



X-TrainFit[®]
At Home

**Training
Guide**

X-TrainFit At Home

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Read This Guide First!

Why should I read this guide?

Congratulations and thank you for choosing X-TrainFit At Home Training.

We are assuming you bought this program because you are tired of the way your body looks, how your clothes fit and/or are ready to make a change to your fitness routine. If this is the case, your purchase of this program is a significant step in the right direction.

We believe strongly in beginning with the end in mind, setting goals for yourself and understanding what you would like to see at the end of your journey. We also believe it is important to understand the steps needed to complete your journey. The road over the next 12 weeks is going to be a challenging yet rewarding trip.

You will be investing a great deal of effort and expending a great deal of energy as you complete this intense journey, and it is important that you do it the right way if you want to achieve the results you are expecting at the end of day. That is what this guide is designed to do.

If you think you can just pop in the DVD's and do a few workouts at your pace then you will likely be disappointed with the end result. Reaching your goal requires discipline and commitment to the program to get the results you desire. This is why you need to read this guide before proceeding to the DVD's. At the end of 12 weeks you will not be disappointed in the changes you have made.

*Proper Prior Planning
Prevents Poor
Performance!*

What is X-TrainFit At Home?

X-TrainFit At Home is a high intensity fitness program that is designed to be completed within the privacy of your own home. Very little equipment is required to achieve a fat burning and muscle toning workout and this course is designed to show you how.

We know many people are ready to make a healthy change in their lives, whether they are over-weight, have been working out but unable to achieve the results they crave or are just ready to kick it up to the next level.

The program consists of 12 weeks of high intensity workouts designed to shred fat, build and tone muscle. Do not worry ladies, you will not be bulking up, you will be building a slimmer, leaner you.

We will use this guide to provide you with a little education on the different elements of the program, what they do for your body and why nutrition is so important in achieving and maintaining the body you desire.

You will achieve amazing results that are sure to be noticed by friends and coworkers as you complete your transformation.

How does the program work?

The program is broken up into 3 segments, each with a different goal in mind. During the first 3 weeks we will focus on shredding fat and preparing your body for the long haul to week 12. Weeks 4-9 focus on building lean muscle and continuing the fat burn, while weeks 10-12 bring the workouts full circle to tone the muscle, leaving you with the lean physique you desire.

Changing the workouts up in this manner will help pace your body and allow you to build up your endurance for each of the workouts. We will also keep the body guessing in this manner to avoid the plateau effect.

The plateau effect is often experienced by many people who consistently workout, but are unable to get over the hump to the bodies they desire. Typically, individuals fall into a routine that trains their bodies to adapt to the workouts, limiting results and greatly reducing the return on investment. We will avoid that mistake.

The workouts are intense. It is possible, even probable, that you will not be able to complete them at the level you hope initially but that is to be expected. The most important thing to do is manage that expectation, push yourself, but you must also understand that several weeks may go before you are happy with the manner in which you complete the workouts.

Each workout DVD demonstrates the exercises in varying degrees of difficulty from level 1 to level 4, you will pick the level that is a challenge for you and master it before moving on to the next level.

You will use this guide as an educational tool and to log your progress throughout the program.

Tell me more about the workouts!

Get ready! These workouts are not for the faint of heart. In fact, if you are hoping to coast through 12 weeks of exercise you have probably underestimated the level of this program. They were designed by the experienced team at X-TrainFit to achieve maximum results in the shortest period of time. But do not worry, we provide demonstrations of various levels so you are successful at your own level.

As mentioned above, each video demonstrates a modified level of difficulty throughout ranging from level 1 for beginners to level 3 or 4 for advanced users. You should pick a modified level that challenges you and record the levels in the training guide provided, then try and push it to the next level when the current level is no longer challenging.

You will complete the videos with varying frequency and in varying order depending on the period of the program you are in. The order of completion is outlined in the chapter "How do I plan and track my progress?"

Weeks 1-3 Fat Shred

During the first 3 weeks, we'll focus on building you cardio-respiratory performance, beginning to condition your muscles and shedding as much fat as quickly as possible. You will play additional emphasis on the **Cardio** workout and less emphasis on **Circuit Burnout** workout.

Weeks 4-9 Strength & Burn

Once through the initial 3 weeks, we will shift emphasis from the **Cardio** workout towards the **Circuit Burnout** workout in order to focus on building strength and adding lean muscle.

Weeks 10-12 Finalization

The final 3 weeks of the program are the toughest of all. By week 10, we expect that you will be completing most workouts at the higher levels of modification with a great degree of intensity. The workout schedule challenges both your cardio-respiratory and resistance strength to shed any remaining fat as your body continues to tone muscle.

During each video, with the exception of Yoga and Stretch, you may advance the workout to the next exercise if you would like to skip the breaks or instruction and set up provided. This can help save time once you are familiar with the workouts.

The workouts:

Cardio – 54 minutes, 24 seconds

Equipment: Water and Towel.

An intense cardio workout designed to burn calories and fat, this workout will help strengthen your heart and build endurance.

Circuit Burnout – 1 hour, 20 minutes, 55 seconds

Equipment: Dumbbells and/or Bands, Mat, Water and Towel

A body numbing routine that provides a full body workout with lower weight and higher repetition with a little cardio inter-mixed. For many, this is the most challenging of the workouts at first.

XTF Arms – 49 minutes, 15 seconds

Equipment: Dumbbells and/or Bands, Mat, Water and Towel

Focused on building lean and defined arms, a workout that can be completed with either bands or weights, or a combination of both

XTF Legs – 53 minutes, 40 seconds

Equipment: Dumbbells and/or Bands, Chair, Mat, Water and Towel

Strengthening and toning the legs and glutes, building lean muscle in one of the body's largest muscle group helps burn calories at rest, as well as sculpting those great looking buns.

Chest & Back – 1 hour, 3 minutes, 28 seconds

Equipment: Dumbbells and/or Bands, Chair, Mat, Water and Towel

Sculpting the chest and back, this workout completes the muscle toning trio that includes XTF Arms and XTF Legs. The Chest & Back workout can be completed with bands and/or weights and is key component to creating your fit, athletic body.

Hard Core – 54 minutes, 53 seconds

Equipment: Dumbbells, Mat, Water and Towel

The core workout provides the six-pack abs that is the billboard for every great looking body. This targets the entire abdominal wall, glutes and back with a core strengthening workout that will help improve your form for all the activities in your life, and did we mention looking great?

Yoga – 41 minutes, 37 seconds

Equipment: Mat, Water and Towel

This workout builds strength and flexibility in a relaxing and meditative flow of exercises that compliments and aids recovery from the other workouts included in the program.

Stretch – 26 minutes, 38 seconds

Equipment: Mat, Water and Towel

Flexibility is one of the keys to helping prevent injury to your hard working body. At first, do not be surprised if you are unable to achieve many of the higher level stretches. With time, you will be

able to achieve a deeper stretch that rejuvenates and aids your muscles in recovery.

