short) 15		Drink 16 oz. of water		Flutter Kicks 15	
Reverse Crunches 30 sec.				Obliques (Short) 15				Reverse Crunches 15	
Knee Bends 30 sec.				Atomic 8				Knee Bends 15	
Chest Roll 30 sec.				Take "After" Supplements				Chest Roll 15	
Take "After" Supplements				Drink 16 oz. of water				Take "After" Supplements	
Drink 16 oz. of water								Drink 1 quart of water	
<b>MEALS</b>	<b>WATER</b>	<b>MEALS</b>	<b>WATER</b>	<b>MEALS</b>	<b>WATER</b>	<b>MEALS</b>	<b>WATER</b>	<b>MEALS</b>	<b>WATER</b>
1 2 3 4 5	1 2 3 4 5 6 7 8	1 2 3 4 5	1 2 3 4 5 6 7 8	1 2 3 4 5	1 2 3 4 5 6 7 8	1 2 3 4 5	1 2 3 4 5 6 7 8	1 2 3 4 5	1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™



# WEEK 7

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 25 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 25 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 25 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 15		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 15		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		5 Laps = 2000 yds.		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 16				Neck Rotations 16		Thigh	
Calf		Back Contractions 16				Back Contractions 16		Calf	
60-90 sec. Rest		Swimmer Exercise 16				Swimmer Exercise 16		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 13				Back Lifts 13		<b>LEGS</b>	
Lunges 25		60-90 sec. Rest				60-90 sec. Rest		Lunges 25	
Squats 35		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 35	
Fire Hydrants 21 (Each Side)		Regular 2-4-6-8-6-4-2				Regular 2-4-6-8-6-4-2		Fire Hydrants 21 (Each Side)	
Mountain Climber 15		Close Grip 2-4-6-4-2				Close Grip 2-4-6-4-2		Mountain Climber 15	
The Wall 1:30 min.		Reverse 2-4-6-4-2				Reverse 2-4-6-4-2		The Wall 1:30 sec.	
60-90 sec. Rest		Commandos 2-4-2				Commandos 2-4-2		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 1-2-3-4-5				Behind the Neck 1-2-3-4-5		<b>CALVES</b>	
Straight (Regular) 60		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 60	
Toe to Toe 60		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 60	
Heel to Heel 60		Regular 8				Regular 8		Heel to Heel 60	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 17		Regular 2-4-6-8-10-8-6-4-2		Clockwork 20-15-10		Regular 2-4-6-8-10-8-6-4-2		Hand to Toes 17	
X Sit-Ups 17		Diamond 2-4-6-4-2		Hanging Knee Up 17		Diamond 2-4-6-4-2		X Sit-Ups 17	
Crunches 17		Dive Bombers 2-4-6-4-2		Hanging Side Sit-Up 8		Dive Bombers 2-4-6-4-2		Crunches 17	
Side Sit-Ups 17		8 Count Body Builders 8		Hand to Toes (Short) 17		8 Count Body Builders 8		Side Sit-Ups 17	
Obliques 17		Take "After" Supplements		Crunches (Short) 17		Take "After" Supplements		Obliques 17	
Flutter Kicks 17		Drink 16 oz. of water		Side Sit-Up (Short) 17		Drink 16 oz. of water		Flutter Kicks 17	
Reverse Crunches 17				Obliques (Short) 17				Reverse Crunches 17	
Knee Bends 17				Atomic 10				Knee Bends 17	
Chest Roll 17				Take "After" Supplements				Chest Roll 17	
Take "After" Supplements				Drink 16 oz. of water				Take "After" Supplements	
Drink 16 oz. of water								Drink 1 quart of water	

## MEALS

## WATER

1	2	3	4
5			

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

## WATER

1	2	3	4
5			

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

## WATER

1	2	3	4
5			

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

## WATER

1	2	3	4
5			

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

## WATER

1	2	3	4
5			

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 8

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 30 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 30 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 30 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 15		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 15		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 16		First Set — 50%		Neck Rotations 16		Thigh	
Calf		Back Contractions 16		Second Set — 75%		Back Contractions 16		Calf	
60-90 sec. Rest		Swimmer Exercise 16		Third Set — 100%		Swimmer Exercise 16		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 13		8 Sets		Back Lifts 13		<b>LEGS</b>	
Lunges 27		60-90 sec. Rest				60-90 sec. Rest		Lunges 27	
Squats 37		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 37	
Fire Hydrants 21 (Each Side)		Regular 2-4-6-8-6-4-2				Regular 2-4-6-8-6-4-2		Fire Hydrants 21 (Each Side)	
Mountain Climber 16		Close Grip 2-4-6-4-2				Close Grip 2-4-6-4-2		Mountain Climber 16	
The Wall 1:30 min.		Reverse 2-4-6-4-2				Reverse 2-4-6-4-2		The Wall 1:30 min.	
60-90 sec. Rest		Commandos 2-4-2				Commandos 2-4-2		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 1-3-5-3-1				Behind the Neck 1-3-5-3-1		<b>CALVES</b>	
Straight (Regular) 65		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 65	
Toe to Toe 65		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 65	
Heel to Heel 65		Regular 8				Regular 8		Heel to Heel 65	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 19		Regular 2-4-6-8-10-8-6-4-2				Regular 2-4-6-8-10-8-6-4-2		Hand to Toes 19	
X Sit-Ups 19		Diamond 1-3-5-7-9-11 ↓		Clockwork 20-15-10		Diamond 1-3-5-7-9-11 ↓		X Sit-Ups 19	
Crunches 19		Dive Bombers 1-3-5-7-9-11 ↓		Hanging Knee Up 19		Dive Bombers 1-3-5-7-9-11 ↓		Crunches 19	
Side Sit-Ups 19		8 Count Body Builders 8		Hanging Side Sit-Up 9		8 Count Body Builders 8		Side Sit-Ups 19	
Obliques 19		Take "After" Supplements		Hand to Toes (Short) 19		Take "After" Supplements		Obliques 19	
Flutter Kicks 19		Drink 16 oz. of water		Crunches (Short) 19		Drink 16 oz. of water		Flutter Kicks 19	
Reverse Crunches 19				Side Sit-Up (Short) 19				Reverse Crunches 19	
Knee Bends 19				Obliques (Short) 19				Knee Bends 19	
Chest Roll 19				Atomic 12				Chest Roll 19	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 1 quart of water	
<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™



# WEEK 9

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 30 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 30 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 30 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 15		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 15		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		6 Laps = 2400 yds.		<b>BURNOUTS— UPPER BODY</b>		ITB	
Thigh		Neck Rotations 18				<b>SET 1</b>		Thigh	
Calf		Back Contractions 18				Regular Pull-Ups		Calf	
60-90 sec. Rest		Swimmer Exercise 18				Bar Dips		60-90 sec. Rest	
<b>BURNOUTS— LEGS</b>		Back Lifts 14				Regular Push-Ups		<b>LEGS</b>	
<b>SET 1</b>		60-90 sec. Rest				<b>SET 2</b>		Lunges 29	
The Wall		<b>PULL-UPS</b>				Close Grip Pull-Ups		Squats 39	
Frog Hops		Regular 2-4-6-8-6-4-2				Bar Dips		Fire Hydrants 23 (Each Side)	
Hand to Toe		Close Grip 2-4-6-4-2				Diamond Push-Ups		Mountain Climber 17	
<b>SET 2</b>		Reverse 2-4-6-4-2				<b>SET 3</b>		The Wall 1:45 min.	
Lunges		Commandos 2-4-2				Reverse Grip Pull-Ups		60-90 sec. Rest	
Star Hops		Behind the Neck 1-3-5-3-1				Bar Dips		<b>CALVES</b>	
Side Sit-Ups		60-90 sec. Rest				Dive Bombers		Straight (Regular) 65	
<b>SET 3</b>		<b>BAR DIPS</b>				<b>SET 4</b>		Toe to Toe 65	
Mountain Climbers		Regular 9				Behind the Neck Pull-Ups		Heel to Heel 65	
Knee Bends		60-90 sec. Rest				Bar Dips		60-90 sec. Rest	
<b>SET 4</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		Regular Push-Ups		<b>ABDOMINALS</b>	
Fire Hydrants (Each Side)		Reg. 2-4-6-8-10-12-10-8-6-4-2		Clockwork 25-20-15		<b>SET 5</b>		Hand to Toes 21	
High Knees		Diamond 1-3-5-7-9-11 ↓		Hanging Knee Up 21		Commandos		X Sit-Ups 21	
Crunches		Dive Bombers 1-3-5-7-9-11 ↓		Hanging Side Sit-Up 10		Bar Dips		Crunches 21	
<b>SET 5</b>		8 Count Body Builders 9		Hand to Toe (Short) 21		Diamond Push-Ups		Side Sit-Ups 21	
Calf Raises		Take "After" Supplements		Crunches (Short) 21		Take "After" Supplements		Obliques 21	
Sprints		Drink 16 oz. of water		Side Sit-Up (Short) 21		Drink 16 oz. of water		Flutter Kicks 21	
Knee Roll Ups				Obliques (Short) 21				Reverse Crunches 21	
Take "After" Supplements				Atomic 14				Knee Bends 21	
Drink 16 oz. of water				Take "After" Supplements				Chest Roll 21	
				Drink 16 oz. of water				Take "After" Supplements	
								Drink 1 quart of water	

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 10

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 325		Half Jumping Jacks 30		Half Jumping Jacks 25	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 30 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 30 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 30 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 15		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 15		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 18		First Set — 50%		Neck Rotations 18		Thigh	
Calf		Back Contractions 18		Second Set — 75%		Back Contractions 18		Calf	
60-90 sec. Rest		Swimmer Exercise 18		Third Set — 100%		Swimmer Exercise 18		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 14		9 Sets		Back Lifts 14		<b>LEGS</b>	
Lunges 31		60-90 sec. Rest				60-90 sec. Rest		Lunges 31	
Squats 41		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 41	
Fire Hydrants 23 (Each Side)		Regular 2-4-6-8-10-8-6-4-2				Regular 2-4-6-8-10-8-6-4-2		Fire Hydrants 23 (Each Side)	
Mountain Climber 18		Close Grip 2-4-6-8-6-4-2				Close Grip 2-4-6-8-6-4-2		Mountain Climber 18	
The Wall 1:45 min.		Reverse 2-4-6-8-6-4-2				Reverse 2-4-6-8-6-4-2		The Wall 1:45 min.	
60-90 sec. Rest		Commandos 2-4-6-4-2				Commandos 2-4-6-4-2		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-4-2				Behind the Neck 2-4-6-4-2		<b>CALVES</b>	
Straight (Regular) 70		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 70	
Toe to Toe 70		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 70	
Heel to Heel 70		Regular 9				Regular 9		Heel to Heel 70	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 23		Reg. 2-4-6-8-10-12 ↓		Clockwork 25-20-15		Reg. 2-4-6-8-10-12 ↓		Hand to Toes 23	
X Sit-Ups 23		Diamond 2-4-6-8-10-12 ↓		Hanging Knee Up 23		Diamond 1-3-5-7-9-11 ↓		X Sit-Ups 23	
Crunches 23		Dive Bombers 2-4-6-8-10-12 ↓		Hanging Side Sit-Up 11		Dive Bombers 2-4-6-8-10-12 ↓		Crunches 23	
Side Sit-Ups 23		8 Count Body Builders 9		Hand to Toe (Short) 23		8 Count Body Builders 9		Side Sit-Ups 23	
Obliques 23		Take "After" Supplements		Crunches (Short) 23		Take "After" Supplements		Obliques 23	
Flutter Kicks 23		Drink 16 oz. of water		Side Sit-Up (Short) 23		Drink 16 oz. of water		Flutter Kicks 23	
Reverse Crunches 23				Obliques (Short) 23				Reverse Crunches 23	
Knee Bends 23				Atomic 16				Knee Bends 23	
Chest Roll 23				Take "After" Supplements				Chest Roll 23	
Take "After" Supplements				Drink 16 oz. of water				Take "After" Supplements	
Drink 16 oz. of water								Drink 1 quart of water	

## MEALS

1 2 3 4

## WATER

1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

## MEALS

1 2 3 4  
5

## WATER

1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

## MEALS

1 2 3 4  
5

## WATER

1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

## MEALS

1 2 3 4  
5

## WATER

1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

## MEALS

1 2 3 4  
5

## WATER

1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™



# WEEK 11

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 30 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 30 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 30 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 15		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 15		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		<b>TIMED INTERVALS</b>		Butterfly	
ITB		<b>CIRCUIT—</b>		6 Laps = 2400 yds.		<b>UPPER BODY</b>		ITB	
Thigh		<b>UPPER BODY</b>				Neck Rotations 45 sec.		Thigh	
Calf		<b>SET 1</b>				Back Contractions 45 sec.		Calf	
60-90 sec. Rest		Regular Pull-Ups 7				Swimmer Exercise 45 sec.		<b>TIMED INTERVALS</b>	
<b>CIRCUIT—</b>		Bar Dips 7				Back Lifts 45 sec.		<b>LEGS</b>	
<b>LEGS</b>		Regular Push-Ups 15				60-90 sec. Rest		Lunges 45 sec.	
<b>SET 1</b>		<b>SET 2</b>				<b>PULL-UPS</b>		Squats 45 sec.	
The Wall 2:00 min.		Close Grip Pull-Ups 7				Regular 45 sec.		Fire Hydrants 45 sec. (Each Side)	
Frog Hops 30 yds. (3x)		Bar Dips 7				Close Grip 45 sec.		Mountain Climber 45 sec.	
Hand to Toe 25		Diamond Push-Ups 10				Reverse 45 sec.		The Wall 2:00 min.	
<b>SET 2</b>		<b>SET 3</b>				Commandos 45 sec.		60-90 sec. Rest	
Walking Lunges 30 yds. (3x)		Reverse Grip Pull-Ups 7				Behind the Neck 45 sec.		<b>CALVES</b>	
Star Hops 10		Bar Dips 7				60-90 sec. Rest		Straight (Regular) 45 sec.	
Side Sit-Ups 25		Dive Bombers 10				<b>BAR DIPS</b>		Toe to Toe 45 sec.	
<b>SET 3</b>		<b>SET 4</b>				Regular 45 sec.		Heel to Heel 45 sec.	
Mountain Climbers 10		Behind the Neck Pull-Ups 5				60-90 sec. Rest		60-90 sec. Rest	
Regular Calf Raises 50		Bar Dips 7				<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Knee Bends 25		Regular Push-Ups 15		<b>ABDOMINALS</b>		Regular 45 sec.		Hand to Toes 45 sec.	
<b>SET 4</b>		Take "After" Supplements		Clockwork 25-20-15		Diamond 45 sec.		X Sit-Ups 45 sec.	
Fire Hydrants 25 (Each Side)		Drink 16 oz. of water		Hanging Knee Up 25		Dive Bombers 45 sec.		Crunches 45 sec.	
Toe to Toe Calf Raises 50				Hanging Side Sit-Up 12		8 Count Body Builders 45 sec.		Side Sit-Ups 45 sec.	
Crunches 25				Hand to Toe (Short) 25		Take "After" Supplements		Obliques 45 sec.	
<b>SET 5</b>				Crunches (Short) 25		Drink 16 oz. of water		Flutter Kicks 45 sec.	
Heel to Heel Calf Raises 50				Side Sit-Up (Short) 25				Reverse Crunches 45 sec.	
Knee Roll Ups 25				Obliques (Short) 25				Knee Bends 45 sec.	
Take "After" Supplements				Atomic 18				Chest Roll 45 sec.	
Drink 16 oz. of water				Take "After" Supplements				Take "After" Supplements	
				Drink 16 oz. of water				Drink 1 quart of water	

