

BRUNCH  BODY

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FITNESS








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**Foundational Fitness Guide**  
**Version 1.0**

# Introduction

Welcome to the Brunch Body Fitness Recreation guide. In this document you have full access to all of our current programs. This should be considered a living document and may be subject to changes over time. Please feel free to use or distribute at your leisure.

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# Zero to One Push Up

This program is designed for the absolute beginner or someone recovering from an injury. This 12 week program will help you build the upper body strength needed to do a push up. This program uses supersets to maximize lactate production in your muscle cells to help you build and repair muscle tissue. Please refer to the exercise diagrams section if you need instruction on an exercise.

## What is a superset?

A superset is using multiple exercises in succession.

Example:

A day calls for 3 sets of 10 reps

[push-ups, walking burpees, squats]

10 push-ups, 10 walking burpees, 10 Squats

**Break**

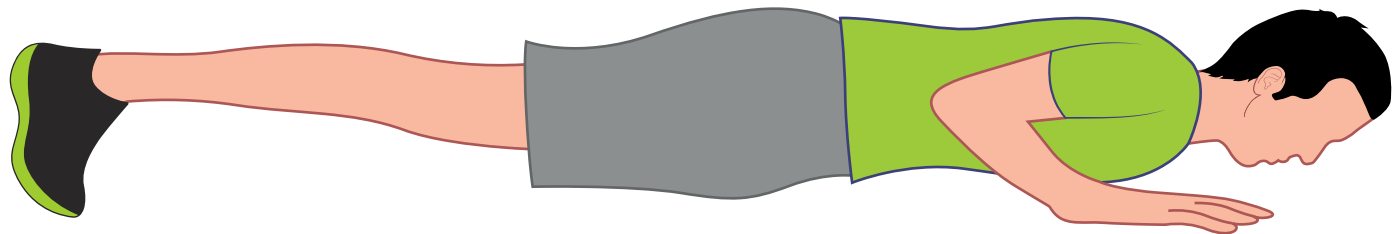
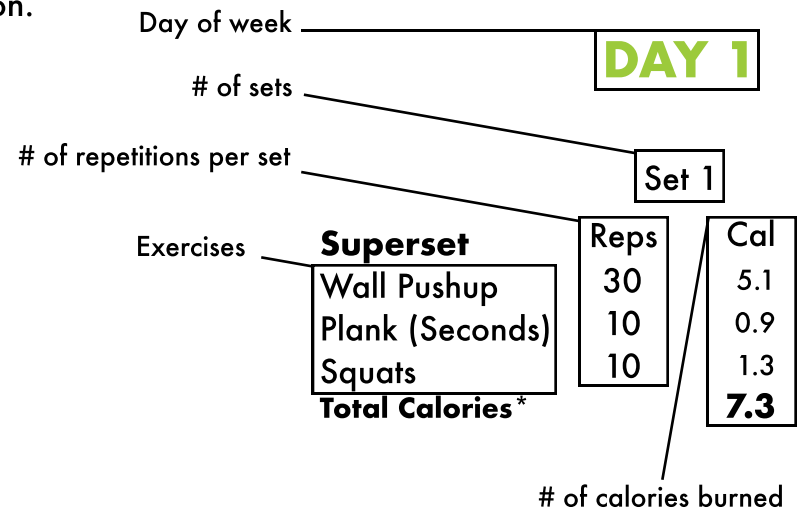
10 push-ups, 10 walking burpees, 10 Squats

**Break**

10 push-ups, 10 walking burpees, 10 Squats

**Finish**

## How to read the charts:



# Zero to One Push Up

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Set 1		Set 2		Set 3		Set 2		Set 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Wall Pushup	30	2.03	30	4.06	30	6.08	30	4.06	30	2.03		
Plank (Seconds)	10	0.68	10	1.35	10	2.03	10	1.35	10	0.68		
Squats	10	0.68	10	1.35	10	2.03	10	1.35	10	0.68		
<b>Total Calories*</b>		<b>3.38</b>		<b>6.76</b>		<b>10.14</b>		<b>6.76</b>		<b>3.38</b>		

**WEEK 2**

	Set 2		Set 2		Set 3		Set 2		Set 2		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Wall Pushup	40	5.41	40	5.41	40	8.11	40	5.41	40	5.41		
Walking Burpee	10	1.35	10	1.35	10	2.03	10	1.35	10	1.35		
Half Cobra	10	1.35	10	1.35	10	2.03	10	1.35	10	1.35		
Plank (Seconds)	10	1.35	10	1.35	10	2.03	10	1.35	10	1.35		
Squats	10	1.35	10	1.35	10	2.03	10	1.35	10	1.35		
<b>Total Calories*</b>		<b>10.81</b>		<b>10.81</b>		<b>16.22</b>		<b>10.81</b>		<b>10.81</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