What equipment do I need?

Very little equipment is needed to participate in the X-TrainFit At Home Training program. You can purchase any equipment you do not already have at any mass retailer or via an online store. Equipment is also available at www.xtrainfit.com

Exercise Bands: These are a ubiquitous piece of exercise equipment that easily can be substituted for weights if you like. They are also very portable making them great for taking on the road. They are available in varying degrees of resistance and you would need only one to two levels to start with. Note that not all bands are the same. The red and blue bands used in our videos are 5-8 and 10-12 pounds respectively; however, your band may be completely different. Check the weight compatibility for your bands prior to purchase. Pick one that is in the range you are currently in and one that is a little more challenging to start.

Dumbbells: Dumbbell weights are available in a wide variety of sizes and styles. We recommend dumbbells in the following weights if not substituting with exercise bands;

- 5lb x2
- 10lb x2
- 15lb x2
- 20lb x2
- 25lb x2

Mat: A basic yoga mat can be used to help cushion your exercise and keep your workout area free of perspiration.

Towel and Water: To hydrate and dry off.

*Different equipment can
be purchased at
www.xtrainfit.com*

Why all the different workouts?

The workouts are designed to challenge and develop your body in a number of different ways, combined together they create an environment of cardio and resistance training that will achieve the maximum result.

Cardio Training

Cardio-respiratory fitness refers to the ability of the circulatory and respiratory systems to supply oxygen to skeletal muscles during sustained physical activity. Regular exercise makes these systems more efficient by enlarging the heart muscle, enabling more blood to be pumped with each stroke, and increasing the number of small arteries in the trained skeletal muscles, which supply more blood to working muscles. Exercise improves the respiratory system by increasing the amount of oxygen that is inhaled and distributed to body tissues

Some research has shown that regular physical activity of 150 minutes/week of moderate intensity reduces the risk of numerous chronic diseases, preserves health and function (both physical and mental) into old age, and extends longevity. By week 10, we will be exercising at an intense level for up to 540 minutes weekly. You will need to review your priorities to ensure you are planning appropriate time to complete the scheduled workout daily.

Aerobic exercise refers to exercise that involves or improves oxygen consumption by the body. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process.

Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of

time. To obtain the best results, an aerobic exercise session involves a warming up period, followed by at least 20 minutes of moderate to intense exercise involving large muscle groups, and a cooling down period at the end. Each of the workouts in the X-TrainFit At Home Training program includes an appropriate warm up and cool-down period that we recommend you do not skip.

Recognized benefits of doing regular aerobic exercise are:

- Strengthening the muscles involved in respiration, to facilitate the flow of air in and out of the lungs
- Strengthening and enlarging the heart muscle, to improve its pumping efficiency and reduce the resting heart rate, known as aerobic conditioning
- Improving circulation efficiency and reducing blood pressure
- Increasing the total number of red blood cells in the body, facilitating transportation of oxygen
- Improved mental health, including reducing stress and lowering the incidence of depression
- Reduces the risk of death due to cardiovascular problems.
- In addition, high-impact aerobic activities (such as jogging or jumping rope) can stimulate bone growth, as well as reducing the risk of osteoporosis for both men and women.

The workouts included in the in X-TrainFit At Home training program provide for intense cardio-respiratory exercise and can be complimented with other activities you enjoy that fall into this category.

*There are a multitude of
benefits to be had from
cardio exercise!*

Resistance Training

The ancient Greek physician Hippocrates explained the principle behind resistance training when he wrote "that which is used develops, and that which is not used wastes away."

Resistance training is a common type of strength training for developing the strength and size of skeletal muscles. It uses the force of gravity (in the form of weighted bars, dumbbells, body weight and/or weight stacks) to oppose the force generated by muscle through concentric or eccentric contraction. Resistance training often uses a variety of specialized equipment to target specific muscle groups and types of movement; however the X-TrainFit At Home Training program has been developed to make the majority of equipment unnecessary, instead using the resistance of the body's own weight and only a small assortment of inexpensive dumbbells or exercise bands.

Resistance training differs from bodybuilding, which is a sport rather than a form of exercise. Resistance training, however, is often part of the athlete's training regimen. Resistance training in our program will not develop big muscles on women...just toned muscles!

Some of our favorite resistance training benefits include;

- Tones your muscles which looks great and raises your metabolism...which causes you to burn more calories throughout the day. You will even burn more calories while you are sleeping.
- Can reverse the natural decline in your metabolism which begins around age 30.
- Energizes you.
- Has a positive effect on almost all of your 650-plus muscles.
- Strengthens your bones reducing your risk of developing osteoporosis.

- Improves your muscular endurance.
- Makes you strong. Strength gives you confidence and makes daily activities easier.
- Makes you less prone to lower-back injuries.
- Helps your clothes fit better, further building self confidence.

The basic principles of resistance training are essentially identical to those of strength training, and involve a manipulation of the number of repetitions (reps), sets, tempo, exercise types, and weight moved to cause desired increases in strength, endurance, size, and shape. The specific combination of reps, sets, exercises, and weights depends on the aims of the individual performing the exercise. Sets with fewer reps can be performed with heavier weights to add strength and bulk, where sets with high reps and lower weights can be used to increase stamina and toning.

The workouts included in the X-TrainFit At Home Training program are designed to target different muscle groups on different days and with differing exercises, allowing muscle groups to recover while other groups are being exercised. For example, we will target chest and back one day while allowing those muscles to recover the next day as we target legs. This avoids over-training and also allows for the muscle fibers to repair themselves to reap the benefits of the workout.

Resistance training, as with all exercise, requires the use of 'good' or 'proper form', meaning-performing the movements with the appropriate muscle group, and not transferring the weight to different body parts in order to move greater weight (called 'cheating'). Failure to use good form during a training set can result in injury or a failure to meet training goals; since the desired muscle group is not challenged sufficiently, the threshold of overload is never reached and the muscle does not gain in strength. In the X-TrainFit At Home workout DVDs we will be demonstrating good form throughout the workouts and showing examples of what not to do as well.

Resistance training is a safe form of exercise when the movements are slow, controlled, and carefully defined. However, as with any form of exercise, improper execution and the failure to take appropriate precautions can result in injury.

When the exercise becomes difficult towards the end of a set, there is a temptation to cheat, i.e., to use poor form to recruit other muscle groups to assist the effort. This may shift the effort to weaker muscles that cannot handle the weight. For example, the squat and the dead-lift are used to exercise one of the largest muscle groups in the body—the leg and buttock muscles—so they require substantial weight. Beginners are tempted to round their back while performing these exercises. This causes the weaker lower back muscles to support much of the weight, which can result in serious lower back injuries as well as a lesser work load on the muscles actually being targeted.