## MEALS

## WATER

1	2	3	4
5			

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

## WATER

1	2	3	4
5			

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

## WATER

1	2	3	4
5			

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

## WATER

1	2	3	4
5			

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

## WATER

1	2	3	4
5			

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 12

# BEGINNING LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25		Jumping Jacks 30		Jumping Jacks 25	
Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.		Running in Place 30 sec.	
Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25		Half Jumping Jacks 30		Half Jumping Jacks 25	
60–90 sec. Rest		60–90 sec. Rest		60–90 sec. Rest		60–90 sec. Rest		60–90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 30 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 30 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 30 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 15		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 15		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60–90 sec. Rest		Basic Sprints (Optional)		60–90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 20		First Set — 50%		Neck Rotations 20		Thigh	
Calf		Back Contractions 20		Second Set — 75%		Back Contractions 20		Calf	
60–90 sec. Rest		Swimmer Exercise 20		Third Set — 100%		Swimmer Exercise 20		60–90 sec. Rest	
<b>LEGS</b>		Back Lifts 15		10 Sets		Back Lifts 15		<b>LEGS</b>	
Lunges 35		60–90 sec. Rest				60–90 sec. Rest		Lunges 35	
Squats 45		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 45	
Fire Hydrants 25 (Each Side)		Regular 2-4-6-8-10-8-6-4-2				Regular 2-4-6-8-10-8-6-4-2		Fire Hydrants 25 (Each Side)	
Mountain Climber 20		Close Grip 2-4-6-8-6-4-2				Close Grip 2-4-6-8-6-4-2		Mountain Climber 20	
The Wall 2:00 min.		Reverse 2-4-6-8-6-4-2				Reverse 2-4-6-8-6-4-2		The Wall 2:00 min.	
60–90 sec. Rest		Commandos 2-4-6-4-2				Commandos 2-4-6-4-2		60–90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-4-2				Behind the Neck 2-4-6-4-2		<b>CALVES</b>	
Straight (Regular) 75		60–90 sec. Rest				60–90 sec. Rest		Straight (Regular) 75	
Toe to Toe 75		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 75	
Heel to Heel 75		Regular 10				Regular 10		Heel to Heel 75	
60–90 sec. Rest		60–90 sec. Rest				60–90 sec. Rest		60–90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 25		Reg. 2-4-6-8-10-12 ↓		Clockwork 25-20-15		Reg. 2-4-6-8-10-12 ↓		Hand to Toes 25	
X Sit-Ups 25		Diamond 2-4-6-8-10 ↓		Hanging Knee Up 25		Diamond 2-4-6-8-10 ↓		X Sit-Ups 25	
Crunches 25		Dive Bombers 2-4-6-8-10 ↓		Hanging Side Sit-Up 12		Dive Bombers 2-4-6-8-10 ↓		Crunches 25	
Side Sit-Ups 25		8 Count Body Builders 10		Hand to Toe (Short) 25		8 Count Body Builders 10		Side Sit-Ups 25	
Obliques 25		Take "After" Supplements		Crunches (Short) 25		Take "After" Supplements		Obliques 25	
Flutter Kicks 25		Drink 16 oz. of water		Side Sit-Up (Short) 25		Drink 16 oz. of water		Flutter Kicks 25	
Reverse Crunches 25				Obliques (Short) 25				Reverse Crunches 25	
Knee Bends 25				Atomic 20				Knee Bends 25	
Chest Roll 25				Take "After" Supplements				Chest Roll 25	
Take "After" Supplements				Drink 16 oz. of water				Take "After" Supplements	
Drink 16 oz. of water								Drink 1 quart of water	
<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™



# WEEK 1

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 30 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 30 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 30 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 15		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 15		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		6 Laps = 2400 yds.		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 20				Neck Rotations 20		Thigh	
Calf		Back Contractions 20				Back Contractions 20		Calf	
60-90 sec. Rest		Swimmer Exercise 20				Swimmer Exercise 20		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 15				Back Lifts 15		<b>LEGS</b>	
Lunges 35		60-90 sec. Rest				60-90 sec. Rest		Lunges 35	
Squats 45		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 45	
Fire Hydrants 25 (Each Side)		Regular 2-4-6-8-10-8-6-4-2				Regular 2-4-6-8-10-8-6-4-2		Fire Hydrants 25 (Each Side)	
Mountain Climber 20		Close Grip 2-4-6-8-6-4-2				Close Grip 2-4-6-8-6-4-2		Mountain Climber 20	
The Wall 2:00 min.		Reverse 2-4-6-8-6-4-2				Reverse 2-4-6-8-6-4-2		The Wall 2:00 min.	
60-90 sec. Rest		Commandos 2-4-6-4-2				Commandos 2-4-6-4-2		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-4-2				Behind the Neck 2-4-6-4-2		<b>CALVES</b>	
Straight (Regular) 75		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 75	
Toe to Toe 75		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 75	
Heel to Heel 75		Regular 10				Regular 10		Heel to Heel 75	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 25		Reg. 2-4-6-8-10-12 ↓		Clockwork 25-20-15		Reg. 2-4-6-8-10-12 ↓		Hand to Toes 25	
X Sit-Ups 25		Diamond 2-4-6-8-10 ↓		Hanging Knee Up 25		Diamond 2-4-6-8-10 ↓		X Sit-Ups 25	
Crunches 25		Dive Bombers 2-4-6-8-10 ↓		Hanging Side Sit-Up 12		Dive Bombers 2-4-6-8-10 ↓		Crunches 25	
Side Sit-Ups 25		8 Count Body Builders 10		Hand to Toe (Short) 25		8 Count Body Builders 10		Side Sit-Ups 25	
Obliques 25		Take "After" Supplements		Crunches (Short) 25		Take "After" Supplements		Obliques 25	
Flutter Kicks 25		Drink 16 oz. of water		Side Sit-Up (Short) 25		Drink 16 oz. of water		Flutter Kicks 25	
Reverse Crunches 25				Obliques (Short) 25				Reverse Crunches 25	
Knee Bends 25				Atomic 20				Knee Bends 25	
Chest Roll 25				Take "After" Supplements				Chest Roll 25	
Take "After" Supplements				Drink 16 oz. of water				Take "After" Supplements	
Drink 16 oz. of water								Drink 1 quart of water	
<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™



# WEEK 2

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 30 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 30 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 30 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 15		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 15		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 20		First Set — 50%		Neck Rotations 20		Thigh	
Calf		Back Contractions 20		Second Set — 75%		Back Contractions 20		Calf	
60-90 sec. Rest		Swimmer Exercise 20		Third Set — 100%		Swimmer Exercise 20		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 16		10 Sets		Back Lifts 16		<b>LEGS</b>	
Lunges 35		60-90 sec. Rest				60-90 sec. Rest		Lunges 35	
Squats 46		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 46	
Fire Hydrants 26 (Each Side)		Regular 1-3-5-7-9-11 ↓				Regular 1-3-5-7-9-11 ↓		Fire Hydrants 26 (Each Side)	
Mountain Climber 21		Close Grip 1-3-5-7-9 ↓				Close Grip 1-3-5-7-9 ↓		Mountain Climber 21	
The Wall 2:00 min.		Reverse 1-3-5-7-9 ↓				Reverse 1-3-5-7-9 ↓		The Wall 2:00 min.	
60-90 sec. Rest		Commandos 2-4-6-4-2				Commandos 2-4-6-4-2		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-4-2				Behind the Neck 2-4-6-4-2		<b>CALVES</b>	
Straight (Regular) 75		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 75	
Toe to Toe 75		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 75	
Heel to Heel 75		Regular 11				Regular 11		Heel to Heel 75	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 25		Reg. 2-4-6-8-10-12-14 ↓				Reg. 2-4-6-8-10-12-14 ↓		Hand to Toes 25	
X Sit-Ups 25		Diamond 2-4-6-8-10 ↓		Clockwork 25-20-15		Diamond 2-4-6-8-10 ↓		X Sit-Ups 25	
Crunches 25		Dive Bombers 2-4-6-8-10 ↓		Hanging Knee Up 25		Dive Bombers 2-4-6-8-10 ↓		Crunches 25	
Side Sit-Ups 25		8 Count Body Builders 10		Hanging Side Sit-Up 12		8 Count Body Builders 10		Side Sit-Ups 25	
Obliques 25		Take "After" Supplements		Hand to Toe (Short) 25		Take "After" Supplements		Obliques 25	
Flutter Kicks 25		Drink 16 oz. of water		Crunches (Short) 25		Drink 16 oz. of water		Flutter Kicks 25	
Reverse Crunches 25				Side Sit-Up (Short) 25				Reverse Crunches 25	
Knee Bends 25				Obliques (Short) 25				Knee Bends 25	
Chest Roll 25				Atomic 22				Chest Roll 25	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 1 quart of water	
<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™	After 3 Recover™	Before 3 Electrolyte™	After 3 Recover™	Before 3 Electrolyte™	After 3 Recover™	Before 3 Electrolyte™	After 3 Recover™	Before 3 Electrolyte™	After 3 Recover™
1 Energy Plus™	2 Restore™	1 Energy Plus™	2 Restore™	1 Energy Plus™	2 Restore™	1 Energy Plus™	2 Restore™	1 Energy Plus™	2 Restore™



# WEEK 3

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 35 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 35 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 35 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 15		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 15		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		<b>TIMED INTERVALS</b>		Butterfly	
ITB		<b>UPPER BODY</b>		6 Laps = 2400 yds.		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 22				Neck Rotations 60 sec.		Thigh	
Calf		Back Contractions 22				Back Contractions 60 sec.		Calf	
<b>TIMED INTERVALS</b>		Swimmer Exercise 22				Swimmer Exercise 60 sec.		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 16				Back Lifts 60 sec.		<b>LEGS</b>	
Lunges 60 sec.		60-90 sec. Rest				60-90 sec. Rest		Lunges 36	
Squats 60 sec.		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 47	
Fire Hydrants 60 sec. (Each Side)		Regular 1-3-5-7-9-11 ↓				Regular 60 sec.		Fire Hydrants 27 (Each Side)	
Mountain Climber 60 sec.		Close Grip 1-3-5-7-9 ↓				Close Grip 60 sec.		Mountain Climber 22	
The Wall 2:15 min.		Reverse 1-3-5-7-9 ↓				Reverse 60 sec.		The Wall 2:15 sec.	
60-90 sec. Rest		Commandos 2-4-6-4-2				Commandos 60 sec.		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-4-2				Behind the Neck 60 sec.		<b>CALVES</b>	
Straight (Regular) 60 sec.		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 75	
Toe to Toe 60 sec.		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 75	
Heel to Heel 60 sec.		Regular 12				Regular 60 sec.		Heel to Heel 75	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 60 sec.		Reg. 4-6-8-10-12-14-16 ↓				Regular 60 sec.		Hand to Toes 27	
X Sit-Ups 60 sec.		Diamond 2-4-6-8-10 ↓		Clockwork 30-25-20		Diamond 60 sec.		X Sit-Ups 27	
Crunches 60 sec.		Dive Bombers 2-4-6-8-10 ↓		Hanging Knee Up 27		Dive Bombers 60 sec.		Crunches 27	
Side Sit-Ups 60 sec.		8 Count Body Builders 12		Hanging Side Sit-Up 13		8 Count Body Builders 60 sec.		Side Sit-Ups 27	
Obliques 60 sec.		Take "After" Supplements		Hand to Toe (Short) 27		Take "After" Supplements		Obliques 27	
Flutter Kicks 60 sec.		Drink 16 oz. of water		Crunches (Short) 27		Drink 16 oz. of water		Flutter Kicks 27	
Reverse Crunches 60 sec.				Side Sit-Up (Short) 27				Reverse Crunches 27	
Knee Bends 60 sec.				Obliques (Short) 27				Knee Bends 27	
Chest Roll 60 sec.				Atomic 24				Chest Roll 27	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 1 quart of water	
<b>MEALS</b>	<b>WATER</b>	<b>MEALS</b>	<b>WATER</b>	<b>MEALS</b>	<b>WATER</b>	<b>MEALS</b>	<b>WATER</b>	<b>MEALS</b>	<b>WATER</b>
1 2 3 4 5	1 2 3 4 5 6 7 8	1 2 3 4 5	1 2 3 4 5 6 7 8	1 2 3 4 5	1 2 3 4 5 6 7 8	1 2 3 4 5	1 2 3 4 5 6 7 8	1 2 3 4 5	1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™



