

Day 36 <u>DATE</u> FIT Test (25m) HR / Cal _____ / _____ BPM Calories Max Interval Circuit (59m) HR / Cal _____ / _____ BPM Calories	Day 37 <u>DATE</u> Max Interval Plyo (55m) HR / Cal _____ / _____ BPM Calories	Day 38 <u>DATE</u> Max Cardio Conditioning (47m) HR / Cal _____ / _____ BPM Calories	Day 39 <u>DATE</u> Max Recovery (47m) HR / Cal _____ / _____ BPM Calories	Day 40 <u>DATE</u> Max Interval Circuit (59m) HR / Cal _____ / _____ BPM Calories	Day 41 <u>DATE</u> Max Interval Plyo (55m) HR / Cal _____ / _____ BPM Calories	Day 42 <u>DATE</u> REST
Day 43 <u>DATE</u> Max Cardio Conditioning (47m) HR / Cal _____ / _____ BPM Calories	Day 44 <u>DATE</u> Max Interval Circuit (59m) HR / Cal _____ / _____ BPM Calories	Day 45 <u>DATE</u> Max Interval Plyo (55m) HR / Cal _____ / _____ BPM Calories	Day 46 <u>DATE</u> Max Recovery (47m) HR / Cal _____ / _____ BPM Calories	Day 47 <u>DATE</u> Max Cardio Conditioning (47m) HR / Cal _____ / _____ BPM Calories Cardio Abs <u>or</u> Insane Abs (16m <u>or</u> 33m) HR / Cal _____ / _____ BPM Calories	Day 48 <u>DATE</u> Core Cardio and Balance (37m) HR / Cal _____ / _____ BPM Calories Max Interval Sports Training (54m) HR / Cal _____ / _____ BPM Calories	Day 49 <u>DATE</u> REST
Day 50 <u>DATE</u> FIT Test (25m) HR / Cal _____ / _____ BPM Calories Max Interval Circuit (59m) HR / Cal _____ / _____ BPM Calories	Day 51 <u>DATE</u> Max Interval Plyo (55m) HR / Cal _____ / _____ BPM Calories	Day 52 <u>DATE</u> Max Cardio Conditioning (47m) HR / Cal _____ / _____ BPM Calories Cardio Abs <u>or</u> Insane Abs (16m <u>or</u> 33m) HR / Cal _____ / _____ BPM Calories	Day 53 <u>DATE</u> Max Recovery (47m) HR / Cal _____ / _____ BPM Calories	Day 54 <u>DATE</u> Max Interval Circuit (59m) HR / Cal _____ / _____ BPM Calories	Day 55 <u>DATE</u> Core Cardio and Balance (37m) HR / Cal _____ / _____ BPM Calories Max Interval Sports Training (54m) HR / Cal _____ / _____ BPM Calories	Day 56 <u>DATE</u> REST
Day 57 <u>DATE</u> Max Interval Plyo (55m) HR / Cal _____ / _____ BPM Calories	Day 58 <u>DATE</u> Max Cardio Conditioning (47m) HR / Cal _____ / _____ BPM Calories Cardio Abs <u>or</u> Insane Abs (16m <u>or</u> 33m) HR / Cal _____ / _____ BPM Calories	Day 59 <u>DATE</u> Max Interval Circuit (59m) HR / Cal _____ / _____ BPM Calories	Day 60 <u>DATE</u> Core Cardio and Balance (37m) HR / Cal _____ / _____ BPM Calories Max Interval Sports Training (54m) HR / Cal _____ / _____ BPM Calories	Day 61 <u>DATE</u> Max Interval Plyo (55m) HR / Cal _____ / _____ BPM Calories	Day 62 <u>DATE</u> Max Cardio Conditioning (47m) HR / Cal _____ / _____ BPM Calories Cardio Abs <u>or</u> Insane Abs (16m <u>or</u> 33m) HR / Cal _____ / _____ BPM Calories	Day 63 <u>DATE</u> FIT Test (25m) HR / Cal _____ / _____ BPM Calories

WORKSHEETS COMPLETED BY:
COACH MIKE ROBERTS

TEAMRIGHTNOW.COM
TEAMRIGHTNOW@GMAIL.COM