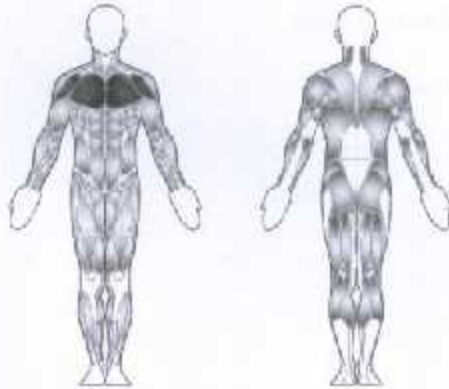
We will be avoiding these risks as much as possible by demonstrating how proper form is maintained at all times. Fewer repetitions in the proper form are of far greater value to us than additional repetitions in the incorrect form. Think quality over quantity. If you find you are unable to maintain proper form at the level you are exercising, you should move down to a lower level of difficulty or stop the exercise all together.

A guide to how different exercises targets different muscle groups is illustrated in the following pages.

Chest Press

Targets:

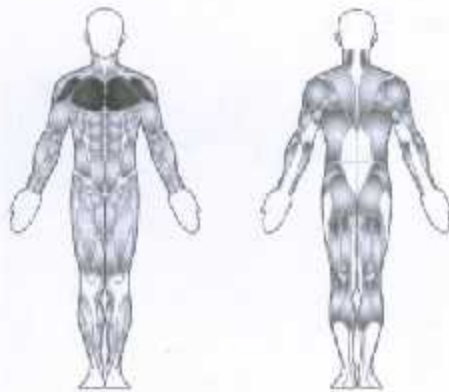
- Chest
- Shoulders



Chest Fly

Targets:

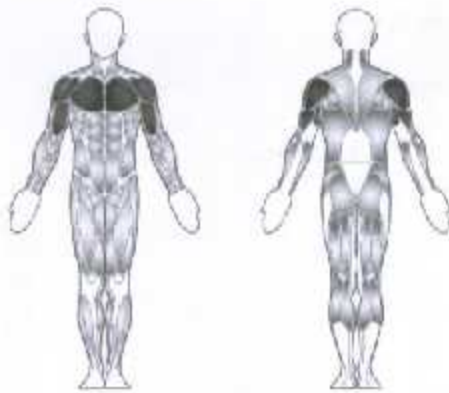
- Chest
- Shoulders



Push Up

Targets:

- Chest
- Shoulders
- Biceps
- Triceps

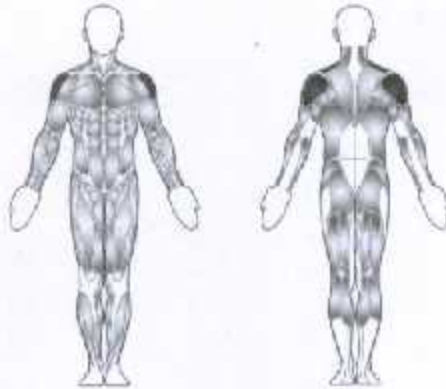


Ensure you work the correct muscles by maintaining good form!

Military Press

Targets:

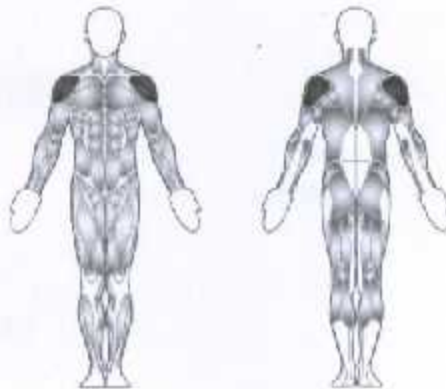
- Shoulders
- Trapezius



Front Raise

Targets:

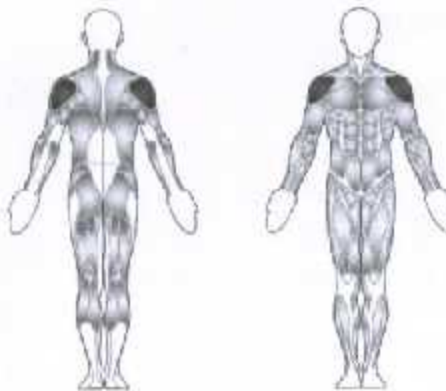
- Shoulders



Side Raise

Targets:

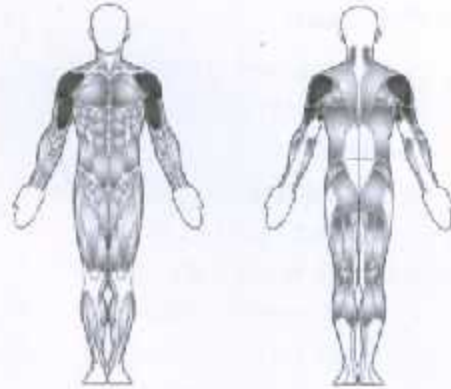
- Shoulders



Inverted Push-Up

Targets:

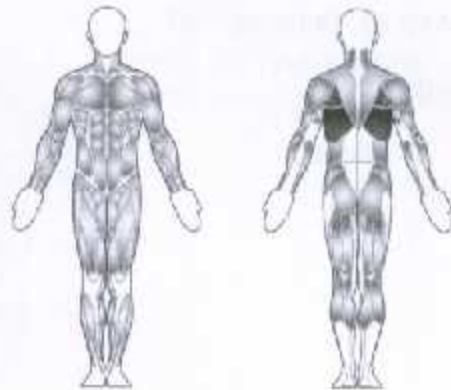
- Shoulders
- Biceps
- Triceps



One Arm Row

Targets:

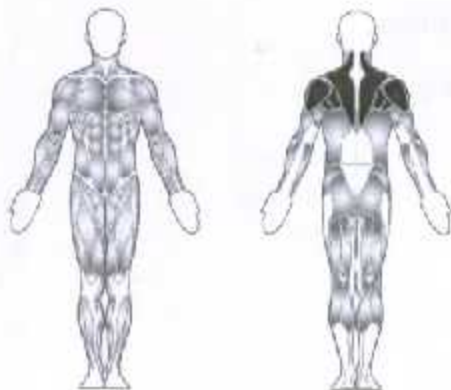
- Back



Reverse Fly

Targets:

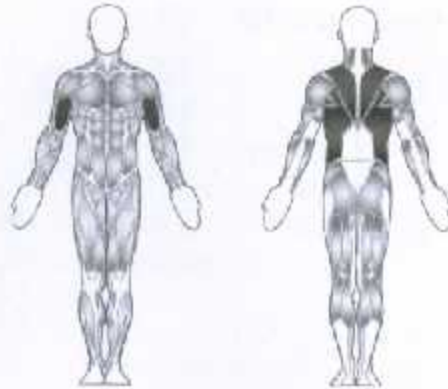
- back
- Shoulders



Lat Pull Down

Targets:

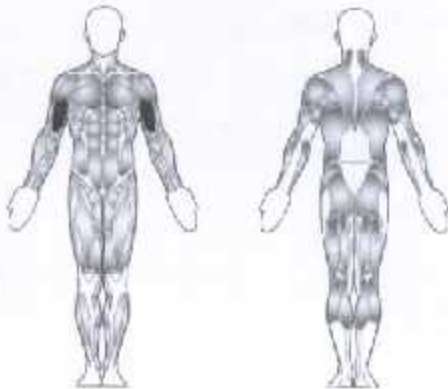
- Back
- Shoulders



Bicep or Hammer Curl

Targets:

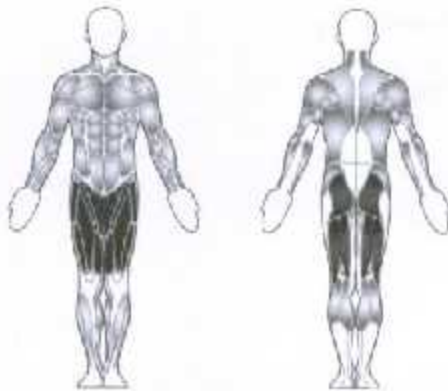
- Biceps



Squats

Targets:

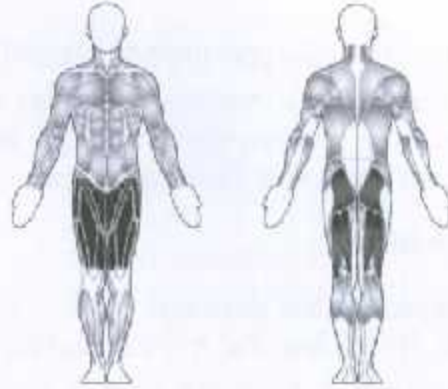
- Quadriceps
- Hamstrings
- Glutes



Step Ups or Repeaters

Targets:

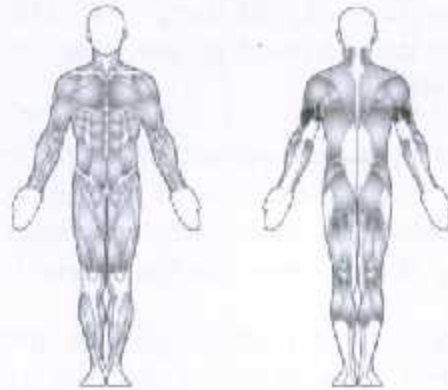
- Quadriceps
- Hamstrings
- Glutes



Tricep Extension or Dips

Targets:

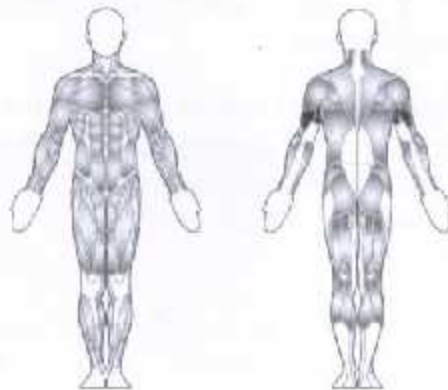
- Triceps



Tricep Push Up

Targets:

- Triceps



Learn how different exercises impact different muscles!

How should I manage my nutrition?

Managing your nutrition is the key to achieving the results you desire in any physical endeavor; the same is true with the X-TrainFit At Home Training program.

Nutrition:

Nutrition is the provision of the materials necessary to support life. To you and me, it is the food we eat, both good and bad. It is important to point out what is commonly known to just about everyone you will bump in to: Many common health problems can be prevented or alleviated with a healthy diet and regular exercise.

Poor diet can have a catastrophic impact on your health and that of your family. Obesity and such common chronic systemic diseases as cardiovascular disease, diabetes, and osteoporosis are all associated with the incorrect dietary choices.

Many of the poor choices we make are a result of a lack of planning so we will be spending a little time later in this chapter on how to get ahead of your nutrition and equip yourself when hunger strikes.

First we would like to spend some time covering some of the basics about nutrition. You do not need to lose sleep over the percentage of carbohydrates you consume vs. fats and fiber, but we believe it is important that you know what these things do and why they are important to your body.

The human body contains chemical compounds, such as water, carbohydrates (sugar, starch, and fiber), amino acids (in proteins), fatty acids (in lipids), and nucleic acids. These compounds in turn consist of elements such as carbon, hydrogen, oxygen, nitrogen, phosphorus, calcium, iron, zinc,

magnesium, manganese, and so on. All of these chemical compounds and elements occur in various forms and combinations both in the human body and in the foods we eat. But what does any of that mean? We will try and break that down so you understand how each of these compounds contributes.

Let us put first things first. There are seven major classes of nutrients: carbohydrates, fats, fiber, minerals, protein, vitamins, and water.

These nutrient classes can be categorized as either macronutrients (needed in relatively large amounts) or micronutrients (needed in smaller quantities). The macronutrients are carbohydrates, fats, fiber, proteins, and water. The micronutrients are minerals and vitamins. All foods you consume contain some or all of these things in varying degrees. A burger from your favorite fast food restaurant is going to contain protein as well as fats and other nutrients, you need fat in your diet, but perhaps not as much as a regular burger diet will deliver.

The macronutrients (excluding water) provide energy, which is measured in calories. Carbohydrates and proteins provide 4 calories of energy per gram, while fats provide 9 calories of energy per gram. Vitamins, minerals, fiber, and water do not provide energy, but are necessary for other reasons. Let us review the classes:

Carbohydrates

Carbohydrates are basically sugar and starch. Apples, oranges, potatoes, grains, candy, bread... are all carbohydrates. Carbohydrates break down into glucose molecules in the human body. When used as energy, carbohydrates become fuel for your muscles and brain. If your body does not have any use for the glucose, it is converted into glycogen and stored in the liver and

muscles as an energy reserve. Your body can store about a half a day's supply of glycogen. If your body has more glucose than it can use as energy, or convert to glycogen for storage, the excess is converted to fat, something we want to avoid.

Carbohydrates are divided into these two categories.

- **Simple Carbohydrates** - which are basically blood sugars or glucose. Foods containing simple carbohydrates are sweet tasting, like cookies, fruit, sugar, honey, candy, cake, etc... Simple carbs are already very close to being in the digested form, so they pass into your bloodstream almost immediately.
- **Complex Carbohydrates** - these are found in foods prepared with grains and vegetables. Even though both simple and complex carbs provide needed glucose, the complex carbohydrates provide several nutritional advantages, such as additional vitamins, minerals, and fiber needed for good health and performance.

We will obviously spend a little more time on complex carbohydrates than simple. Rather than overloading on carbohydrates at a single meal, you can maximize glycogen storage by eating smaller and more frequent meals, spreading the same amount of carbohydrates across the entire day. Eating less food, more frequently, will provide a steady supply of energy to your muscles. For this reason, we will be planning five small meals a day instead of the traditional three that society promotes. This practice will be a key contributor in achieving the fitness goals you have set for yourself.