# WEEK 4

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 35 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 35 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 35 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 17		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 17		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>CIRCUIT—UPPER BODY</b>		ITB	
Thigh		Neck Rotations 24		First Set — 50%		<b>SET 1</b>		Thigh	
Calf		Back Contractions 24		Second Set — 75%		Regular Pull-Ups 10		Calf	
60-90 sec. Rest		Swimmer Exercise 24		Third Set — 100%		Bar Dips 10		60-90 sec. Rest	
<b>CIRCUIT—LEGS</b>		Back Lifts 16		12 Sets		Regular Push-Ups 30		<b>LEGS</b>	
<b>SET 1</b>		60-90 sec. Rest				<b>SET 2</b>		Lunges 37	
The Wall 2:15 min.		<b>PULL-UPS</b>				Close Grip Pull-Ups 10		Squats 48	
Frog Hops 30 yds. (4x)		Regular 1-3-5-7-9-11 ↓				Bar Dips 10		Fire Hydrants 28 (Each Side)	
Hand to Toe 35		Close Grip 1-3-5-7-9 ↓				Diamond Push-Ups 20		Mountain Climber 23	
<b>SET 2</b>		Reverse 1-3-5-7-9 ↓				<b>SET 3</b>		The Wall 2:15 min.	
Walking Lunges 30 yds. (4x)		Commandos 2-4-6-4-2				Reverse Grip Pull-Ups 10		60-90 sec. Rest	
Star Hops 15		Behind the Neck 2-4-6-4-2				Bar Dips 10		<b>CALVES</b>	
Side Sit-Ups 35		60-90 sec. Rest				Dive Bombers 20		Straight (Regular) 80	
<b>SET 3</b>		<b>BAR DIPS</b>				<b>SET 4</b>		Toe to Toe 80	
Mountain Climbers 15		Regular 13				Behind the Neck Pull-Ups 5		Heel to Heel 80	
Regular Calf Raises 75		60-90 sec. Rest				Bar Dips 10		60-90 sec. Rest	
<b>SET 4</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		Regular Push-Ups 30		<b>ABDOMINALS</b>	
Knee Bends 35		Reg. 4-6-8-10-12-14-16-18 ↓		Clockwork 30-25-20		Take "After" Supplements		Hand to Toes 30	
<b>SET 5</b>		Diamond 1-3-5-7-9-11 ↓		Hanging Knee Up 30		Drink 16 oz. of water		X Sit-Ups 30	
Fire Hydrants 35 (Each Side)		Dive Bombers 1-3-5-7-9-11 ↓		Hanging Side Sit-Up 15				Crunches 30	
Toe to Toe Calf Raises 75		8 Count Body Builders 12		Hand to Toe (Short) 30				Side Sit-Ups 30	
Crunches 35		Take "After" Supplements		Crunches (Short) 30				Obliques 30	
<b>SET 5</b>		Drink 16 oz. of water		Side Sit-Up (Short) 30				Flutter Kicks 30	
Heel to Heel Calf Raises 75				Obliques (Short) 30				Reverse Crunches 30	
Knee Roll Ups 35				Atomic 26				Knee Bends 30	
Take "After" Supplements				Take "After" Supplements				Chest Roll 30	
Drink 16 oz. of water				Drink 16 oz. of water				Take "After" Supplements	
								Drink 1 quart of water	

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 5

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (3x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (3x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (3x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 17		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 17		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		7 Laps = 2800 yds.		<b>BURNOUTS— UPPER BODY</b>		ITB	
Thigh		Neck Rotations 26				<b>SET 1</b>		Thigh	
Calf		Back Contractions 26				Regular Pull-Ups		Calf	
60-90 sec. Rest		Swimmer Exercise 26				Bar Dips		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 17				Regular Push-Ups		<b>BURNOUTS— LEGS</b>	
Lunges 38		60-90 sec. Rest				<b>SET 2</b>		<b>SET 1</b>	
Squats 52		<b>PULL-UPS</b>				Close Grip Pull-Ups		The Wall	
Fire Hydrants 32 (Each Side)		Regular 2-4-6-8-10-12 ↓				Bar Dips		Frog Hops	
Mountain Climber 24		Close Grip 2-4-6-8-10 ↓				Diamond Push-Ups		Hand to Toe	
The Wall 2:30 min.		Reverse 2-4-6-8-10 ↓				<b>SET 3</b>		<b>SET 2</b>	
60-90 sec. Rest		Commandos 2-4-6-4-2				Reverse Grip Pull-Ups		Lunges	
<b>CALVES</b>		Behind the Neck 2-4-6-4-2				Bar Dips		Star Hops	
Straight (Regular) 80		60-90 sec. Rest				Dive Bombers		Side Sit-Ups	
Toe to Toe 80		<b>BAR DIPS</b>				<b>SET 4</b>		<b>SET 3</b>	
Heel to Heel 80		Regular 14				Behind the Neck Pull-Ups		Mountain Climbers	
60-90 sec. Rest		60-90 sec. Rest				Bar Dips		Atomics	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		Regular Push-Ups		Knee Bends	
Hand to Toes 30		Reg. 6-8-10-12-14-16-18-20 ↓		Clockwork 35-30-25		<b>SET 5</b>		<b>SET 4</b>	
X Sit-Ups 30		Diamond 1-3-5-7-9-11 ↓		Hanging Knee Up 30		Commandos		Fire Hydrants (Each Side)	
Crunches 30		Dive Bombers 1-3-5-7-9-11 ↓		Hanging Side Sit-Up 15		Bar Dips		High Knees	
Side Sit-Ups 30		8 Count Body Builders 14		Hand to Toe (Short) 30		Diamond Push-Ups		Crunches	
Obliques 30		Take "After" Supplements		Crunches (Short) 30		Take "After" Supplements		<b>SET 5</b>	
Flutter Kicks 30		Drink 16 oz. of water		Side Sit-Up (Short) 30		Drink 16 oz. of water		Calf Raises	
Reverse Crunches 30				Obliques (Short) 30				Sprints	
Knee Bends 30				Atomic 28				Knee Roll Ups	
Chest Roll 30				Take "After" Supplements				Take "After" Supplements	
Take "After" Supplements				Drink 16 oz. of water				Drink 1 quart of water	
Drink 16 oz. of water									

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 6

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 30 yds. (4x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 30 yds. (4x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 30 yds. (4x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 19		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 19		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 28		First Set — 50%		Neck Rotations 28		Thigh	
Calf		Back Contractions 28		Second Set — 75%		Back Contractions 28		Calf	
60-90 sec. Rest		Swimmer Exercise 28		Third Set — 100%		Swimmer Exercise 28		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 17		14 Sets		Back Lifts 17		<b>LEGS</b>	
Lunges 39		60-90 sec. Rest				60-90 sec. Rest		Lunges 39	
Squats 53		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 53	
Fire Hydrants 33 (Each Side)		Regular 2-4-6-8-10-12 ↓				Regular 2-4-6-8-10-12 ↓		Fire Hydrants 33 (Each Side)	
Mountain Climber 25		Close Grip 2-4-6-8-10 ↓				Close Grip 2-4-6-8-10 ↓		Mountain Climber 25	
The Wall 2:30 min.		Reverse 2-4-6-8-10 ↓				Reverse 2-4-6-8-10 ↓		The Wall 2:30 min.	
60-90 sec. Rest		Commandos 1-3-5-7-5-3-1				Commandos 1-3-5-7-5-3-1		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 1-3-5-7-5-3-1				Behind the Neck 1-3-5-7-5-3-1		<b>CALVES</b>	
Straight (Regular) 85		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 85	
Toe to Toe 85		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 85	
Heel to Heel 85		Regular 15				Regular 15		Heel to Heel 85	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 35		Reg. 6-8-10-12-14-16-18-20 ↓				Reg. 6-8-10-12-14-16-18-20 ↓		Hand to Toes 35	
X Sit-Ups 35		Diamond 1-3-5-7-9-11 ↓		Clockwork 35-30-25		Diamond 1-3-5-7-9-11 ↓		X Sit-Ups 35	
Crunches 35		Dive Bombers 1-3-5-7-9-11 ↓		Hanging Knee Up 35		Dive Bombers 1-3-5-7-9-11 ↓		Crunches 35	
Side Sit-Ups 35		8 Count Body Builders 14		Hanging Side Sit-Up 17		8 Count Body Builders 14		Side Sit-Ups 35	
Obliques 35		Take "After" Supplements		Hand to Toe (Short) 35		Take "After" Supplements		Obliques 35	
Flutter Kicks 35		Drink 16 oz. of water		Crunches (Short) 35		Drink 16 oz. of water		Flutter Kicks 35	
Reverse Crunches 35				Side Sit-Up (Short) 35				Reverse Crunches 35	
Knee Bends 35				Obliques (Short) 35				Knee Bends 35	
Chest Roll 35				Atomic 30				Chest Roll 35	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 1 quart of water	
<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™



# WEEK 7

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 35 yds. (4x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 35 yds. (4x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 35 yds. (4x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 20		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 20		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		7 Laps = 2800 yds.		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 30				Neck Rotations 30		Thigh	
Calf		Back Contractions 30				Back Contractions 30		Calf	
60-90 sec. Rest		Swimmer Exercise 30				Swimmer Exercise 30		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 17				Back Lifts 17		<b>LEGS</b>	
Lunges 40		60-90 sec. Rest				60-90 sec. Rest		Lunges 40	
Squats 54		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 54	
Fire Hydrants 34 (Each Side)		Regular 2-4-6-8-10-12 ↓				Regular 2-4-6-8-10-12 ↓		Fire Hydrants 34 (Each Side)	
Mountain Climber 26		Close Grip 2-4-6-8-10 ↓				Close Grip 2-4-6-8-10 ↓		Mountain Climber 26	
The Wall 2:30 min.		Reverse 2-4-6-8-10 ↓				Reverse 2-4-6-8-10 ↓		The Wall 2:30 min.	
60-90 sec. Rest		Commandos 1-3-5-7-5-3-1				Commandos 1-3-5-7-5-3-1		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 1-3-5-7-5-3-1				Behind the Neck 1-3-5-7-5-3-1		<b>CALVES</b>	
Straight (Regular) 85		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 85	
Toe to Toe 85		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 85	
Heel to Heel 85		Regular 16				Regular 16		Heel to Heel 85	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 35		Reg. 6-8-10-12-14-16-18-20 ↓				Reg. 6-8-10-12-14-16-18-20 ↓		Hand to Toes 35	
X Sit-Ups 35		Diamond 1-3-5-7-9-11 ↓		Clockwork 40-35-30		Diamond 1-3-5-7-9-11 ↓		X Sit-Ups 35	
Crunches 35		Dive Bombers 1-3-5-7-9-11 ↓		Hanging Knee Up 35		Dive Bombers 1-3-5-7-9-11 ↓		Crunches 35	
Side Sit-Ups 35		8 Count Body Builders 16		Hanging Side Sit-Up 17		8 Count Body Builders 16		Side Sit-Ups 35	
Obliques 35		Take "After" Supplements		Hand to Toe (Short) 35		Take "After" Supplements		Obliques 35	
Flutter Kicks 35		Drink 16 oz. of water		Crunches (Short) 35		Drink 16 oz. of water		Flutter Kicks 35	
Reverse Crunches 35				Side Sit-Up (Short) 35				Reverse Crunches 35	
Knee Bends 35				Obliques (Short) 35				Knee Bends 35	
Chest Roll 35				Atomic 30				Chest Roll 35	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 1 quart of water	
<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™



# WEEK 8

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (4x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (4x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (4x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 20		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 20		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		<b>TIMED INTERVALS</b>		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>CIRCUIT—</b>		ITB	
Thigh		Neck Rotations 70 sec.		First Set — 50%		<b>UPPER BODY</b>		Thigh	
Calf		Back Contractions 70 sec.		Second Set — 75%		<b>SET 1</b>		Calf	
<b>TIMED INTERVALS</b>		Swimmer Exercise 70 sec.		Third Set — 100%		Regular Pull-Ups 12		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 70 sec.		16 Sets		Bar Dips 15		<b>CIRCUIT—</b>	
Lunges 70 sec.		60-90 sec. Rest				Regular Push-Ups 40		<b>LEGS</b>	
Squats 70 sec.		<b>PULL-UPS</b>				<b>SET 2</b>		<b>SET 1</b>	
Fire Hydrants 70 sec. (Each Side)		Regular 70 sec.				Close Grip Pull-Ups 12		The Wall 2:30 min.	
Mountain Climber 70 sec.		Close Grip 70 sec.				<b>Bar Dips 15</b>		Frog Hops 30 yds. (5x)	
The Wall 2:45 min.		Reverse 70 sec.				<b>Diamond Push-Ups 25</b>		Hand to Toe 40	
60-90 sec. Rest		Commandos 70 sec.				<b>SET 3</b>		<b>SET 2</b>	
<b>CALVES</b>		Behind the Neck 70 sec.				Reverse Grip Pull-Ups 12		Walking Lunges 30 yds. (5x)	
Straight (Regular) 70 sec.		60-90 sec. Rest				<b>Bar Dips 15</b>		Star Hops 18	
Toe to Toe 70 sec.		<b>BAR DIPS</b>				Dive Bombers 25		Side Sit-Ups 40	
Heel to Heel 70 sec.		Regular 70 sec.				<b>SET 4</b>		<b>SET 3</b>	
60-90 sec. Rest		60-90 sec. Rest				Behind the Neck Pull-Ups 7		Mountain Climbers 18	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>				Bar Dips 15		Regular Calf Raises 85	
Hand to Toes 70 sec.		Regular 70 sec.		<b>ABDOMINALS</b>		Regular Push-Ups 40		Knee Bends 40	
X Sit-Ups 70 sec.		Diamond 70 sec.		Clockwork 40-35-30		Take "After" Supplements		<b>SET 4</b>	
Crunches 70 sec.		Dive Bombers 70 sec.		Hanging Knee Up 40		Drink 16 oz. of water		Fire Hydrants 40 (Each Side)	
Side Sit-Ups 70 sec.		8 Count Body Builders 70 sec.		Hanging Side Sit-Up 20				Toe to Toe Calf Raises 85	
Obliques 70 sec.		Take "After" Supplements		Hand to Toe (Short) 40				Crunches 40	
Flutter Kicks 70 sec.		Drink 16 oz. of water		Crunches (Short) 40				<b>SET 5</b>	
Reverse Crunches 70 sec.				Side Sit-Up (Short) 40				Heel to Heel Calf Raises 85	
Knee Bends 70 sec.				Obliques (Short) 40				Knee Roll Ups 40	
Chest Roll 70 sec.				Atomic 32				Take "After" Supplements	
Take "After" Supplements				Take "After" Supplements				Drink 16 oz. of water	
Drink 16 oz. of water				Drink 16 oz. of water					

