



		DATE / WEEK					
Sequence 1	Round 1	01 Butt: Side Hop Squat Target: 30	R_____	R_____	R_____	R_____	R_____
		02 Belly: Iso Bike Target: 25	R_____	R_____	R_____	R_____	R_____
	Round 2	03 Butt: Iso Back Kick Target: 15 per leg	R_____	R_____	R_____	R_____	R_____
		L_____	L_____	L_____	L_____	L_____	
	04 Belly: Iso Torso Twist Target: 10	R_____	R_____	R_____	R_____	R_____	
	Round 3	05 Butt: Leap Frog Squats Target: 30	R_____	R_____	R_____	R_____	R_____
		06 Belly: Iso Crunchy Frogs Target: 30	R_____	R_____	R_____	R_____	R_____
	Round 4	07 Butt: 8-Card Pick-Up Target: 8-Cards	R_____	R_____	R_____	R_____	R_____
		08 Belly: The Monster Target: 10	R_____	R_____	R_____	R_____	R_____
	Round 5	09 Butt: Warrior Run Target: 30	R_____	R_____	R_____	R_____	R_____
10 Belly: Super Scissors Target: 10		R_____	R_____	R_____	R_____	R_____	
Sequence 2	Round 6	11 Butt: Side Hop Squat Target: 30	R_____	R_____	R_____	R_____	R_____
		12 Belly: Iso Bike Target: 25	R_____	R_____	R_____	R_____	R_____
	Round 7	13 Butt: Iso Back Kick Target: 15 per leg	R_____	R_____	R_____	R_____	R_____
		L_____	L_____	L_____	L_____	L_____	
	14 Belly: Iso Torso Twist Target: 10	R_____	R_____	R_____	R_____	R_____	
	Round 8	15 Butt: Leap Frog Squats Target: 30	R_____	R_____	R_____	R_____	R_____
		16 Belly: Iso Crunchy Frogs Target: 30	R_____	R_____	R_____	R_____	R_____
	Round 9	17 Butt: 8-Card Pick-Up Target: 8-Cards	R_____	R_____	R_____	R_____	R_____
		18 Belly: The Monster Target: 10	R_____	R_____	R_____	R_____	R_____
	Round 10	19 Butt: Warrior Run Target: 30	R_____	R_____	R_____	R_____	R_____
20 Belly: Super Scissors Target: 10		R_____	R_____	R_____	R_____	R_____	
			Start _____	Start _____	Start _____	Start _____	Start _____
			End _____	End _____	End _____	End _____	End _____
			Total _____	Total _____	Total _____	Total _____	Total _____
		Average Heart Rate (BPM)	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
	Calories	Calories _____	Calories _____	Calories _____	Calories _____	Calories _____	