Fat

With calories, the body works on a supply-and-demand system. If the daily calorie supply from food you have eaten meets the daily demand, all the calories from fats, proteins, and

carbohydrates are converted to energy. If the daily supply exceeds the demand, the excess calories are stored in fat cells. These fat cells serve as energy warehouses for fat molecules, allowing your body to draw upon the stored fat when your demand for calories exceeds the daily supply from the food you consume.

Despite the negative publicity about fatty foods, we all need some fat in our diets. It is a good source of the calories we require to fuel our bodies and to keep us going when our energy demands suddenly increase. Fat also gives texture and flavor to foods. In addition, it protects our organs, aids in the development of cell membranes and hormones, disseminates vitamins throughout the body and insulates the body.

However, it is significantly easier to exceed your daily caloric needs at nine calories per gram in fat than the four calories per gram in carbohydrates and protein, therefore we should eat fat sparingly – it should make up no more than 30 percent of our daily caloric intake.

So we know our diet should include some fat, but not what type. There are two primary kinds of fat: saturated fats and unsaturated fats. Knowing the difference between saturated fats and unsaturated fats could help lower your cholesterol. While both unsaturated fat and saturated fat are in a variety of foods, studies have found that these fats are not created equally. Unsaturated fats can be beneficial to your heart, whereas saturated fats could be detrimental to your cholesterol and your heart.

Saturated fats are found in animal products and processed foods, such as meats, dairy products, chips, and pastries. They are solid at room temperature (butter, lard, etc). They are not heart healthy, since they are most known for raising your LDL or "bad" cholesterol.

Unsaturated fats, on the other hand, are found in foods such as nuts, avocados, and olives. For the most part they are liquid at room temperature (olive oil, etc.). Studies have shown that unsaturated fats are heart-healthy fats - they have the ability to lower LDL cholesterol and raise HDL or "good" cholesterol.

So you guessed it, we will be trying to steer you away from saturated fats and towards unsaturated fats as we work on your dietary planning a little later.

Fiber

Fiber is only found in plant foods like whole grain breads and cereals, dry beans and peas, vegetables, and fruits. It is a carbohydrate that is incompletely absorbed in our bodies.

The carbohydrate in the fiber provides energy. The portion of the fiber that is not absorbed by the body provides for other important functions such as proper bowel function, and may lower the risk for heart disease and some cancers. Some of the health benefits associated with a high fiber diet may come from other components present in these foods, not just from fiber itself. For this reason, fiber is best obtained from foods rather than supplements; therefore we will not be recommending any supplements.

Vitamins

Your body is one powerful machine; capable of doing all sorts of things by itself, but one thing it cannot do is make vitamins. That is where food comes in.

Vitamins and minerals are substances that are found in foods we eat. Your body needs them to work properly and each one has a specific role to play. For example:

- Vitamin D in milk helps your bones.
- Vitamin A in carrots helps you see at night.
- Vitamin C in oranges helps your body's immune system.
- B vitamins in leafy green vegetables help your body make protein and energy.

There are two types of vitamins: fat soluble and water soluble.

When you eat foods that contain fat-soluble vitamins, the vitamins are stored in the fat tissues in your body and in your liver where they are stored until your body needs them.

Water-soluble vitamins are different. They are not stored in the body. Instead, they travel through your bloodstream. Whatever your body does not use is expended when you urinate. This means they need to be replenished more frequently. Do not lose too much sleep about this issue however. With a balanced diet featuring plenty of variety, you will get all the vitamins you need to operate without much effort. Most people get what they need in this way and do not need a daily multi-vitamin.

Water

About 70% of the non-fat mass of the human body is made of water. To function properly, the body requires between one and seven liters of water per day to avoid dehydration; the precise amount depends on the level of activity, temperature, humidity, among other factors. With physical exertion and heat exposure, water loss will increase and daily fluid needs may increase as well.

Water is life, truly, and when we are healthy, but especially when we are sick, our bodies need water more than they need food, sleep, or exercise.

Water is an important component of just about every function that takes place within us. Water is the major part of our saliva, stool, and urine and it also cushions and lubricates brain and joint tissue. It transports nutrients and carries waste away from body cells, and it helps regulate body temperature by distributing heat and cooling the body through perspiration (blood is 83 percent water, muscles are 76 percent water and even 22 percent of bones is water!).

Under average circumstances, the body loses and needs to replace approximately 2 to 3 quarts of water daily. Breathing, urinating, defecating, perspiring and/or sneezing all cause water loss, water that needs to be replaced on a daily basis. Luckily, many of the foods we eat are composed primarily of water (why do you think they call it watermelon?). Foods with particularly high water content include most fruits, greens, and most vegetables.

When we are sick, particularly when we have a fever, our need for fluids increases beyond the 2-3 quarts experts recommend. All the secretions our bodies produces (from the eyes, nose, throat, and lungs) become thicker when we are sick, and increasing our fluid intake is the easiest and safest way to 'thin' those secretions and get them out of the system. The best source is probably plain old tap water, or drinks that are primarily water, such as sport replacement drinks, herbal teas (non-caffeinated), lemon water, and vegetable broth. During an illness, it is a good idea to double the recommended daily fluid intake to one gallon a day!

Top Tips for Increasing Your Fluid Intake

- Have a glass of water or juice on arising in the morning, since you have had no fluids for many hours.
- Drink constantly throughout the day rather than several 'big gulps' at once—this meets your body's needs better and may prevent the problem of frequent urination.
- Fluids are more easily absorbed from the body when they are somewhat cooler, about 40-60 degrees. Keep a 1 or 2 quart bottle of water in your refrigerator and make sure you drink and refill it daily.
- When you pass a drinking fountain, stop for a refreshing drink.
- Use the color of your urine as a guide for how well you are hydrating. If you urinate regularly and your urine is clear to light yellow, you are drinking enough. If it is dark yellow, increase your fluid intake.
- Carry a water bottle with you and drink regularly between meals.

Most people make some kind of effort to eat a healthy and balanced diet. We have covered a great deal of information, but this information is just designed to provide you with a basic understanding of the components that constitute a healthy diet.

*Take a bottle of water
everywhere you go to
stay hydrated!*

Choosing the right foods.

Ensuring you have the right foods on hand is an important key to ensuring you have access to the fuels needed to stay energized and aid recovery from workouts.

It is not unusual to make poor nutritional decisions when you are in a hurry; that is why we believe it is important to prepare foods ahead of time to ensure you have the option for meals and snacks. We will often grill and portion 6-8 chicken breasts at a time, or steam portion 10-12 helpings of brown rice and they will last 5-7 days if refrigerated.

