

<b>Day 1</b> DATE <b>FIT Test</b> (25m) HR / Cal _____ / _____ BPM Calories	<b>Day 2</b> DATE <b>Plyometric Cardio Circuit</b> (41m) HR / Cal _____ / _____ BPM Calories	<b>Day 3</b> DATE <b>Cardio Power &amp; Resistance</b> (39m) HR / Cal _____ / _____ BPM Calories	<b>Day 4</b> DATE <b>Cardio Recovery</b> (33m) HR / Cal _____ / _____ BPM Calories	<b>Day 5</b> DATE <b>Pure Cardio</b> (38m) HR / Cal _____ / _____ BPM Calories	<b>Day 6</b> DATE <b>Plyometric Cardio Circuit</b> (41m) HR / Cal _____ / _____ BPM Calories	<b>Day 7</b> DATE <b>REST</b>
<b>Day 8</b> DATE <b>Cardio Power &amp; Resistance</b> (39m) HR / Cal _____ / _____ BPM Calories	<b>Day 9</b> DATE <b>Pure Cardio</b> (38m) HR / Cal _____ / _____ BPM Calories	<b>Day 10</b> DATE <b>Plyometric Cardio Circuit</b> (41m) HR / Cal _____ / _____ BPM Calories	<b>Day 11</b> DATE <b>Cardio Recovery</b> (33m) HR / Cal _____ / _____ BPM Calories	<b>Day 12</b> DATE <b>Cardio Power &amp; Resistance</b> (39m) HR / Cal _____ / _____ BPM Calories	<b>Day 13</b> DATE <b>Pure Cardio</b> (38m) HR / Cal _____ / _____ BPM Calories <b>Cardio Abs</b> (16m) HR / Cal _____ / _____ BPM Calories	<b>Day 14</b> DATE <b>REST</b>
<b>Day 15</b> DATE <b>FIT Test</b> (25m) HR / Cal _____ / _____ BPM Calories	<b>Day 16</b> DATE <b>Plyometric Cardio Circuit</b> (41m) HR / Cal _____ / _____ BPM Calories	<b>Day 17</b> DATE <b>Pure Cardio</b> (38m) HR / Cal _____ / _____ BPM Calories <b>Cardio Abs</b> (16m) HR / Cal _____ / _____ BPM Calories	<b>Day 18</b> DATE <b>Cardio Recovery</b> (33m) HR / Cal _____ / _____ BPM Calories	<b>Day 19</b> DATE <b>Cardio Power &amp; Resistance</b> (39m) HR / Cal _____ / _____ BPM Calories	<b>Day 20</b> DATE <b>Plyometric Cardio Circuit</b> (41m) HR / Cal _____ / _____ BPM Calories	<b>Day 21</b> DATE <b>REST</b>
<b>Day 22</b> DATE <b>Pure Cardio</b> (38m) HR / Cal _____ / _____ BPM Calories <b>Cardio Abs</b> (16m) HR / Cal _____ / _____ BPM Calories	<b>Day 23</b> DATE <b>Cardio Power &amp; Resistance</b> (39m) HR / Cal _____ / _____ BPM Calories	<b>Day 24</b> DATE <b>Plyometric Cardio Circuit</b> (41m) HR / Cal _____ / _____ BPM Calories	<b>Day 25</b> DATE <b>Cardio Recovery</b> (33m) HR / Cal _____ / _____ BPM Calories	<b>Day 26</b> DATE <b>Pure Cardio</b> (38m) HR / Cal _____ / _____ BPM Calories <b>Cardio Abs</b> (16m) HR / Cal _____ / _____ BPM Calories	<b>Day 27</b> DATE <b>Plyometric Cardio Circuit</b> (41m) HR / Cal _____ / _____ BPM Calories	<b>Day 28</b> DATE <b>REST</b>

## Recovery Week

<b>Day 29</b> DATE <b>Core Cardio and Balance</b> (37m) HR / Cal _____ / _____ BPM Calories	<b>Day 30</b> DATE <b>Core Cardio and Balance</b> (37m) HR / Cal _____ / _____ BPM Calories	<b>Day 31</b> DATE <b>Core Cardio and Balance</b> (37m) HR / Cal _____ / _____ BPM Calories	<b>Day 32</b> DATE <b>Core Cardio and Balance</b> (37m) HR / Cal _____ / _____ BPM Calories	<b>Day 33</b> DATE <b>Core Cardio and Balance</b> (37m) HR / Cal _____ / _____ BPM Calories	<b>Day 34</b> DATE <b>Core Cardio and Balance</b> (37m) HR / Cal _____ / _____ BPM Calories	<b>Day 35</b> DATE <b>REST</b>
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WORKSHEETS COMPLETED BY:  
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