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 9

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (4x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (4x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (4x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 20		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 22		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		7 Laps = 2800 yds.		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 34				Neck Rotations 34		Thigh	
Calf		Back Contractions 34				Back Contractions 34		Calf	
60-90 sec. Rest		Swimmer Exercise 34				Swimmer Exercise 34		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 18				Back Lifts 18		<b>LEGS</b>	
Lunges 42		60-90 sec. Rest				60-90 sec. Rest		Lunges 42	
Squats 56		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 56	
Fire Hydrants 36 (Each Side)		Regular 1-3-5-7-9-11-13 ↓				Regular 1-3-5-7-9-11-13 ↓		Fire Hydrants 36 (Each Side)	
Mountain Climber 28		Close Grip 1-3-5-7-9-11 ↓				Close Grip 1-3-5-7-9-11 ↓		Mountain Climber 28	
The Wall 2:45 min.		Reverse 1-3-5-7-9-11 ↓				Reverse 1-3-5-7-9-11 ↓		The Wall 2:45 min.	
60-90 sec. Rest		Commandos 1-3-5-7 ↓				Commandos 1-3-5-7 ↓		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 1-3-5-7 ↓				Behind the Neck 1-3-5-7 ↓		<b>CALVES</b>	
Straight (Regular) 90		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 90	
Toe to Toe 90		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 90	
Heel to Heel 90		Regular 18				Regular 18		Heel to Heel 90	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>				<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 40		Reg. 10-12-14-16-18-20-22 ↓		<b>ABDOMINALS</b>		Reg. 10-12-14-16-18-20-22 ↓		Hand to Toes 40	
X Sit-Ups 40		Diamond 1-3-5-7-9-11 ↓		Clockwork 45-40-35		Diamond 1-3-5-7-9-11 ↓		X Sit-Ups 40	
Crunches 40		Dive Bombers 1-3-5-7-9-11 ↓		Hanging Knee Up 40		Dive Bombers 1-3-5-7-9-11 ↓		Crunches 40	
Side Sit-Ups 40		8 Count Body Builders 18		Hanging Side Sit-Up 20		8 Count Body Builders 18		Side Sit-Ups 40	
Obliques 40		Take "After" Supplements		Hand to Toe (Short) 40		Take "After" Supplements		Obliques 40	
Flutter Kicks 40		Drink 16 oz. of water		Crunches (Short) 40		Drink 16 oz. of water		Flutter Kicks 40	
Reverse Crunches 40				Side Sit-Up (Short) 40				Reverse Crunches 40	
Knee Bends 40				Obliques (Short) 40				Knee Bends 40	
Chest Roll 40				Atomic 34				Chest Roll 40	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 1 quart of water	

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 10

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (4x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (4x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (4x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 20		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 22		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>BURNOUTS—UPPER BODY</b>		ITB	
Thigh		Neck Rotations 36		First Set — 50%		<b>SET 1</b>		Thigh	
Calf		Back Contractions 36		Second Set — 75%		Regular Pull-Ups		Calf	
60-90 sec. Rest		Swimmer Exercise 36		Third Set — 100%		Bar Dips		60-90 sec. Rest	
<b>BURNOUTS—LEGS</b>		Back Lifts 18		18 Sets		Regular Push-Ups		<b>LEGS</b>	
<b>SET 1</b>		60-90 sec. Rest				<b>SET 2</b>		Lunges 43	
The Wall		<b>PULL-UPS</b>				Close Grip Pull-Ups		Squats 57	
Frog Hops		Regular 1-3-5-7-9-11-13 ↓				Bar Dips		Fire Hydrants 37 (Each Side)	
Hand to Toe		Close Grip 1-3-5-7-9-11 ↓				Diamond Push-Ups		Mountain Climber 29	
<b>SET 2</b>		Reverse 1-3-5-7-9-11 ↓				<b>SET 3</b>		The Wall 2:45 min.	
Lunges		Commandos 1-3-5-7 ↓				Reverse Grip Pull-Ups		60-90 sec. Rest	
Star Hops		Behind the Neck 1-3-5-7 ↓				Bar Dips		<b>CALVES</b>	
Side Sit-Ups		60-90 sec. Rest				Dive Bombers		Straight (Regular) 95	
<b>SET 3</b>		<b>BAR DIPS</b>				<b>SET 4</b>		Toe to Toe 95	
Mountain Climbers		Regular 19				Behind the Neck Pull-Ups		Heel to Heel 95	
Atomics		60-90 sec. Rest				Bar Dips		60-90 sec. Rest	
Knee Bends		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		Regular Push-Ups		<b>ABDOMINALS</b>	
<b>SET 4</b>		Reg. 10-12-14-16-18-20-22 ↓		Clockwork 45-40-35		<b>SET 5</b>		Hand to Toes 45	
Fire Hydrants (Each Side)		Diamond 2-4-6-8-10-12 ↓		Hanging Knee Up 45		Commandos		X Sit-Ups 45	
High Knees		Dive Bombers 4-6-8-10-12 ↓		Hanging Side Sit-Up 22		Bar Dips		Crunches 45	
Crunches		Take "After" Supplements		Hand to Toe (Short) 45		Diamond Push-Ups		Side Sit-Ups 45	
<b>SET 5</b>		Drink 16 oz. of water		Crunches (Short) 45		Take "After" Supplements		Obliques 45	
Calf Raises				Side Sit-Up (Short) 45		Drink 16 oz. of water		Flutter Kicks 45	
Sprints				Obliques (Short) 45				Reverse Crunches 45	
Knee Roll Ups				Atomic 36				Knee Bends 45	
Take "After" Supplements				Take "After" Supplements				Chest Roll 45	
Drink 1 quart of water				Drink 16 oz. of water				Take "After" Supplements	
								Drink 1 quart of water	

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 11

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (4x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (4x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (4x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 20		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 25		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		8 Laps = 3200 yds.		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 38				Neck Rotations 38		Thigh	
Calf		Back Contractions 38				Back Contractions 38		Calf	
60-90 sec. Rest		Swimmer Exercise 38				Swimmer Exercise 38		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 18				Back Lifts 18		<b>LEGS</b>	
Lunges 44		60-90 sec. Rest				60-90 sec. Rest		Lunges 44	
Squats 58		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 58	
Fire Hydrants 38 (Each Side)		Regular 1-3-5-7-9-11-13 ↓				Regular 1-3-5-7-9-11-13 ↓		Fire Hydrants 38 (Each Side)	
Mountain Climber 30		Close Grip 1-3-5-7-9-11 ↓				Close Grip 1-3-5-7-9-11 ↓		Mountain Climber 30	
The Wall 3:00 min.		Reverse 1-3-5-7-9-11 ↓				Reverse 1-3-5-7-9-11 ↓		The Wall 3:00 min.	
60-90 sec. Rest		Commandos 1-3-5-7 ↓				Commandos 1-3-5-7 ↓		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck v1-3-5-7 ↓				Behind the Neck 1-3-5-7 ↓		<b>CALVES</b>	
Straight (Regular) 95		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 95	
Toe to Toe 95		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 95	
Heel to Heel 95		Regular 20				Regular 20		Heel to Heel 95	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 45		Reg. 12-14-16-18-20-22-24 ↓				Reg. 12-14-16-18-20-22-24 ↓		Hand to Toes 45	
X Sit-Ups 45		Diamond 4-6-8-10-12 ↓		Clockwork 50-45-40		Diamond 4-6-8-10-12 ↓		X Sit-Ups 45	
Crunches 45		Dive Bombers 4-6-8-10-12 ↓		Hanging Knee Up 45		Dive Bombers 4-6-8-10-12 ↓		Crunches 45	
Side Sit-Ups 45		8 Count Body Builders 20		Hanging Side Sit-Up 22		8 Count Body Builders 20		Side Sit-Ups 45	
Obliques 45		Take "After" Supplements		Hand to Toe (Short) 45		Take "After" Supplements		Obliques 45	
Flutter Kicks 45		Drink 16 oz. of water		Crunches (Short) 45		Drink 16 oz. of water		Flutter Kicks 45	
Reverse Crunches 45				Side Sit-Up (Short) 45				Reverse Crunches 45	
Knee Bends 45				Obliques (Short) 45				Knee Bends 45	
Chest Roll 45				Atomic 38				Chest Roll 45	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 1 quart of water	

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 12

# INTERMEDIATE LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35		Jumping Jacks 35	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35		Half Jumping Jacks 35	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (4x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (4x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (4x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 20		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 25		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 40		First Set — 50%		Neck Rotations 40		Thigh	
Calf		Back Contractions 40		Second Set — 75%		Back Contractions 40		Calf	
60-90 sec. Rest		Swimmer Exercise 40		Third Set — 100%		Swimmer Exercise 40		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 20		20 Sets		Back Lifts 20		<b>LEGS</b>	
Lunges 45		60-90 sec. Rest				60-90 sec. Rest		Lunges 45	
Squats 60		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 60	
Fire Hydrants 40 (Each Side)		Regular 2-4-6-8-10-12-14 ↓				Regular 2-4-6-8-10-12-14 ↓		Fire Hydrants 40 (Each Side)	
Mountain Climber 30		Close Grip 2-4-6-8-10-12 ↓				Close Grip 2-4-6-8-10-12 ↓		Mountain Climber 30	
The Wall 3:00 min.		Reverse 2-4-6-8-10-12 ↓				Reverse 2-4-6-8-10-12 ↓		The Wall 3:00 min.	
60-90 sec. Rest		Commandos 2-4-6-8-6-4-2				Commandos 2-4-6-8-6-4-2		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-8-6-4-2				Behind the Neck 2-4-6-8-6-4-2		<b>CALVES</b>	
Straight (Regular) 100		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 100	
Toe to Toe 100		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 100	
Heel to Heel 100		Regular 20				Regular 20		Heel to Heel 100	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 50		Reg. 12-14-16-18-20-22-24 ↓				Reg. 12-14-16-18-20-22-24 ↓		Hand to Toes 50	
X Sit-Ups 50		Diamond 2-4-6-8-10-12 ↓		Clockwork 50-45-40		Diamond 2-4-6-8-10-12 ↓		X Sit-Ups 50	
Crunches 50		Dive Bombers 4-6-8-10-12 ↓		Hanging Knee Up 50		Dive Bombers 4-6-8-10-12 ↓		Crunches 50	
Side Sit-Ups 50		8 Count Body Builders 20		Hanging Side Sit-Up 25		8 Count Body Builders 20		Side Sit-Ups 50	
Obliques 50		Take "After" Supplements		Hand to Toe (Short) 50		Take "After" Supplements		Obliques 50	
Flutter Kicks 50		Drink 16 oz. of water		Crunches (Short) 50		Drink 16 oz. of water		Flutter Kicks 50	
Reverse Crunches 50				Side Sit-Up (Short) 50				Reverse Crunches 50	
Knee Bends 50				Obliques (Short) 50				Knee Bends 50	
Chest Roll 50				Atomic 40				Chest Roll 50	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 1 quart of water	

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

SUPPLEMENTS	
Before	After
<b>3</b> Electrolyte™	<b>3</b> Recover™
<b>1</b> Energy Plus™	<b>2</b> Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

SUPPLEMENTS	
Before	After
<b>3</b>	<b>3</b>
Electrolyte™	Recover™
<b>1</b>	<b>2</b>
Energy Plus™	Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

SUPPLEMENTS	
Before	After
<b>3</b>	<b>3</b>
Electrolyte™	Recover™
<b>1</b>	<b>2</b>
Energy Plus™	Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

SUPPLEMENTS	
Before	After
<b>3</b> Electrolyte™	<b>3</b> Recover™
<b>1</b> Energy Plus™	<b>2</b> Restore™

MEALS	WATER
1 2 3 4 5	1 2 3 4 5 6 7 8

SUPPLEMENTS	
Before	After
<b>3</b> Electrolyte™	<b>3</b> Recover™
<b>1</b> Energy Plus™	<b>2</b> Restore™



# WEEK 1

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 40		Jumping Jacks 40		Jumping Jacks 40		Jumping Jacks 40		Jumping Jacks 40	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 40		Half Jumping Jacks 40		Half Jumping Jacks 40		Half Jumping Jacks 40		Half Jumping Jacks 40	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (4x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (4x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (4x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 20		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 25		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>BURNOUTS— UPPER BODY</b>		ITB	
Thigh		Neck Rotations 40		First Set — 50%				Thigh	
Calf		Back Contractions 40		Second Set — 75%				Calf	
60-90 sec. Rest		Swimmer Exercise 40		Third Set — 100%				60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 20		20 Sets		Regular Pull-Ups		<b>BURNOUTS— LEGS</b>	
Lunges 45		60-90 sec. Rest				Bar Dips			
Squats 60		<b>PULL-UPS</b>				Regular Push-Ups			
Fire Hydrants 40 (Each Side)		Regular 2-4-6-8-10-12-14 ↓				<b>SET 2</b>			
Mountain Climber 30		Close Grip 2-4-6-8-10-12 ↓				Close Grip Pull-Ups		The Wall	
The Wall 3:00 min.		Reverse 2-4-6-8-10-12 ↓				Bar Dips		Frog Hops	
60-90 sec. Rest		Commandos 2-4-6-8-6-4-2				Diamond Push-Ups		Hand to Toe	
<b>CALVES</b>		Behind the Neck 2-4-6-8-6-4-2				<b>SET 3</b>		<b>SET 2</b>	
Straight (Regular) 100		60-90 sec. Rest				Reverse Grip Pull-Ups		Lunges	
Toe to Toe 100		<b>BAR DIPS</b>				Bar Dips		Star Hops	
Heel to Heel 100		Regular 20				Dive Bombers		Side Sit-Ups	
60-90 sec. Rest		60-90 sec. Rest				<b>SET 4</b>		<b>SET 3</b>	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>				Behind the Neck Pull-Ups		Mountain Climbers	
Hand to Toes 50		Reg. 12-14-16-18-20-22-24 ↓		<b>ABDOMINALS</b>		Bar Dips		Atomic	
X Sit-Ups 50		Diamond 2-4-6-8-10-12 ↓		Clockwork 50-45-40		Regular Push-Ups		Knee Bends	
Crunches 50		Dive Bombers 4-6-8-10-12 ↓		Hanging Knee Up 50		<b>SET 5</b>		<b>SET 4</b>	
Side Sit-Ups 50		8 Count Body Builders 20		Hanging Side Sit-Up 25		Commandos		Fire Hydrants (Each Side)	
Obliques 50		Take "After" Supplements		Hand to Toe (Short) 50		Bar Dips		High Knees	
Flutter Kicks 50		Drink 16 oz. of water		Crunches (Short) 50		Diamond Push-Ups		Crunches	
Reverse Crunches 50				Side Sit-Up (Short) 50		Take "After" Supplements		<b>SET 5</b>	
Knee Bends 50				Obliques (Short) 50		Drink 16 oz. of water		Calf Raises	
Chest Roll 50				Atomic 40				Sprints	
Take "After" Supplements				Take "After" Supplements				Knee Roll Ups	
Drink 16 oz. of water				Drink 16 oz. of water				Take "After" Supplements	
								Drink 1 quart of water	