Some of our favorite suggestions that can be prepared ahead of time, often in bulk include the following:

- Spaghetti with turkey meat, tomatoes, tomato sauce and whole wheat noodles – portion into small containers and freeze. Grab one and take with you for lunch or have for an easy dinner.
- Turkey chili with ground turkey, various beans (raw and soaked in water for 24 hours – has less preservatives than canned beans), tomatoes and seasoning with a cup of brown rice - portion into small containers and freeze. Grab one and take with you for lunch or have for an easy dinner.
- Prepare a salad the night before with grilled chicken
- Take a potato and fresh vegetables to work and microwave. Have with tuna fish or a previously prepared chicken breast
- Sandwich on whole wheat bread with lettuce and tomato and mustard with a side of carrot sticks is easy
- Tuna fish, steamed brown rice and fresh vegetables are great in a hurry if you have prepared in bulk previously.

Good Protein Options:

- Tuna
- Chicken
- Turkey (ground, shaved, and breast)
- Pork
- Lean Red Meat
- Salmon
- Tilapia
- Beans
- Eggs
- Nonfat Cheese
- Nonfat Yogurt
- Soy Product
- Tofu
- Protein Powder (low sugar)

Good Carbohydrate Options:

- Any vegetable (raw, blended, or steamed/boiled/cooked – not fried)
- Any fruit (raw, blended, or cooked – not fried)
- Whole wheat noodles
- Whole wheat breads
- Beans
- Whole grain cereal
- Couscous
- Quinoa
- Oatmeal
- Cottage cheese
- Grits
- Baked Potatoes (Yams/Sweet Potatoes preferred)
- Brown rice

Good Sources of Fat:

- Avocado
- Canola/Olive/Flaxseed Oil

Good Snack Options (try to keep snacks 100-300 calories):

- Low Fat Cheese
- Fruit
- Vegetable
- Cottage Cheese
- Low Fat & Non Fat Yogurt
- Peanut Butter w/ veg or fruit
- Nuts
- Low carb protein bar
- Low carb protein shake

Great proportion breakdown:

- 45% Protein
- 35% Carbohydrate
- 20% Fat

Example of a well balanced day:

- Breakfast – whole wheat English muffin, egg whites, cottage cheese, sugar free juice
- Early Snack – fruit w/ peanut butter
- Lunch – whole wheat pasta, ground turkey, tomatoes, tomato sauce
- Afternoon Snack – Non-fat string cheese and veggie
- Dinner – salmon, brown rice, steamed mixed vegetables

Planning your nutrition while shopping is critical to controlling intake!

How do I get started?

Before we get started with the program, we want to establish your starting point. An important part of staying motivated throughout the program is tracking where you are coming from as you record where you are going to and ultimately finishing up.

We will take some basic fitness and body composition measurements as well as an all important photo to benchmark against, starting with the photo.

Insert Before Photo

Insert After Photo

*Take several pictures in different poses to capture all angles!
You can send us your results at results@xtrainfit.com*

Instructions on how to accurately record these body measurements follow on the subsequent pages.

Record your measurements here

	Before	After
Body Fat %		
Weight		
Chest (in inches)		
Waist (in inches)		
Hips (in inches)		
Right Thigh (in inches)		
Left Thigh (in inches)		
Right Bicep (in inches)		
Left Bicep (in inches)		
Resting Heart Rate (BMP)		
Step Test Elevated Heart Rate (BMP)		
Vertical Jump		
Push-Ups		
Half Sit-Ups		
Seated Stretch		

Record and track your progress to stay on track and motivated

Body Fat Percentage Calculation Women

Factor 1	Body Weight	Multiply by	Equals	Add	Factor 1 Result	
		0.732		8.987		
Factor 2	Waist Measurement (at fullest point)	Divided by	Factor 2 Result			
		3.140				
Factor 3	Waist Measurement (at navel)	Multiply by	Factor 3 Result			
		0.157				
Factor 4	Hip Measurement (at fullest point)	Multiply by	Factor 4 Result			
		0.249				
Factor 5	Forearm Measurement (at fullest point)	Multiply by	Factor 5 Result			
		0.434				
Lean Body Mass	Factor 1 Result	Plus Factor 2 Result	Minus Factor 3 Result	Minus Factor 4 Result	Plus Factor 5 Result	Lean Body Mass Result
Body Fat Weight	Body Weight	Minus Lean Body Mass Result	Body Fat Weight Result			
Body Fat %	Body Fat Weight Result	Multiply by	Equals	Divided by body weight	Body Fat % Result	
		100				

Note your body weight then follow the formula to determine the factors for calculating the lean body mass. From your lean body mass you will calculate your body fat weight, then calculate body fat percentage

Body Fat Percentage Calculation Men

Factor 1	Body Weight	Multiply by	Equals	Add	Factor 1 Result
		1.062		94.42	
Factor 2	Waist Measurement	Multiply by	Factor 2 Result		
		4.15			
Lean Body Mass	Factor 1 Result	Minus Factor 2 Result	Lean Body Mass Result		
Body Fat Weight	Body Weight	Minus Lean Body Mass Result	Body Fat Weight Result		
Body Fat %	Body Fat Weight Result	Multiply by	Equals	Divided by body weight	Body Fat % Result
		100			

Weight:

1. With shoes off, measure your weight on a scale.
2. Record this measurement.

Chest (in inches):

1. Remove outer clothing and wear only the undergarments that you would normally wear including a bra if female.
2. Stand in front of a large mirror. This is to make sure you have your tape measure in the correct locations on your back and sides.
3. Wrap the tape measure around your chest holding the ends in front of your chest. At this point if you have a friend to help adjust the tape location, it will be easier.
4. Look into the mirror to see where the tape measure is located on your chest. It should be across the fullest part of your chest where the measurement is greatest
5. Turn around in front of the mirror to see where the tape measure is located on your back. It should lie across the points of your shoulder blades. The measuring tape should lie just under your arms, across your shoulder blades, and across the fullest part of your chest.
6. Record this measurement.

Waist (in inches):

1. Find your natural waist. On women an easy way to do this is to stand in front of the mirror and bend at your side. The crease that forms indicates your natural waistline, directly above the belly button and below the ribcage. On men you will want to measure directly above your hipbones level with your belly button.
2. Stand up straight and relax your abdominal muscles. Wrap the measuring tape completely around your waist starting at the belly button. Make sure the tape is level around your waistline.

Recruit a friend to help you measure accurately and consistently!

3. Record this measurement.

Hips (in inches):

1. Take the loose tape measure and wrap it around your hip area. The tape measure should be secured at the fullest part of the hip area; this is almost always over the buttocks.
2. Make certain that the tape measure is straight and parallel to the ground. The tape measure should also be snug as well but not cutting into your body.
3. Record this measurement.

Thighs (in inches):

1. Take the tape measure and wrap it around the thigh of one leg at the mid-point between you knee and your buttocks where the circumference of your leg is greatest.
2. Record this measurement.

Bicep (in inches):

1. Start with your arm fully extended and wrap the tape measure around your bicep. Now make a fist and your biceps and triceps as hard as you can.
2. Take the measurement from the biggest point in your upper arm.
3. Record this measurement.