# Zero to One Push Up

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 3**

	Set 3		Set 2		Set 1		Set 2		Set 3		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Wall Pushup	30	6.08	40	5.41	50	3.38	40	5.41	30	6.08		
Walking Burpee	10	2.03	10	1.35	20	0.68	10	1.35	10	2.03		
Half Cobra	10	2.03	10	1.35	20	0.68	10	1.35	10	2.03		
Plank (Seconds)	10	2.03	10	1.35	20	0.68	10	1.35	10	2.03		
Squats	10	2.03	10	1.35	20	0.68	10	1.35	10	2.03		
<b>Total Calories*</b>		<b>14.19</b>		<b>10.81</b>		<b>6.08</b>		<b>10.81</b>		<b>14.19</b>		

**WEEK 4**

	Set 3		Set 2		Set 3		Set 2		Set 3		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Wall Pushup	30	6.08	50	6.76	30	6.08	50	6.76	30	6.08		
Walking Burpee	15	3.04	20	2.03	15	3.04	20	2.03	15	3.04		
Half Cobra	15	3.04	20	2.03	15	3.04	20	2.03	15	3.04		
Box Pushup	15	3.04	20	2.03	15	3.04	20	2.03	15	3.04		
Plank (Seconds)	15	3.04	20	2.03	15	3.04	20	2.03	15	3.04		
Squats	15	3.04	20	2.03	15	3.04	20	2.03	15	3.04		
<b>Total Calories*</b>		<b>21.29</b>		<b>16.90</b>		<b>21.29</b>		<b>16.90</b>		<b>21.29</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Zero to One Push Up

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 5**

	Set 1		Set 2		Set 1		Set 2		Set 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Wall Pushup	60	4.06	50	6.76	60	4.06	50	6.76	60	4.06		
Walking Burpee	25	1.69	20	2.70	25	1.69	20	2.70	25	1.69		
Half Cobra	25	1.69	20	2.70	25	1.69	20	2.70	25	1.69		
Box Pushup	25	1.69	20	2.70	25	1.69	20	2.70	25	1.69		
Plank (Seconds)	25	1.69	20	2.70	25	1.69	20	2.70	25	1.69		
Squats	25	1.69	20	2.70	25	1.69	20	2.70	25	1.69		
<b>Total Calories*</b>		<b>12.50</b>		<b>20.28</b>		<b>12.50</b>		<b>20.28</b>		<b>12.50</b>		

**WEEK 6**

	Set 4		Set 2		Set 1		Set 2		Set 4		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Wall Pushup	10	2.70	50	6.76	60	4.06	50	6.76	10	2.70		
Walking Burpee	10	2.70	25	3.38	30	2.03	25	3.38	10	2.70		
Half Cobra	10	2.70	25	3.38	30	2.03	25	3.38	10	2.70		
Box Pushup	10	2.70	25	3.38	30	2.03	25	3.38	10	2.70		
Plank (Seconds)	10	2.70	25	3.38	30	2.03	25	3.38	10	2.70		
Squats	10	2.70	25	3.38	30	2.03	25	3.38	10	2.70		
<b>Total Calories*</b>		<b>16.22</b>		<b>23.66</b>		<b>14.19</b>		<b>23.66</b>		<b>16.22</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Zero to One Push Up

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Set 3		Set 2		Set 1		Set 2		Set 3		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Box Pushup	20	4.06	25	3.38	30	2.03	25	3.38	20	4.06		
Walking Burpee	20	4.06	25	3.38	30	2.03	25	3.38	20	4.06		
Negatives	3	0.61	5	0.68	6	0.41	5	0.68	3	0.61		
Knee Pushup	20	4.06	25	3.38	30	2.03	25	3.38	20	4.06		
Full Cobra	20	4.06	25	3.38	30	2.03	25	3.38	20	4.06		
Plank (Seconds)	20	4.06	25	3.38	30	2.03	25	3.38	20	4.06		
Squats	20	4.06	25	3.38	30	2.03	25	3.38	20	4.06		
<b>Total Calories*</b>		<b>24.94</b>		<b>20.95</b>		<b>12.57</b>		<b>20.95</b>		<b>24.94</b>		