## MEALS WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
<b>3</b>	<b>3</b>
Electrolyte™	Recover™
<b>1</b>	<b>2</b>
Energy Plus™	Restore™

## MEALS WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
<b>3</b>	<b>3</b>
Electrolyte™	Recover™
<b>1</b>	<b>2</b>
Energy Plus™	Restore™

## MEALS WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
<b>3</b>	<b>3</b>
Electrolyte™	Recover™
<b>1</b>	<b>2</b>
Energy Plus™	Restore™

## MEALS WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
<b>3</b>	<b>3</b>
Electrolyte™	Recover™
<b>1</b>	<b>2</b>
Energy Plus™	Restore™

## MEALS WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before	After
<b>3</b>	<b>3</b>
Electrolyte™	Recover™
<b>1</b>	<b>2</b>
Energy Plus™	Restore™



# WEEK 2

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (4x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (4x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (4x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 20		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 25		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>CIRCUIT— UPPER BODY</b>		8 Laps = 3200 yds.		<b>UPPER BODY</b>		ITB	
Thigh						Neck Rotations 40		Thigh	
Calf						Back Contractions 40		Calf	
60-90 sec. Rest		Regular Pull-Ups 20				Swimmer Exercise 40		60-90 sec. Rest	
<b>LEGS</b>		Bar Dips 30				Back Lifts 20		<b>CIRCUIT— LEGS</b>	
Lunges 45		Regular Push-Ups 55				60-90 sec. Rest			
Squats 60		<b>SET 2</b>				<b>PULL-UPS</b>			
Fire Hydrants 40 (Each Side)		Close Grip Pull-Ups 20				Regular 2-4-6-8-10-12-14 ↓		SET 1	
Mountain Climber 30		Bar Dips 30				Close Grip 2-4-6-8-10-12 ↓		The Wall 3:00 min.	
The Wall 3:00 min.		Diamond Push-Ups 40				Reverse 2-4-6-8-10-12 ↓		Frog Hops 40 yds. (5x)	
60-90 sec. Rest		<b>SET 3</b>				Commandos 2-4-6-8-6-4-2		Hand to Toe 40	
<b>CALVES</b>		Reverse Grip Pull-Ups 20				Behind the Neck 2-4-6-8-6-4-2		<b>SET 2</b>	
Straight (Regular) 100		Bar Dips 30				60-90 sec. Rest		Walking Lunges 40 yds. (5x)	
Toe to Toe 100		Dive Bombers 40				<b>BAR DIPS</b>		Star Hops 20	
Heel to Heel 100		<b>SET 4</b>				Regular 20		Side Sit-Ups 45	
60-90 sec. Rest		Behind the Neck Pull-Ups 15				60-90 sec. Rest		<b>SET 3</b>	
<b>ABDOMINALS</b>		Bar Dips 30				<b>PUSH-UPS</b>		Mountain Climbers 20	
Hand to Toes 50		Regular Push-Ups 55		<b>ABDOMINALS</b>		Reg. 12-14-16-18-20-22-24 ↓		Regular Calf Raises 95	
X Sit-Ups 50		Take "After" Supplements		Clockwork 50-45-40		Diamond 2-4-6-8-10-12 ↓		Knee Bends 45	
Crunches 50		Drink 16 oz. of water		Hanging Knee Up 50		Dive Bombers 2-4-6-8-10-12 ↓		<b>SET 4</b>	
Side Sit-Ups 50				Hanging Side Sit-Up 25		8 Count Body Builders 20		Fire Hydrants 45 (Each Side)	
Obliques 50				Hand to Toe (Short) 50		Take "After" Supplements		Toe to Toe Calf Raises 95	
Flutter Kicks 50				Crunches (Short) 50		Drink 16 oz. of water		Crunches 45	
Reverse Crunches 50				Side Sit-Up (Short) 50				<b>SET 5</b>	
Knee Bends 50				Obliques (Short) 50				Heel to Heel Calf Raises 95	
Chest Roll 50				Atomic 40				Knee Roll Ups 45	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 16 oz. of water	

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™



# WEEK 3

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (5x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (5x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (5x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 22		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 30		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 40		First Set — 50%		Neck Rotations 40		Thigh	
Calf		Back Contractions 40		Second Set — 75%		Back Contractions 40		Calf	
60-90 sec. Rest		Swimmer Exercise 40		Third Set — 100%		Swimmer Exercise 40		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 20		20 Sets		Back Lifts 20		<b>LEGS</b>	
Lunges 45		60-90 sec. Rest				60-90 sec. Rest		Lunges 45	
Squats 60		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 60	
Fire Hydrants 40 (Each Side)		Regular 2-4-6-8-10-12-14 ↓				Regular 2-4-6-8-10-12-14 ↓		Fire Hydrants 40 (Each Side)	
Mountain Climber 30		Close Grip 2-4-6-8-10-12 ↓				Close Grip 2-4-6-8-10-12 ↓		Mountain Climber 30	
The Wall 3:00 min.		Reverse 2-4-6-8-10-12 ↓				Reverse 2-4-6-8-10-12 ↓		The Wall 3:00 min.	
60-90 sec. Rest		Commandos 2-4-6-8-6-4-2				Commandos 2-4-6-8-6-4-2		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-8-6-4-2				Behind the Neck 2-4-6-8-6-4-2		<b>CALVES</b>	
Straight (Regular) 100		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 100	
Toe to Toe 100		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 100	
Heel to Heel 100		Regular 20				Regular 20		Heel to Heel 100	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 50		Reg. 12-14-16-18-20-22-24 ↓				Reg. 12-14-16-18-20-22-24 ↓		Hand to Toes 50	
X Sit-Ups 50		Diamond 2-4-6-8-10-12 ↓		Clockwork 50-45-40		Diamond 2-4-6-8-10-12 ↓		X Sit-Ups 50	
Crunches 50		Dive Bombers 4-6-8-10-12 ↓		Hanging Knee Up 50		Dive Bombers 4-6-8-10-12 ↓		Crunches 50	
Side Sit-Ups 50		8 Count Body Builders 20		Hanging Side Sit-Up 25		8 Count Body Builders 20		Side Sit-Ups 50	
Obliques 50		Take "After" Supplements		Hand to Toe (Short) 50		Take "After" Supplements		Obliques 50	
Flutter Kicks 50		Drink 16 oz. of water		Crunches (Short) 50		Drink 16 oz. of water		Flutter Kicks 50	
Reverse Crunches 50				Side Sit-Up (Short) 50				Reverse Crunches 50	
Knee Bends 50				Obliques (Short) 50				Knee Bends 50	
Chest Roll 50				Atomic 40				Chest Roll 50	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 16 oz. of water	
<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™



# WEEK 4

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (5x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (5x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (5x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 22		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 30		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		8 Laps = 3200 yds.		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 40				Neck Rotations 40		Thigh	
Calf		Back Contractions 40				Back Contractions 40		Calf	
60-90 sec. Rest		Swimmer Exercise 40				Swimmer Exercise 40		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 20				Back Lifts 20		<b>LEGS</b>	
Lunges 45		60-90 sec. Rest				60-90 sec. Rest		Lunges 45	
Squats 60		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 60	
Fire Hydrants 40 (Each Side)		Regular 2-4-6-8-10-12-14 ▴				Regular 2-4-6-8-10-12-14 ▴		Fire Hydrants 40 (Each Side)	
Mountain Climber 30		Close Grip 2-4-6-8-10-12 ▴				Close Grip 2-4-6-8-10-12 ▴		Mountain Climber 30	
The Wall 3:00 min.		Reverse 2-4-6-8-10-12 ▴				Reverse 2-4-6-8-10-12 ▴		The Wall 3:00 min.	
60-90 sec. Rest		Commandos 2-4-6-8-6-4-2				Commandos 2-4-6-8-6-4-2		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-8-6-4-2				Behind the Neck 2-4-6-8-6-4-2		<b>CALVES</b>	
Straight (Regular) 100		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 100	
Toe to Toe 100		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 100	
Heel to Heel 100		Regular 20				Regular 20		Heel to Heel 100	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 50		Reg. 12-14-16-18-20-22-24 ▴				Reg. 12-14-16-18-20-22-24 ▴		Hand to Toes 50	
X Sit-Ups 50		Diamond 2-4-6-8-10-12 ▴		Clockwork 50-45-40		Diamond 2-4-6-8-10-12 ▴		X Sit-Ups 50	
Crunches 50		Dive Bombers 4-6-8-10-12 ▴		Hanging Knee Up 50		Dive Bombers 4-6-8-10-12 ▴		Crunches 50	
Side Sit-Ups 50		8 Count Body Builders 20		Hanging Side Sit-Up 25		8 Count Body Builders 20		Side Sit-Ups 50	
Obliques 50		Take "After" Supplements		Hand to Toe (Short) 50		Take "After" Supplements		Obliques 50	
Flutter Kicks 50		Drink 16 oz. of water		Crunches (Short) 50		Drink 16 oz. of water		Flutter Kicks 50	
Reverse Crunches 50				Side Sit-Up (Short) 50				Reverse Crunches 50	
Knee Bends 50				Obliques (Short) 50				Knee Bends 50	
Chest Roll 50				Atomic 40				Chest Roll 50	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 16 oz. of water	

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 5

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (5x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (5x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (5x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 22		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 30		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>TIMED INTERVALS</b>		3 Sets of Cones		<b>UPPER BODY</b>		ITB	
Thigh		<b>UPPER BODY</b>		First Set — 50%		Neck Rotations 45		Thigh	
Calf		Neck Rotations 90 sec.		Second Set — 75%		Back Contractions 45		Calf	
60-90 sec. Rest		Back Contractions 90 sec.		Third Set — 100%		Swimmer Exercise 45		<b>TIMED INTERVALS</b>	
<b>LEGS</b>		Swimmer Exercise 90 sec.		21 Sets		Back Lifts 25		<b>LEGS</b>	
Lunges 47		Back Lifts 90 sec.				60-90 sec. Rest		Lunges 90 sec.	
Squats 62		60-90 sec. Rest				<b>PULL-UPS</b>		Squats 90 sec.	
Fire Hydrants 43 (Each Side)		<b>PULL-UPS</b>				Regular 2-4-6-8-10-12-14-16 ↓		Fire Hydrants 90 sec. (Each Side)	
Mountain Climber 33		Regular 90 sec.				Close Grip 2-4-6-8-10-12 ↓		Mountain Climber 90 sec.	
The Wall 3:15 min.		Close Grip 90 sec.				Reverse 2-4-6-8-10-12 ↓		The Wall 3:30 min.	
60-90 sec. Rest		Reverse 90 sec.				Commandos 2-4-6-8-10 ↓		60-90 sec. Rest	
<b>CALVES</b>		Commandos 90 sec.				Behind the Neck 2-4-6-8-10 ↓		<b>CALVES</b>	
Straight (Regular) 120		Behind the Neck 90 sec.				60-90 sec. Rest		Straight (Regular) 90 sec.	
Toe to Toe 120		60-90 sec. Rest				<b>BAR DIPS</b>		Toe to Toe 90 sec.	
Heel to Heel 120		<b>BAR DIPS</b>				Regular 23		Heel to Heel 90 sec.	
60-90 sec. Rest		Regular 90 sec.				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		60-90 sec. Rest				<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 55		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		Reg. 12-14-16-18-20-22-24-26 ↓		Hand to Toes 90 sec.	
X Sit-Ups 55		Regular 90 sec.		Clockwork 55-50-45		Diamond 2-4-6-8-10-12-14 ↓		X Sit-Ups 90 sec.	
Crunches 55		Diamond 90 sec.		Hanging Knee Up 55		Dive Bombers 4-6-8-10-12-14 ↓		Crunches 90 sec.	
Side Sit-Ups 55		Dive Bombers 90 sec.		Hanging Side Sit-Up 22		8 Count Body Builders 22		Side Sit-Ups 90 sec.	
Obliques 55		8 Count Body Builders 90 sec.		Hand to Toe (Short) 55		Take "After" Supplements		Obliques 90 sec.	
Flutter Kicks 55		Take "After" Supplements		Crunches (Short) 55		Drink 16 oz. of water		Flutter Kicks 90 sec.	
Reverse Crunches 55		Drink 16 oz. of water		Side Sit-Up (Short) 55				Reverse Crunches 90 sec.	
Knee Bends 55				Obliques (Short) 55				Knee Bends 90 sec.	
Chest Roll 55				Atomic 45				Chest Roll 90 sec.	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 1 quart of water	