Resting Heart Rate:

1. You will need a watch with a second hand.
2. The best time to record your resting heart rate is first thing in the morning, right after you wake up, before eating or drinking anything.
3. Find your pulse on your wrist. Wait for the second hand to reach zero then count the beats of your pulse until 10 seconds have expired.

4. Record the pulse rate for 10 seconds and multiply it by six to calculate your heart rate in beats per minute (BPM).
5. Repeat steps 2-4 for three days and record average of three.

Step Test Elevated Heart Rate:

1. You will need a watch with a second hand.
2. Locate a step of large sturdy box approximately 12 inches high.
3. Step on and off the box for 3 minutes. Step up with one foot and then the other foot. Try to maintain a steady speed.
4. At the end of 3 minutes remain standing and record your heart rate.
5. Find your pulse on your wrist. Count the beats of your pulse for 10 seconds.
6. Record the pulse rate for 10 seconds and multiply it by six to calculate your heart rate in beats per minute (BMP).
7. Record this measurement.

Vertical Jump:

This test is designed to measure your explosive leg power.

1. Locate an area where you can jump and land safely without hitting any furniture, etc.
2. Stand next to a wall and reach up as high as you possible can with the hand closest to the wall. Mark this height with a piece of tape, placing the tape on the wall at the end of the fingers.
3. Stand slightly away from the wall and jump as high as possible using both your arms and your legs to assist in propelling the body upwards.
4. Attempt to touch the wall at the highest point of the jump.
5. Make note of the point at which you touched the wall. Chalk on your finger tips can assist in this process or a friendly observer.

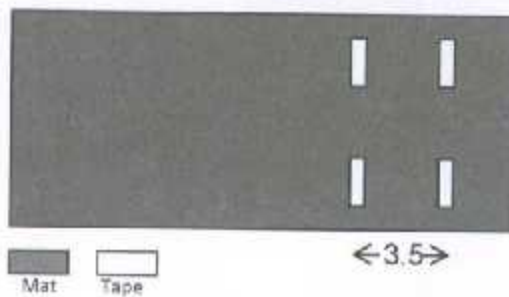
- Practice your technique until you are confident you have reached your maximum height. Measure the distance between the two marks.
- Record this measurement.

Push-Ups:

- Start in the standard push-up position (elevated). Hands should be a shoulder width apart while arms are extended straight down from the shoulders. Keep your back, head and legs in a straight line.
- Lower until the chest is approx 2 inches from the floor then raise up again.
- Repeat this exercise until you have completed the maximum you are able. The goal is to complete as many as you can while maintaining good form. If your back begins to sag, stop, as you are at your limit.
- Record your results.

Half Sit-Ups:

- You will need a mat or area of floor upon which you can apply tape, a watch with a second hand, and four strips of tape.
- Prepare your area or mat as illustrated with the four strips of tape.



1. Lay face-up on floor or mat with your feet flat on the ground and your knees directly above your feet. Palms should be facing down with finger tips touching the first lengths of tape.
3. Lay flat then sit up until your finger tips touch the second length of tape, and then slowly lower back to the mat without allowing your head to touch the surface. Do not arch your back or neck as this can cause injury, instead keep your lower back flat on the mat and chin off your chest during each movement.
4. Count how many sit ups can be completed in one minute.
5. Record your results.

Seated Stretch:

1. Place a measuring tape on the floor in a straight line 4-5 feet long.
2. Sit on the floor with flat straight legs in front of you and with the tape between your legs - the zero mark on the tape measure should be at your knees.
3. With your fingers in contact with the tape measure, slowly lean forward as far as you can and note the distance you can reach on the tape measure. Then rest for a few seconds.
4. Repeat the exercise 3-4 times as you will likely reach a little further each and note the furthest point reached on the tape measure.
5. Record the furthest point reached.

Feel free to re-test yourself once a month to check your progress!

Once I am ready to begin.

Now that you have recorded your beginning measurements, you are ready to begin your journey, starting with planning your first week's workouts.

You will use the following pages to track your workouts as you progress through the program. You should also use the included wall calendar to keep track at a glance, it's a great way to remind you of your goal and your progress towards achieving it.

Many people plan on starting at the beginning of a week if possible, depending on whether you would like to take Saturday or Sunday as your low load or rest day. Some people may prefer to take their rest day mid-week however, so their workout plan reflects that. Whichever camp you fall into, you should not wait to begin. Start now!

*Plan your workouts well
in advance to maximize
your time!*

Planning and tracking my progress?

Once you have begun your journey, you can go back at any time and measure your progress against the initial measurements you recorded prior to beginning the program. We caution against setting too high an expectation on weekly progress, you may be disappointed as the transformation will still take time, but a once a month check against your earlier benchmark should show rewarding progress.

Note the date you plan to complete your workout and then place a check mark next to the date once completed. This will help you plan the workouts when it is most convenient and allows you to easily review your progress at a quick glance.

Day	Workout	Weeks		
		1	2	3
1	Cardio	2/6/11 <i>S</i>		
2	Chest & Back	2/7/11 <i>M</i>		
3	Circuit Burnout	2/8/11 <i>T</i>		
4	XTF Legs	2/9/11 <i>W</i>		
5	Cardio	2/10/11 <i>T</i>		
6	XTF Arms	2/11/11 <i>F</i>		
7	Hard Core Stretch	2/12/11 <i>S</i>		

Each workout varies from each other, some require you track weight and repetition, some the level the exercise was performed at and others (Yoga and Stretch) require no tracking at all. Record weight and number of repetitions completed as follows.

Exercise	Week					
	1	2	3	4	5	6
Hammer Curls	Wt / Rp 15/10	Wt / Rp 15/15	Wt / Rp 20/12	Wt / Rp	Wt / Rp	Wt / Rp
Military Press	Wt / Rp 15/10	Wt / Rp 15/15	Wt / Rp 15/15	Wt / Rp	Wt / Rp	Wt / Rp

Record your repetitions or the modification level as follows.

Exercise	Week					
	1	2	3	4	5	6
Push-Ups	Reps 8	Reps 10	Reps 13	Reps	Reps	Reps
Superman	Level 1	Level 1	Level 2	Level	Level	Level

Log Key: Wt = Weight
Rp or Rep = Repetitions
Lvl or Level = Modification Level

Track your 12 weeks of workouts:

Weeks 1-3 Fat Shred

Day	Workout	Weeks		
		1	2	3
1	Cardio			
2	Chest & Back			
3	Circuit Burnout			
4	XTF Legs			
5	Cardio			
6	XTF Arms			
7	Hard Core* Stretch*			

* 2 workouts on day 7

Weeks 4-9 Strength & Burn

Day	Workout	Weeks					
		4	5	6	7	8	9
1	Circuit Burnout						
2	XTF Legs						
3	XTF Arms						
4	Circuit Burnout						
5	Chest & Back						
6	Hard Core						
7	Yoga or Rest						

Weeks 10-12 Finalization

Day	Workout	Weeks		
		10	11	12
1	1. Cardio			
	2. Hard Core			
2	Chest & Back			
	1. Circuit Burnout			
3	2. Stretch			
	XTF Legs			
4	1. Cardio			
	2. Hard Core			
5	XTF Arms			
	Yoga or rest			

* 2 workouts on days 1, 3 and 5

Record the dates and day of the week you plan to complete each workout and check it off once complete.