**WEEK 8**

	Set 3		Set 2		Set 3		Set 2		Set 3		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Box Pushup	20	4.06	25	3.38	20	4.06	25	3.38	20	4.06		
Walking Burpee	20	4.06	25	3.38	20	4.06	25	3.38	20	4.06		
Negatives	6	1.22	8	1.08	6	1.22	8	1.08	6	1.22		
Knee Pushup	20	4.06	25	3.38	20	4.06	25	3.38	20	4.06		
Full Cobra	20	4.06	25	3.38	20	4.06	25	3.38	20	4.06		
Plank (Seconds)	20	4.06	25	3.38	20	4.06	25	3.38	20	4.06		
Squats	20	4.06	25	3.38	20	4.06	25	3.38	20	4.06		
<b>Total Calories*</b>		<b>25.55</b>		<b>21.36</b>		<b>25.55</b>		<b>21.36</b>		<b>25.55</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Zero to One Push Up

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 9**

	Set 2		Set 2		Set 3		Set 2		Set 2		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Box Pushup	30	4.06	30	4.06	20	4.06	30	4.06	30	4.06		
Walking Burpee	30	4.06	30	4.06	20	4.06	30	4.06	30	4.06		
Negatives	8	1.08	8	1.08	6	1.22	8	1.08	8	1.08		
Knee Pushup	30	4.06	30	4.06	20	4.06	30	4.06	30	4.06		
Full Cobra	30	4.06	30	4.06	20	4.06	30	4.06	30	4.06		
Plank (Seconds)	30	4.06	30	4.06	20	4.06	30	4.06	30	4.06		
Squats	30	4.06	30	4.06	20	4.06	30	4.06	30	4.06		
<b>Total Calories*</b>		<b>25.41</b>		<b>25.41</b>		<b>25.55</b>		<b>25.41</b>		<b>25.41</b>		

**WEEK 10**

	Set 1		Set 2		Set 1		Set 2		Set 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Box Pushup	35	2.37	30	4.06	35	2.37	30	4.06	35	2.37		
Walking Burpee	35	2.37	30	4.06	35	2.37	30	4.06	35	2.37		
Negatives	10	0.68	8	1.08	10	0.68	8	1.08	10	0.68		
Knee Pushup	35	2.37	30	4.06	35	2.37	30	4.06	35	2.37		
Full Cobra	35	2.37	30	4.06	35	2.37	30	4.06	35	2.37		
Plank (Seconds)	35	2.37	30	4.06	35	2.37	30	4.06	35	2.37		
Squats	35	2.37	30	4.06	35	2.37	30	4.06	35	2.37		
<b>Total Calories*</b>		<b>14.87</b>		<b>25.41</b>		<b>14.87</b>		<b>25.41</b>		<b>14.87</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Zero to One Push Up

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 11**

	Set 4		Set 2		Set 1		Set 2		Set 4		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Box Pushup	10	2.70	30	4.06	40	2.70	30	4.06	10	2.70		
Walking Burpee	10	2.70	30	4.06	40	2.70	30	4.06	10	2.70		
Negatives	10	2.70	10	1.35	10	0.68	10	1.35	10	2.70		
Knee Pushup	10	2.70	30	4.06	40	2.70	30	4.06	10	2.70		
Full Cobra	10	2.70	30	4.06	40	2.70	30	4.06	10	2.70		
Plank (Seconds)	10	2.70	30	4.06	40	2.70	30	4.06	10	2.70		
Squats	10	2.70	30	4.06	40	2.70	30	4.06	10	2.70		
<b>Total Calories*</b>		<b>18.93</b>		<b>25.69</b>		<b>16.90</b>		<b>25.69</b>		<b>18.93</b>		

**WEEK 12**

	Set 1		Set 1		Set 1		Set 1		Set 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Box Pushup	20	1.35	20	1.35	20	1.35	20	1.35	20	1.35		
Walking Burpee	20	1.35	20	1.35	20	1.35	20	1.35	20	1.35		
Pushups	1	0.07	1	0.07	1	0.07	1	0.07	1	0.07		
Full Cobra	20	1.35	20	1.35	20	1.35	20	1.35	20	1.35		
Plank (Seconds)	20	1.35	20	1.35	20	1.35	20	1.35	20	1.35		
Squats	20	1.35	20	1.35	20	1.35	20	1.35	20	1.35		
<b>Total Calories*</b>		<b>6.83</b>		<b>6.83</b>		<b>6.83</b>		<b>6.83</b>		<b>6.83</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge

Welcome to the Brunch Body Challenge.