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™

MEALS	WATER
1 2 3 4	1 2 3 4
5	5 6 7 8

## SUPPLEMENTS

Before	After
3 Electrolyte™	3 Recover™
1 Energy Plus™	2 Restore™



# WEEK 6

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (5x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (5x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (5x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 22		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 30		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		9 Laps = 3600 yds.		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 45				Neck Rotations 45		Thigh	
Calf		Back Contractions 45				Back Contractions 45		Calf	
60-90 sec. Rest		Swimmer Exercise 45				Swimmer Exercise 45		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 25				Back Lifts 25		<b>LEGS</b>	
Lunges 47		60-90 sec. Rest				60-90 sec. Rest		Lunges 47	
Squats 62		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 62	
Fire Hydrants 43 (Each Side)		Regular 2-4-6-8-10-12-14-16 ↓				Regular 2-4-6-8-10-12-14-16 ↓		Fire Hydrants 43 (Each Side)	
Mountain Climber 33		Close Grip 2-4-6-8-10-12 ↓				Close Grip 2-4-6-8-10-12 ↓		Mountain Climber 33	
The Wall 3:15 min.		Reverse 2-4-6-8-10-12 ↓				Reverse 2-4-6-8-10-12 ↓		The Wall 3:15 min.	
60-90 sec. Rest		Commandos 2-4-6-8-10 ↓				Commandos 2-4-6-8-10 ↓		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-8-10 ↓				Behind the Neck 2-4-6-8-10 ↓		<b>CALVES</b>	
Straight (Regular) 120		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 120	
Toe to Toe 120		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 120	
Heel to Heel 120		Regular 23				Regular 23		Heel to Heel 120	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 55		Reg. 12-14-16-18-20-22-24-26 ↓				Reg. 12-14-16-18-20-22-24-26 ↓		Hand to Toes 55	
X Sit-Ups 55		Diamond 2-4-6-8-10-12-14 ↓		Clockwork 55-50-45		Diamond 2-4-6-8-10-12-14 ↓		X Sit-Ups 55	
Crunches 55		Dive Bombers 2-4-6-8-10-12-14 ↓		Hanging Knee Up 55		Dive Bombers 2-4-6-8-10-12-14 ↓		Crunches 55	
Side Sit-Ups 55		8 Count Body Builders 22		Hanging Side Sit-Up 22		8 Count Body Builders 22		Side Sit-Ups 55	
Obliques 55		Take "After" Supplements		Hand to Toe (Short) 55		Take "After" Supplements		Obliques 55	
Flutter Kicks 55		Drink 16 oz. of water		Crunches (Short) 55		Drink 16 oz. of water		Flutter Kicks 55	
Reverse Crunches 55				Side Sit-Up (Short) 55				Reverse Crunches 55	
Knee Bends 55				Obliques (Short) 55				Knee Bends 55	
Chest Roll 55				Atomic 45				Chest Roll 55	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 16 oz. of water	

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™



# WEEK 7

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (5x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (5x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (5x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 22		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 30		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 45		First Set — 50%		Neck Rotations 45		Thigh	
Calf		Back Contractions 45		Second Set — 75%		Back Contractions 45		Calf	
60-90 sec. Rest		Swimmer Exercise 45		Third Set — 100%		Swimmer Exercise 45		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 25		22 Sets		Back Lifts 25		<b>LEGS</b>	
Lunges 47		60-90 sec. Rest				60-90 sec. Rest		Lunges 47	
Squats 62		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 62	
Fire Hydrants 43 (Each Side)		Regular 2-4-6-8-10-12-14-16 ↓				Regular 2-4-6-8-10-12-14-16 ↓		Fire Hydrants 43 (Each Side)	
Mountain Climber 33		Close Grip 2-4-6-8-10-12 ↓				Close Grip 2-4-6-8-10-12 ↓		Mountain Climber 33	
The Wall 3:15 min.		Reverse 2-4-6-8-10-12 ↓				Reverse 2-4-6-8-10-12 ↓		The Wall 3:15 min.	
60-90 sec. Rest		Commandos 2-4-6-8-10 ↓				Commandos 2-4-6-8-10 ↓		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-8-10 ↓				Behind the Neck 2-4-6-8-10 ↓		<b>CALVES</b>	
Straight (Regular) 120		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 120	
Toe to Toe 120		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 120	
Heel to Heel 120		Regular 23				Regular 23		Heel to Heel 120	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 55		Reg. 12-14-16-18-20-22-24-26 ↓				Reg. 12-14-16-18-20-22-24-26 ↓		Hand to Toes 55	
X Sit-Ups 55		Diamond 2-4-6-8-10-12-14 ↓		Clockwork 55-50-45		Diamond 2-4-6-8-10-12-14 ↓		X Sit-Ups 55	
Crunches 55		Dive Bombers 2-4-6-8-10-12-14 ↓		Hanging Knee Up 55		Dive Bombers 2-4-6-8-10-12-14 ↓		Crunches 55	
Side Sit-Ups 55		8 Count Body Builders 22		Hanging Side Sit-Up 22		8 Count Body Builders 22		Side Sit-Ups 55	
Obliques 55		Take "After" Supplements		Hand to Toe (Short) 55		Take "After" Supplements		Obliques 55	
Flutter Kicks 55		Drink 16 oz. of water		Crunches (Short) 55		Drink 16 oz. of water		Flutter Kicks 55	
Reverse Crunches 55				Side Sit-Up (Short) 55				Reverse Crunches 55	
Knee Bends 55				Obliques (Short) 55				Knee Bends 55	
Chest Roll 55				Atomic 45				Chest Roll 55	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 16 oz. of water	
<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™



# WEEK 8

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (5x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (5x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (5x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 24		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 30		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>TIMED INTERVALS UPPER BODY</b>		10 Laps = 4000 yds.		<b>CIRCUIT—UPPER BODY</b>		ITB	
Thigh		Neck Rotations 90 sec.				<b>SET 1</b>		Thigh	
Calf		Back Contractions 90 sec.				Regular Pull-Ups 25		Calf	
60-90 sec. Rest		Swimmer Exercise 90 sec.				Bar Dips 35		<b>TIMED INTERVALS LEGS</b>	
<b>CIRCUIT—LEGS</b>		Back Lifts 90 sec.				Regular Push-Ups 70		Lunges 90 sec.	
<b>SET 1</b>		60-90 sec. Rest				<b>SET 2</b>		Squats 90 sec.	
The Wall 3:30 min.		<b>PULL-UPS</b>				Close Grip Pull-Ups 25		Fire Hydrants 90 sec. (Each Side)	
Frog Hops 40 yds. (6x)		Regular 90 sec.				Bar Dips 35		Mountain Climber 90 sec.	
Hand to Toe 50		Close Grip 90 sec.				Diamond Push-Ups 45		The Wall 3:45 min.	
<b>SET 2</b>		Reverse 90 sec.				<b>SET 3</b>		60-90 sec. Rest	
Walking Lunges 40 yds. (6x)		Commandos 90 sec.				Reverse Grip Pull-Ups 25		<b>CALVES</b>	
Star Hops 25		Behind the Neck 90 sec.				Bar Dips 35		Straight (Regular) 90 sec.	
Side Sit-Ups 50		60-90 sec. Rest				Dive Bombers 45		Toe to Toe 90 sec.	
<b>SET 3</b>		<b>BAR DIPS</b>				<b>SET 4</b>		Heel to Heel 90 sec.	
Mountain Climbers 25		Regular 90 sec.				Behind the Neck Pull-Ups 20		60-90 sec. Rest	
Regular Calf Raises 100		60-90 sec. Rest				Bar Dips 35		<b>ABDOMINALS</b>	
Knee Bends 50		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		Regular Push-Ups 70		Hand to Toes 90 sec.	
<b>SET 4</b>		Regular 90 sec.		Clockwork 55-50-45		Take "After" Supplements		X Sit-Ups 90 sec.	
Fire Hydrants 50 (Each Side)		Diamond 90 sec.		Hanging Knee Up 55		Drink 16 oz. of water		Crunches 90 sec.	
Toe to Toe Calf Raises 100		Dive Bombers 90 sec.		Hanging Side Sit-Up 22				Side Sit-Ups 90 sec.	
Crunches 50		8 Count Body Builders 90 sec.		Hand to Toe (Short) 55				Obliques 90 sec.	
<b>SET 5</b>		Take "After" Supplements		Crunches (Short) 55				Flutter Kicks 90 sec.	
Heel to Heel Calf Raises 100		Drink 16 oz. of water		Side Sit-Up (Short) 55				Reverse Crunches 90 sec.	
Knee Roll Ups 50				Obliques (Short) 55				Knee Bends 90 sec.	
Take "After" Supplements				Atomic 45				Chest Roll 90 sec.	
Drink 16 oz. of water				Take "After" Supplements				Take "After" Supplements	
				Drink 16 oz. of water				Drink 1 quart of water	

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before

**3**  
Electrolyte™

**1**  
Energy Plus™

After

**3**  
Recover™

**2**  
Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before

**3**  
Electrolyte™

**1**  
Energy Plus™

After

**3**  
Recover™

**2**  
Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before

**3**  
Electrolyte™

**1**  
Energy Plus™

After

**3**  
Recover™

**2**  
Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before

**3**  
Electrolyte™

**1**  
Energy Plus™

After

**3**  
Recover™

**2**  
Restore™

## MEALS

1	2	3	4
5			

## WATER

1	2	3	4
5	6	7	8

## SUPPLEMENTS

Before

**3**  
Electrolyte™

**1**  
Energy Plus™

After

**3**  
Recover™

**2**  
Restore™



# WEEK 9

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (5x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (5x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (5x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 25		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 32		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 50		First Set — 50%		Neck Rotations 50		Thigh	
Calf		Back Contractions 50		Second Set — 75%		Back Contractions 50		Calf	
60-90 sec. Rest		Swimmer Exercise 50		Third Set — 100%		Swimmer Exercise 50		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 30		23 Sets		Back Lifts 30		<b>LEGS</b>	
Lunges 50		60-90 sec. Rest				60-90 sec. Rest		Lunges 50	
Squats 65		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 65	
Fire Hydrants 45 (Each Side)		Regular 4-6-8-10-12-14-16-18 ↓				Regular 4-6-8-10-12-14-16-18 ↓		Fire Hydrants 45 (Each Side)	
Mountain Climber 35		Close Grip 2-4-6-8-10-12-14 ↓				Close Grip 2-4-6-8-10-12-14 ↓		Mountain Climber 35	
The Wall 3:30 min.		Reverse 2-4-6-8-10-12-14 ↓				Reverse 2-4-6-8-10-12-14 ↓		The Wall 3:30 min.	
60-90 sec. Rest		Commandos 2-4-6-8-10-12 ↓				Commandos 2-4-6-8-10-12 ↓		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-8-10-12 ↓				Behind the Neck 2-4-6-8-10-12 ↓		<b>CALVES</b>	
Straight (Regular) 140		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 140	
Toe to Toe 140		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 140	
Heel to Heel 140		Regular 25				Regular 25		Heel to Heel 140	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 60		Reg. 14-16-18-20-22-24-26-28 ↓				Reg. 14-16-18-20-22-24-26-28 ↓		Hand to Toes 60	
X Sit-Ups 60		Diamond 4-6-8-10-12-14-16 ↓		Clockwork 60-55-50		Diamond 4-6-8-10-12-14-16 ↓		X Sit-Ups 60	
Crunches 60		Dive Bombers 4-6-8-10-12-14-16 ↓		Hanging Knee Up 60		Dive Bombers 4-6-8-10-12-14-16 ↓		Crunches 60	
Side Sit-Ups 60		8 Count Body Builders 24		Hanging Side Sit-Up 30		8 Count Body Builders 24		Side Sit-Ups 60	
Obliques 60		Take "After" Supplements		Hand to Toe (Short) 60		Take "After" Supplements		Obliques 60	
Flutter Kicks 60		Drink 16 oz. of water		Crunches (Short) 60		Drink 16 oz. of water		Flutter Kicks 60	
Reverse Crunches 60				Side Sit-Up (Short) 60				Reverse Crunches 60	
Knee Bends 60				Obliques (Short) 60				Knee Bends 60	
Chest Roll 60				Atomic 50				Chest Roll 60	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 16 oz. of water	
<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™



# WEEK 10

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (5x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (5x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (5x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 25		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 32		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		11 Laps = 4400 yds.		<b>BURNOUTS— UPPER BODY</b>		ITB	
Thigh		Neck Rotations 50				<b>SET 1</b>		Thigh	
Calf		Back Contractions 50				Regular Pull-Ups		Calf	
60-90 sec. Rest		Swimmer Exercise 50				Bar Dips		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 30				Regular Push-Ups		<b>BURNOUTS— LEGS</b>	
Lunges 50		60-90 sec. Rest				<b>SET 2</b>		<b>SET 1</b>	
Squats 65		<b>PULL-UPS</b>				Close Grip Pull-Ups		The Wall	
Fire Hydrants 45 (Each Side)		Regular 4-6-8-10-12-14-16-18 ↓				Bar Dips		Frog Hops	
Mountain Climber 35		Close Grip 2-4-6-8-10-12-14 ↓				Diamond Push-Ups		Hand to Toe	
The Wall 3:30 min.		Reverse 2-4-6-8-10-12-14 ↓				<b>SET 3</b>		<b>SET 2</b>	
60-90 sec. Rest		Commandos 2-4-6-8-10-12 ↓				Reverse Grip Pull-Ups		Lunges	
<b>CALVES</b>		Behind the Neck 2-4-6-8-10-12 ↓				Bar Dips		Star Hops	
Straight (Regular) 140		60-90 sec. Rest				Dive Bombers		Side Sit-Ups	
Toe to Toe 140		<b>BAR DIPS</b>				<b>SET 4</b>		<b>SET 3</b>	
Heel to Heel 140		Regular 25				Behind the Neck Pull-Ups		Mountain Climbers	
60-90 sec. Rest		60-90 sec. Rest				Bar Dips		Atomics	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>				Regular Push-Ups		Knee Bends	
Hand to Toes 60		Reg. 14-16-18-20-22-24-26-28 ↓		<b>ABDOMINALS</b>		<b>SET 5</b>		<b>SET 4</b>	
X Sit-Ups 60		Diamond 4-6-8-10-12-14-16 ↓		Clockwork 60-55-50		Commandos		Fire Hydrants (Each Side)	
Crunches 60		Dive Bombers 4-6-8-10-12-14-16 ↓		Hanging Knee Up 60		Bar Dips		High Knees	
Side Sit-Ups 60		8 Count Body Builders 24		Hanging Side Sit-Up 30		Diamond Push-Ups		Crunches	
Obliques 60		Take "After" Supplements		Hand to Toe (Short) 60		Take "After" Supplements		<b>SET 5</b>	
Flutter Kicks 60		Drink 16 oz. of water		Crunches (Short) 60		Drink 16 oz. of water		Calf Raises	
Reverse Crunches 60				Side Sit-Up (Short) 60				Sprints	
Knee Bends 60				Obliques (Short) 60				Knee Roll Ups	
Chest Roll 60				Atomic 50				Take "After" Supplements	
Take "After" Supplements				Take "After" Supplements				Drink 1 quart of water	
Drink 16 oz. of water				Drink 16 oz. of water					