XTF Arms Weeks 1-6

Exercise	Week					
	1	2	3	4	5	6
Hammer Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Military Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Diamond Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Tricep Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Inverted Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Overhead Tricep Extension	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Front Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Dip	Reps	Reps	Reps	Reps	Reps	Reps
90 Degree Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Arm Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Kickback	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Hammer Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Military Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Single Arm Tricep Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Inverted Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Overhead Tricep Extension	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Front Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Dip	Reps	Reps	Reps	Reps	Reps	Reps
90 Degree Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Arm Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Kick Back	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp

Record the weight and repetition completed on each exercise each week.

XTF Arms Weeks 7-12

Exercise	Week					
	7	8	9	10	11	12
Hammer Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Military Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Diamond Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Tricep Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Inverted Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Overhead Tricep Extension	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Forward Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Dip	Reps	Reps	Reps	Reps	Reps	Reps
90 Degree Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Shoulder Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Kickback	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Hammer Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Military Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Single Arm Tricep Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Inverted Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Overhead Tricep Extension	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Front Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Dip	Reps	Reps	Reps	Reps	Reps	Reps
90 Degree Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Arm Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Kick Back	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp

XTF Legs Weeks 1-6

Exercise	Week					
	1	2	3	4	5	6
Plié Squat	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Forward Alternating Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Dead lift	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Banded Side Step	Band	Band	Band	Band	Band	Band
Calf Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Squat	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Reverse Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Deadlift	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Banded Side Step	Band	Band	Band	Band	Band	Band
Pigeon Toed Calf Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Single Leg Reverse Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Squat	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tick Tock Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Heel In Calf Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Curtsey Lunge	Reps	Reps	Reps	Reps	Reps	Reps

Some workouts require that you record a combination of weight, repetitions and the modification level completed.

XTF Legs Weeks 7-12

Exercise	Week					
	7	8	9	10	11	12
Plié Squat	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Forward Alternating Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Deadlift	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridges	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Banded Side Steps	Band	Band	Band	Band	Band	Band
Calf Raises	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Squats	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Reverse Lunges	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Deadlift	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridges	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Banded Side Steps	Band	Band	Band	Band	Band	Band
Pigeon Toed Calf Raises	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Single Leg Reverse Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Squats	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tick Tock Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridges	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Heel In Calf Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Curtsy Lunge	Reps	Reps	Reps	Reps	Reps	Reps

Download additional blank pages at xtrainfit.com/pages

Cardio Weeks 1-3

Exercise	Duration	Week								
		1			2			3		
		60	45	30	60	45	30	60	45	30
Jumping Jacks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Jump Rope		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Scissor Jacks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Thrusts		Lvl			Lvl			Lvl		
Football Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Speed Skaters		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Knee Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Jumps		Lvl			Lvl			Lvl		
Front Kicks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Mogul Hops		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Back Kicks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrusts		Lvl			Lvl			Lvl		
Side Shuffle		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leap Frogs		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Cone Jumps		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrusts		Lvl			Lvl			Lvl		
Left Knee Repeaters		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Toe Taps		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Knee Repeaters		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Heels		Lvl			Lvl			Lvl		

The Cardio workout includes exercises completed in 60, 45 and 30 second intervals. Record the modification level you do each interval.

Cardio Weeks 10-12 (no cardio weeks 4-9)

Exercise	Duration	Week								
		10			11			12		
		60	45	30	60	45	30	60	45	30
Jumping Jack		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Jump Rope		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Scissor Jack		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Thrust		Lvl			Lvl			Lvl		
Football Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Speed Skater		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Knee Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Jump		Lvl			Lvl			Lvl		
Front Kick		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Mogul Hop		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Back Kick		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrust		Lvl			Lvl			Lvl		
Side Shuffle		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leap Frog		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Cone Jump		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrust		Lvl			Lvl			Lvl		
Left Knee Repeater		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Toe Tap		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Knee Repeater		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Heel		Lvl			Lvl			Lvl		

Take the time to review your last workout and set a goal for each of the next set of exercises. You may be ready to take it to the next level

Chest & Back Weeks 1-6

Exercise	Week					
	1	2	3	4	5	6
Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Superman	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps
Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Superman X	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps
Decline Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Superman Kick	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps

Chest & Back Weeks 7-12

Exercise	Week					
	7	8	9	10	11	12
Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Superman	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps
Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Superman X	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps
Decline Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Superman Kick	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps

Circuit Burnout Weeks 1-6

Exercise	Week					
	1	2	3	4	5	6
Inchworm to Pogo Hop	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
10,9,8's Plank	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
7,6,5's Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
4,3,2's Mountain Climber	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Pile Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Thrusts	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Forward Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Sports Conditioning						
Speed Skate	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Bob and Weave	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Football Run	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Side Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leg Shoulder Drills						
Side Repeater Leg	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Curtsey Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Inverted Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Power Super Sets						
Power Skip	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Diagonal Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Hell Raiser	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Thrust with Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Tn-Cardio						
Dip	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Toe Tap	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Tuck Jump	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Abdominal						
Crunch	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Crunch to Left Knee	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Crunch to Right Knee	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Heel Toe Tap	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leg Lowers	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl

*Circuit Burnout will push your limits!
Keep track of your modification level each week and you see results.*

Circuit Burnout Weeks 7-12

Exercise	Week					
	7	8	9	10	11	12
Inchworm to Pogo Hop	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
10,9,8's Plank	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
7,6,5's Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
4,3,2's Mountain Climber	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Pié Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Thrusts	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Forward Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Sports Conditioning						
Speed Skate	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Bob and Weave	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Football Run	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Side Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leg Shoulder Drills						
Side Repeater Leg	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Curtsey Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Inverted Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Power Super Sets						
Power Skip	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Diagonal Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Heel Raiser	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Thrust with Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Tri-Cardio						
Dip	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Toe Tap	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Tuck Jump	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Abdominal						
Crunch	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Crunch to Left Knee	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Crunch to Right Knee	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Heel Toe Tap	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leg Lowers	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl

Hard Core Weeks 1-12

Exercise	Week											
	1	2	3	4	5	6	7	8	9	10	11	12
Roll-Ups	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Planks	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Planks Single Arm/Leg	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leg Lowers	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Knee Tucks	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Left Oblique Crunch	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Side Knee Tucks	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Oblique Crunch	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Plikes	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Left Oblique Leg Lift	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Walrus Walk	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Oblique Leg Lift	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Starfish	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Left Starfish	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Weighted Side lean	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl

Hard Core exercises include many possible modifications. Challenge yourself to increase your level.