This 60 Week program will focus on improving your strength and endurance. Using our core training movements, as well as steady state cardio, you will increase your intensity through a volume based approach.

## Key Points

This program's goal is to provide you a foundation to develop a healthy lifestyle and sustain it over a prolonged period of time.

Don't let the numbers intimidate you:

If you decide to complete all 3 Challenges of the program, the progressive overload from week 1 to week 60 is gradual and achievable.

## During Calisthenics:

Push yourself to failure but not to injury.

Take breaks when you need to, both in-between sets as well as during longer sets when needed.

Listen to your body.

## During Cardio:

Focus on the distance, if you have to walk, walk.

There is an element of mind over matter. Completing a circuit, even at a snail's pace, will make it easier to complete the next time you attempt it. It is easier to visualize something you have already done. Your body will adapt.

*\*If at any point you feel you are regressing or have reached your limit please use the maintenance programs until you feel ready to move forward.*



# Brunch Body Challenge #1

Welcome to Challenge #1. Over the course of the next 16 weeks you will acclimate to your new fitness routine. We recommend you do your calisthenics prior to cardio. Our core superset in phase one is PBS (Push-ups, Walking Burpee, Squats) these three movements together target the majority of the muscle groups in your body and can be done anywhere with no equipment needed.



## What is a superset?

A superset is using multiple exercises in succession.

Example:

A day calls for 3 sets of 10 reps

[push-ups, walking burpees, squats]

10 push-ups, 10 walking burpees, 10 Squats

### Break

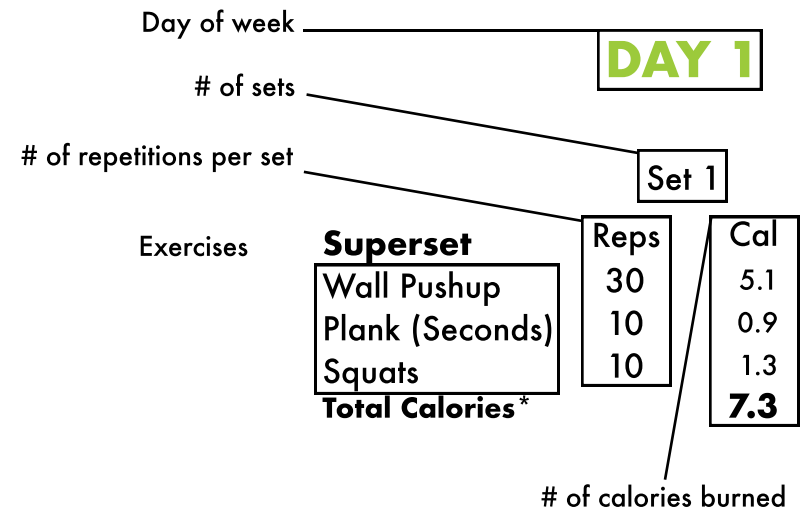
10 push-ups, 10 walking burpees, 10 Squats

### Break

10 push-ups, 10 walking burpees, 10 Squats

### Finish

## How to read the charts:



Please refer to our exercise diagrams if you have questions about form.

*You can supplement cycling for running – multiply the running by 3.*

Good luck and have fun and don't forget to stretch

# Brunch Body Challenge #1

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	5	0.64	5	0.64	5	0.64	5	0.64	5	0.64		
Walking Burpee	5	0.68	5	0.68	5	0.68	5	0.68	5	0.68		
Squat	5	0.51	5	0.51	5	0.51	5	0.51	5	0.51		
<b>Run</b>			①	123.41	①	123.41	①	123.41			①	123.41
<b>Total Calories*</b>		<b>1.82</b>		<b>125.23</b>		<b>125.23</b>		<b>125.23</b>		<b>1.82</b>		<b>123.41</b>

**WEEK 2**

	Sets 1		Sets 1		Sets 1		Sets 1		Sets 1		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	10	0.64	10	0.64	10	0.64	10	0.64	10	0.64		
Walking Burpee	10	0.68	10	0.68	10	0.68	10	0.68	10	0.68		
Squat	10	0.51	10	0.51	10	0.51	10	0.51	10	0.51		
<b>Run</b>			①	123.41	②	246.81	①	123.41			②	246.81
<b>Total Calories*</b>		<b>1.82</b>		<b>125.23</b>		<b>248.63</b>		<b>125.23</b>		<b>1.82</b>		<b>246.81</b>