## MEALS

## WATER

1 2 3 4  
5

1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

## MEALS

## WATER

1 2 3 4  
5

1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

## MEALS

## WATER

1 2 3 4  
5

1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

## MEALS

## WATER

1 2 3 4  
5

1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

## MEALS

## WATER

1 2 3 4  
5

1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™



# WEEK 11

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (5x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (5x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (5x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 25		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 32		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Basic Sprints (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		3 Sets of Cones		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 50		First Set — 50%		Neck Rotations 50		Thigh	
Calf		Back Contractions 50		Second Set — 75%		Back Contractions 50		Calf	
60-90 sec. Rest		Swimmer Exercise 50		Third Set — 100%		Swimmer Exercise 50		60-90 sec. Rest	
<b>LEGS</b>		Back Lifts 30		24 Sets		Back Lifts 30		<b>LEGS</b>	
Lunges 50		60-90 sec. Rest				60-90 sec. Rest		Lunges 50	
Squats 65		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 65	
Fire Hydrants 45 (Each Side)		Regular 4-6-8-10-12-14-16-18 ↓				Regular 4-6-8-10-12-14-16-18 ↓		Fire Hydrants 45 (Each Side)	
Mountain Climber 35		Close Grip 2-4-6-8-10-12-14 ↓				Close Grip 2-4-6-8-10-12-14 ↓		Mountain Climber 35	
The Wall 3:30 min.		Reverse 2-4-6-8-10-12-14 ↓				Reverse 2-4-6-8-10-12-14 ↓		The Wall 3:30 min.	
60-90 sec. Rest		Commandos 2-4-6-8-10-12 ↓				Commandos 2-4-6-8-10-12 ↓		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-8-10-12 ↓				Behind the Neck 2-4-6-8-10-12 ↓		<b>CALVES</b>	
Straight (Regular) 140		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 140	
Toe to Toe 140		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 140	
Heel to Heel 140		Regular 25				Regular 25		Heel to Heel 140	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 60		Reg. 14-16-18-20-22-24-26-28 ↓		Clockwork 60-55-50		Reg. 14-16-18-20-22-24-26-28 ↓		Hand to Toes 60	
X Sit-Ups 60		Diamond 4-6-8-10-12-14-16 ↓		Hanging Knee Up 60		Diamond 4-6-8-10-12-14-16 ↓		X Sit-Ups 60	
Crunches 60		Dive Bombers 4-6-8-10-12-14-16 ↓		Hanging Side Sit-Up 30		Dive Bombers 4-6-8-10-12-14-16 ↓		Crunches 60	
Side Sit-Ups 60		8 Count Body Builders 24		Hand to Toe (Short) 60		8 Count Body Builders 24		Side Sit-Ups 60	
Obliques 60		Take "After" Supplements		Crunches (Short) 60		Take "After" Supplements		Obliques 60	
Flutter Kicks 60		Drink 16 oz. of water		Side Sit-Up (Short) 60		Drink 16 oz. of water		Flutter Kicks 60	
Reverse Crunches 60				Obliques (Short) 60				Reverse Crunches 60	
Knee Bends 60				Atomic 50				Knee Bends 60	
Chest Roll 60				Take "After" Supplements				Chest Roll 60	
Take "After" Supplements				Drink 16 oz. of water				Take "After" Supplements	
Drink 16 oz. of water								Drink 16 oz. of water	

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™

**MEALS**  
1 2 3 4  
5

**WATER**  
1 2 3 4  
5 6 7 8

## SUPPLEMENTS

Before  
3  
Electrolyte™  
1  
Energy Plus™

After  
3  
Recover™  
2  
Restore™



# WEEK 12

# ADVANCED LEVEL

✓ MONDAY	/ /	✓ TUESDAY	/ /	✓ WEDNESDAY	/ /	✓ THURSDAY	/ /	✓ FRIDAY	/ /
Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements		Take "Before" Supplements	
Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water		Drink 16 oz. of water	
<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>		<b>WARM-UPS</b>	
Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45		Jumping Jacks 45	
Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.		Running in Place 60 sec.	
Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45		Half Jumping Jacks 45	
60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest		60-90 sec. Rest	
<b>STRETCHES</b>		<b>STRETCHES</b>		<b>LEGS</b>		<b>STRETCHES</b>		<b>STRETCHES</b>	
Bend Overs		Chest		Walking Lunges 40 yds. (5x)		Chest		Bend Overs	
Cross Overs		Lat		High Knees 40 yds. (5x)		Lat		Cross Overs	
Inner Thigh		Shoulders		Frog Hops 40 yds. (5x)		Shoulders		Inner Thigh	
Forward Lunge		Tricep		Star Hops 25		Tricep		Forward Lunge	
Side & Oblique		Partner		Mountain Climbers 32		Partner		Side & Oblique	
Hurdler		Arm Rotation		<b>SPRINTS</b>		Arm Rotation		Hurdler	
Butterfly		60-90 sec. Rest		Intervals (Optional)		60-90 sec. Rest		Butterfly	
ITB		<b>UPPER BODY</b>		12 Laps = 4800 yds.		<b>UPPER BODY</b>		ITB	
Thigh		Neck Rotations 50				Neck Rotations 50		Thigh	
Calf		Back Contractions 50				Back Contractions 50		Calf	
60-90 sec. Rest		Swimmer Exercise 50				Swimmer Exercise 50		60-90 sec. Rest	
<b>LEGS</b>		<b>Back Lifts 30</b>				<b>Back Lifts 30</b>		<b>LEGS</b>	
Lunges 50		60-90 sec. Rest				60-90 sec. Rest		Lunges 50	
Squats 65		<b>PULL-UPS</b>				<b>PULL-UPS</b>		Squats 65	
Fire Hydrants 45 (Each Side)		Regular 4-6-8-10-12-14-16-18 ↓				Regular 4-6-8-10-12-14-16-18 ↓		Fire Hydrants 45 (Each Side)	
Mountain Climber 35		Close Grip 2-4-6-8-10-12-14 ↓				Close Grip 2-4-6-8-10-12-14 ↓		Mountain Climber 35	
The Wall 3:30 min.		Reverse 2-4-6-8-10-12-14 ↓				Reverse 2-4-6-8-10-12-14 ↓		The Wall 3:30 min.	
60-90 sec. Rest		Commandos 2-4-6-8-10-12 ↓				Commandos 2-4-6-8-10-12 ↓		60-90 sec. Rest	
<b>CALVES</b>		Behind the Neck 2-4-6-8-10-12 ↓				Behind the Neck 2-4-6-8-10-12 ↓		<b>CALVES</b>	
Straight (Regular) 140		60-90 sec. Rest				60-90 sec. Rest		Straight (Regular) 140	
Toe to Toe 140		<b>BAR DIPS</b>				<b>BAR DIPS</b>		Toe to Toe 140	
Heel to Heel 140		Regular 25				Regular 25		Heel to Heel 140	
60-90 sec. Rest		60-90 sec. Rest				60-90 sec. Rest		60-90 sec. Rest	
<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>		<b>PUSH-UPS</b>		<b>ABDOMINALS</b>	
Hand to Toes 60		Reg. 14-16-18-20-22-24-26-28 ↓				Reg. 14-16-18-20-22-24-26-28 ↓		Hand to Toes 60	
X Sit-Ups 60		Diamond 4-6-8-10-12-14-16 ↓		Clockwork 60-55-50		Diamond 4-6-8-10-12-14-16 ↓		X Sit-Ups 60	
Crunches 60		Dive Bombers 4-6-8-10-12-14-16 ↓		Hanging Knee Up 60		Dive Bombers 4-6-8-10-12-14-16 ↓		Crunches 60	
Side Sit-Ups 60		8 Count Body Builders 24		Hanging Side Sit-Up 30		8 Count Body Builders 24		Side Sit-Ups 60	
Obliques 60		Take "After" Supplements		Hand to Toe (Short) 60		Take "After" Supplements		Obliques 60	
Flutter Kicks 60		Drink 16 oz. of water		Crunches (Short) 60		Drink 16 oz. of water		Flutter Kicks 60	
Reverse Crunches 60				Side Sit-Up (Short) 60				Reverse Crunches 60	
Knee Bends 60				Obliques (Short) 60				Knee Bends 60	
Chest Roll 60				Atomic 50				Chest Roll 60	
Take "After" Supplements				Take "After" Supplements				Take "After" Supplements	
Drink 16 oz. of water				Drink 16 oz. of water				Drink 16 oz. of water	
<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8	<b>MEALS</b> 1 2 3 4 5	<b>WATER</b> 1 2 3 4 5 6 7 8
<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>		<b>SUPPLEMENTS</b>	
Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™	Before 3 Electrolyte™ 1 Energy Plus™	After 3 Recover™ 2 Restore™





**"DON'T STOP! This is only the beginning. Now that you have met your first set of goals, it is time to create new ones."**



## **MY AFTER BODY!**

### **1. CONGRATULATIONS!**

It wasn't easy, but you did it! You stuck to your guns, even when you didn't always want to, but it has truly paid off. . . .

However, DON'T STOP! This is only the beginning. Now that you have met your first set of goals, it is time to create new ones. *You need to push yourself again to the next level. You can always do better.*

Maybe you have been on the Beginning Level of this program. That's fantastic! But now it is time to go through the program again, at the Intermediate Level or Advanced Level. Once you have finished these milestones, are you done?

Of course not! When you first started this program, you made the decision that you were going to make a paradigm shift or lifestyle change, and you did. So

now is not the time to quit. Even if you are already at the Advanced Level, you still need to maintain your current body. *You have worked too hard to go backward!*

By now you will have already started to see other aspects of your life begin to change. You look better, feel younger, and have more confidence. *Make the commitment today to never stop. Keep pushing yourself to the next level.* Also, push those whom you care about as well. After all, if they don't feel and look like you do, they will not want to go with you on your next cruise!

### **2. WHERE ARE YOU NOW?**

As a closing to this session, retake the fitness test again to see how much you have improved. As you do this, *use your new numbers as the benchmark for your next level of progression.* We wish you good luck as you take it to the next level!

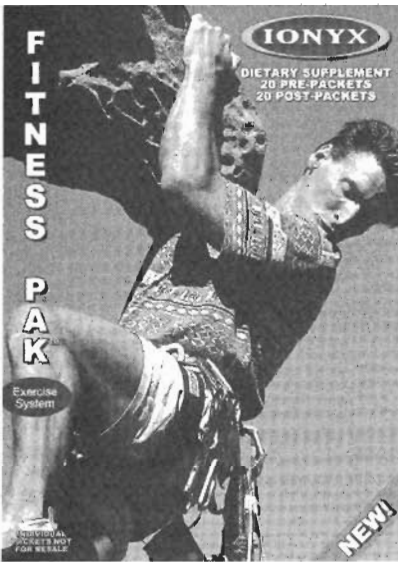




# FITNESS REEVALUATION

EXERCISES (Regular)	Total Max Reps	Beginning Level	Intermediate Level	Advanced Level
Old Push-Ups				
New Push-Ups				
Difference				
Old Crunches				
New Crunches				
Difference				
Old Lunges				
New Lunges				
Difference				
Old Bar Dips				
New Bar Dips				
Difference				
Flutter Kicks				
Flutter Kicks				
Difference				
Calf Raises				
Calf Raises				
Difference				





**20 Pre-Packets and 20 Post-Packets  
in a Fitness Pak have been created  
to fully support this workout.**

## **IONYX CUTTING-EDGE MINERAL SUPPLEMENTATION**

**P**roper supplementation of key nutrients is critical for one's body to function at peak performance while exercising. When you perspire, you lose more than water to cool your overheated body. You also lose important electrolytes (essential minerals) that help control fluid levels in the body, maintain normal pH levels, and ensure the correct electric potential between nerve cells, which enables the proper transmission of nerve signals.

Minerals are a key to a person's overall good health because 95 percent of the body's daily functions require them. Our bodies cannot produce minerals, so they must be ingested through the foods and liquids we consume. Unfortunately, eating the right foods is no longer good enough because the mineral content of our foods is on the decline. If you compare the 1963 and 1997 United States Department of Agriculture Nutrition Tables, most of the trace and essential minerals in our fruits, vegetables, and meats have decreased considerably. The loss varies from 20 to 85 percent on any given mineral, and wisdom tells you that supplementation is necessary to avoid deficiency, especially if you work out.

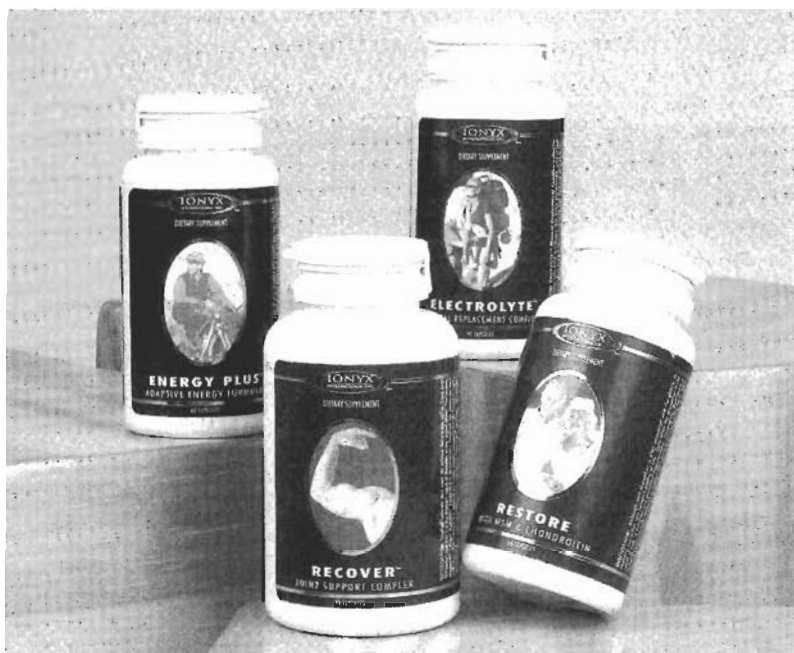
I never realized how important minerals were until I started using a phenomenal electrolyte product from IONYX International, Inc., which uses a unique formula that replaces the electrolytes lost during intense workouts. I take their electrolyte supplement every day before I exercise, and I've had amazing results. I found that I have more energy during the workout and am able to perform longer without the muscle fatigue that normally kicks in. That enables me to press the fatigue threshold and perform at a higher level. I also discovered that my muscle recovery was much quicker, since I was replenishing the minerals my body sweats out.

When I compared the IONYX products to others on the market, they have no equal. The minerals from IONYX are the most bio-available because they are the smallest in size. They have natural assimilative properties, so they do not need to be put into a solution or have other ingredients attached to them to be absorbed into your body. They have pH balancing characteristics that are more concentrated than other supplements.

I am not the only one who has seen amazing results using the IONYX supplements. George



## IONYX CUTTING-EDGE MINERAL SUPPLEMENTATION



Curtis, the head athletic trainer for the athletic programs at Brigham Young University, put his athletes on the IONYX supplements. After they became the only university that had all five fall sports programs ranked in the national top 20, here's what Curtis had to say:

"We have had an ongoing problem for years trying to find the right combination of electrolytes to take with our combination of drinks. It has been a real difficult task. We have tried all kinds of combinations, but this spring when we tried IONYX products it was great to see how much they eased the problem with some of the chronic problems athletes had. We will be exclusively buying the IONYX Electrolyte supplements over other previous products."

Another individual who has had great results using IONYX supplements with his athletes is David Houle, head coach for Mountain View High School and national high school Coach of the Year 2000 and 2002, who has won 57 state championships throughout his career coaching basketball and track and field. When he gave the IONYX products to his kids, listen to these results:

"For the past couple of months I have been sampling a product by the name of IONYX. I have had athletes from various sports that I coach try this product, and they have found it to be very beneficial. It is a natural product that helps kids with their stamina. I have witnessed some of my athletes break personal, state, and national records using IONYX products. Clearly, I am excited about this product line and what it can do to help the quality of our everyday lives."

If you do not replenish your electrolytes while exercising, your body may suffer fatigue, low stamina, muscle cramping, lack of recovery, and even invite disaster! The electrolyte supplement from IONYX is ideal for anyone who experiences high fluid and electrolyte loss, and I recommend it completely.

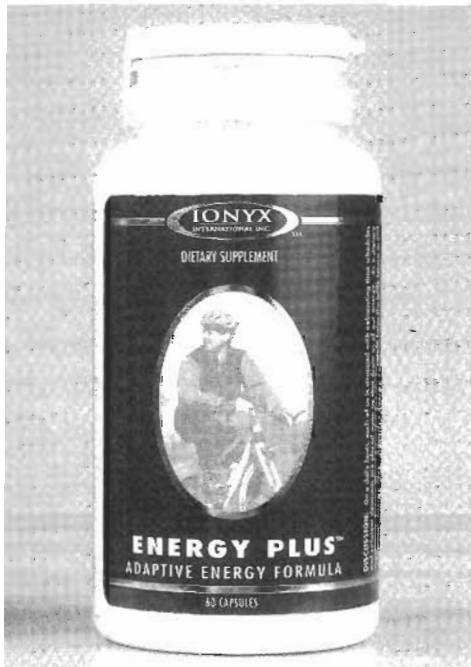
For more information about these electrolyte supplements or to find out how to purchase IONYX products, please refer to my Web site at [www.masterlevelfitness.com](http://www.masterlevelfitness.com).



## PRE-WORKOUT SUPPLEMENTS

### **ELECTROLYTE™ Mineral Replacement Complex:**

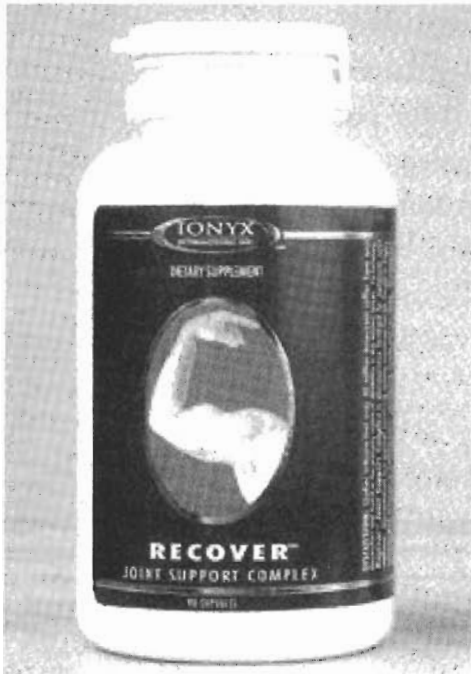
When individuals perspire, they lose more than water to cool their overheated body. They also lose precious electrolytes (essential minerals). Our unique formula replaces not only the common electrolytes needed for peak performance, but the ionic minerals that are commonly overlooked when electrolyte replacement is considered. If individuals do not replenish their electrolytes, their body may suffer fatigue, low stamina, muscle cramping, lack of recovery, and even invite disaster! This complex is ideal for those individuals who need to enhance their sports performance, or when they experience high fluid and electrolyte loss. (Take 3 capsules before each workout.)



**ENERGY PLUS™ Adaptive Energy Formula:** This complex increases one's energy level during stressful and intense workouts. Siberian and Korean Ginseng help one's body to withstand adverse physical and mental conditions during cases of weakness, exhaustion, and tiredness, while improving mental alertness. Guarana provides extra stamina and endurance, increases strength, reduces fatigue, and helps dispose the body of lactic acid, which builds up in the muscles and causes muscle fatigue. Vitamin B complex is essential for maintaining energy levels and ensuring long-lasting performance. (Take 1 capsule before each workout.)



## POST-WORKOUT SUPPLEMENTS



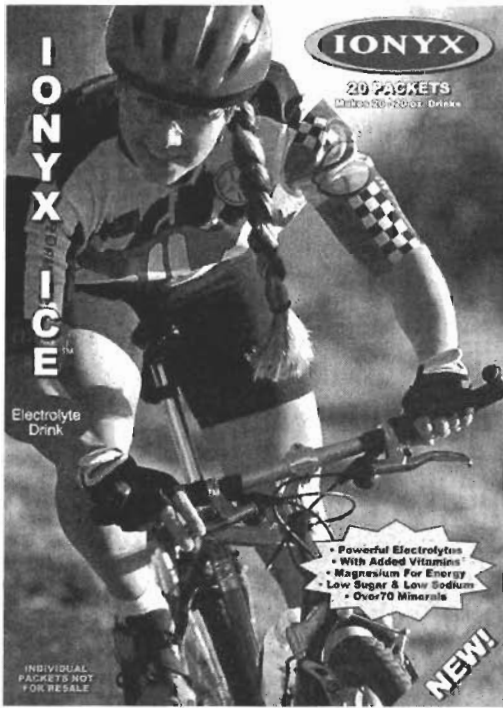
**RECOVER™ Joint Support Complex:** When one is constantly building and developing stamina and endurance, it is critical to not overlook the importance of fortifying one's body with the nutrients needed for optimum joint wellness. Common "wear and tear" can be minimized with proper supplementation. Glucosamine, in combination with other supportive ingredients in this formula, nourish one's body so it can repair itself and return its joints to proper health. While many drugs are used to fight against joint discomfort, they regrettably only target the symptoms and do very little to address the actual problem. Glucosamine, on the other hand, is a natural aminomonosaccharide found in high concentrated amounts in healthy joints, connective tissues, and cartilage. As a result, this formula is the better long-term choice for healthy joints. (Take 3 capsules after each workout.)

**RESTORE™ With MSM & Chondroitin:** This unique formula is a synergistic blend of MSM, Chondroitin, and other beneficial herbs, which provide the building blocks for the body to repair its joints. MSM assists the body in healing and repairing many of its tissues, especially those at risk of repeated damage. Chondroitin is a major constituent found in cartilage that helps form holes within the matrix of one's joints, which the body fills with water, creating a spongy shock absorber for the joints. (Take 2 capsules after each workout.)





# IONYX ICE™



IONYX has created what I believe is the most cutting-edge electrolyte drink on the market today. Besides providing the hydration so critical for cooling down your body during a workout, IONYX ICE™ Electrolyte Drink replenishes the essential electrolytes and minerals lost through perspiring and helps maintain your stamina, endurance, and overall performance. And it is the only electrolyte drink that I am aware of that also has 100 percent of the daily recommended dose of Vitamin C, an array of B-vitamins for energy, and the magnesium that helps curtail cramping and plays a critical role in ATP (energy) production in your body. IONYX ICE™ Electrolyte Drink tastes fantastic, yet contains half as much sodium and sugar as many other popular sports drinks! If you are looking for a sports drink to enhance your performance, replace your electrolytes and trace minerals, and fortify your vitamin intake, I recommend IONYX ICE™ Electrolyte Drink. (Each box makes 20 twenty-ounce drinks. Take before, during, and after your workout.)



# Unleash Your Greatness

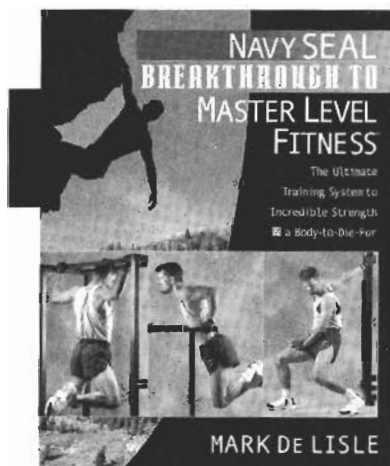
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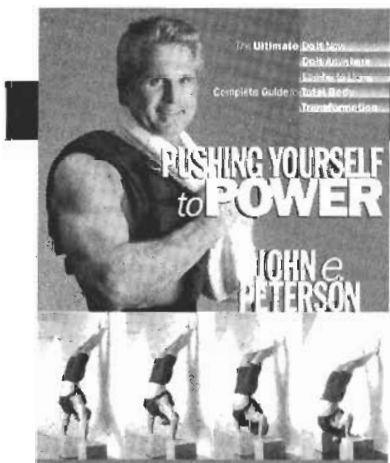
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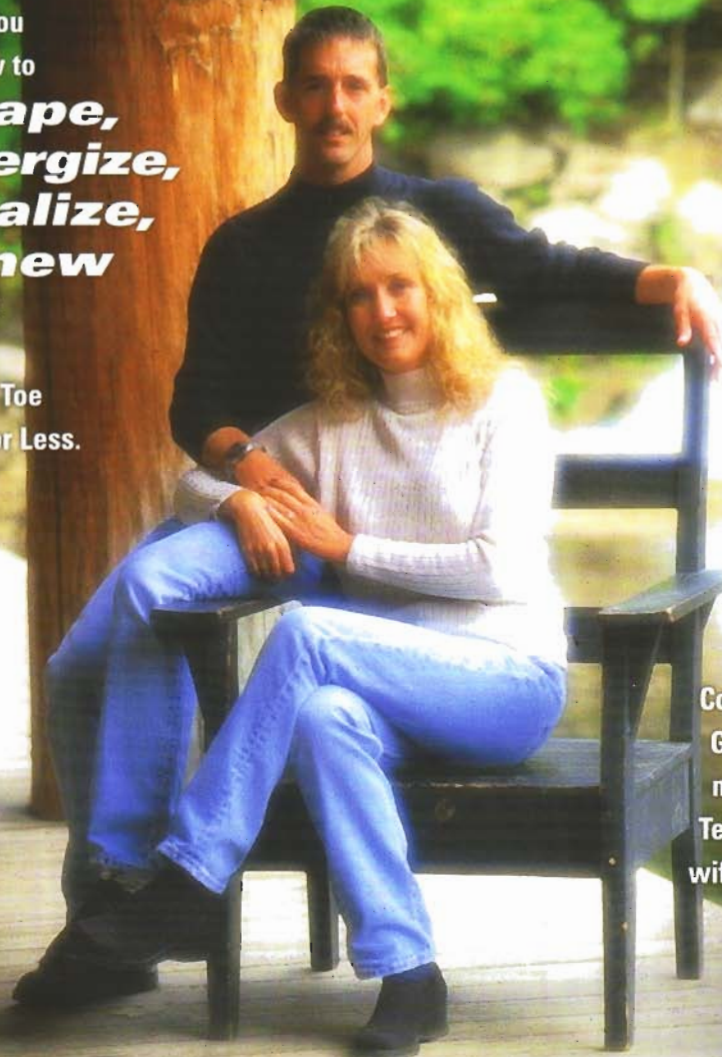
# NOTES



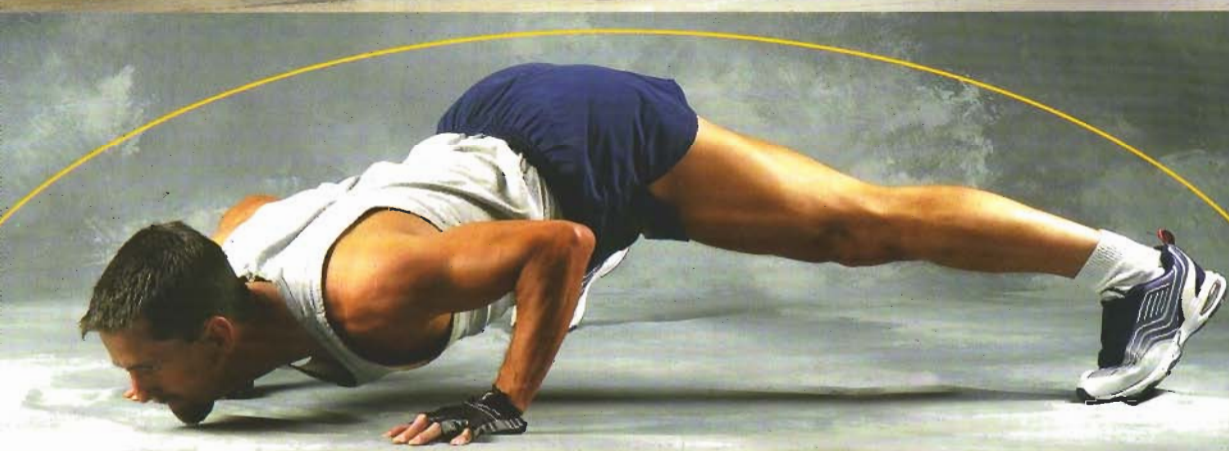
# Mark De Lisle's Daily Workout Guide to His *Navy SEAL Breakthrough to Master Level Fitness™*

Everything You  
Need to Know to  
**Reshape,  
Reenergize,  
Revitalize,  
& Renew**

Every Muscle  
in Your Body  
From Head to Toe  
in 12 Weeks or Less.



**Mark De Lisle** is a regional Director of Corporate Relations for Gold's Gym and was a member of Navy SEAL Team Three. He and his wife, Wendy, make their home in Utah with their four children.



You will never wonder again whether you are following the best possible program to give yourself the results you've always dreamed of having. This is the one book that contains the exact same training strategies and technologies used to transform ordinary men into the world's most elite fight force, The U.S. Navy SEALs.

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to-body weight ratio that  
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believed.

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