**WEEK 3**

	Sets 3		Sets 3		Sets 3		Sets 3		Sets 3		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	5	0.96	5	0.96	5	0.96	5	0.96	5	0.96		
Walking Burpee	5	1.01	5	1.01	5	1.01	5	1.01	5	1.01		
Squat	5	0.76	5	0.76	5	0.76	5	0.76	5	0.76		
<b>Run</b>			①	123.41	②	246.81	①	123.41			③	370.22
<b>Total Calories*</b>		<b>2.73</b>		<b>126.14</b>		<b>249.54</b>		<b>126.14</b>		<b>2.73</b>		<b>370.22</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



# Brunch Body Challenge #1

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 1		Sets 1		Sets 1		Sets 1		Sets 1		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	15	0.96	15	0.96	15	0.96	15	0.96	15	0.96		
Walking Burpee	15	1.01	15	1.01	15	1.01	15	1.01	15	1.01		
Squat	15	0.76	15	0.76	15	0.76	15	0.76	15	0.76		
<b>Run</b>			①	123.41	③	370.22	②	246.81			③	370.22
<b>Total Calories*</b>	<b>2.73</b>		<b>126.14</b>		<b>372.95</b>		<b>249.54</b>		<b>2.73</b>		<b>370.22</b>	

**WEEK 5**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	20	2.55	20	2.55	20	2.55	20	2.55	20	2.55		
Walking Burpee	20	2.70	20	2.70	20	2.70	20	2.70	20	2.70		
Squat	20	2.03	20	2.03	20	2.03	20	2.03	20	2.03		
<b>Run</b>			②	246.81	③	370.22	②	246.81			③	370.22
<b>Total Calories*</b>	<b>7.28</b>		<b>254.09</b>		<b>377.50</b>		<b>254.09</b>		<b>7.28</b>		<b>370.22</b>	

**WEEK 6**

	Sets 1		Sets 1		Sets 1		Sets 1		Sets 1		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	20	1.59	20	1.59	20	1.59	20	1.59	20	1.59		
Walking Burpee	20	1.69	20	1.69	20	1.69	20	1.69	20	1.69		
Squat	20	1.27	20	1.27	20	1.27	20	1.27	20	1.27		
<b>Run</b>			②	246.81	③	370.22	②	246.81			④	493.63
<b>Total Calories*</b>	<b>4.55</b>		<b>251.36</b>		<b>374.77</b>		<b>251.36</b>		<b>4.55</b>		<b>493.63</b>	

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #1

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 3		Sets 3		Sets 3		Sets 3		Sets 3		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	8	1.53	8	1.53	8	1.53	8	1.53	8	1.53		
Walking Burpee	8	1.62	8	1.62	8	1.62	8	1.62	8	1.62		
Squat	8	1.22	8	1.22	8	1.22	8	1.22	8	1.22		
<b>Run</b>			②	246.81	③	370.22	③	370.22			④	493.63
<b>Total Calories*</b>		<b>4.37</b>		<b>251.18</b>		<b>374.59</b>		<b>374.59</b>		<b>4.37</b>		<b>493.63</b>

**WEEK 8**

	Sets 1		Sets 1		Sets 1		Sets 1		Sets 1		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	25	1.59	25	1.59	25	1.59	25	1.59	25	1.59		
Walking Burpee	25	1.69	25	1.69	25	1.69	25	1.69	25	1.69		
Squat	25	1.27	25	1.27	25	1.27	25	1.27	25	1.27		
<b>Run</b>			②	246.81	④	493.63	③	370.22			④	493.63
<b>Total Calories*</b>		<b>4.55</b>		<b>251.36</b>		<b>498.18</b>		<b>374.77</b>		<b>4.55</b>		<b>493.63</b>

**WEEK 9**

	Sets 3		Sets 3		Sets 3		Sets 3		Sets 3		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	10	1.91	10	1.91	10	1.91	10	1.91	10	1.91		
Walking Burpee	10	2.03	10	2.03	10	2.03	10	2.03	10	2.03		
Squat	10	1.52	10	1.52	10	1.52	10	1.52	10	1.52		
<b>Run</b>			③	370.22	④	493.63	③	370.22			⑤	617.03
<b>Total Calories*</b>		<b>5.46</b>		<b>375.68</b>		<b>499.09</b>		<b>375.68</b>		<b>5.46</b>		<b>617.03</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #1

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 1		Sets 1		Sets 1		Sets 1		Sets 1		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	30	1.91	30	1.91	30	1.91	30	1.91	30	1.91		
Walking Burpee	30	2.03	30	2.03	30	2.03	30	2.03	30	2.03		
Squat	30	1.52	30	1.52	30	1.52	30	1.52	30	1.52		
<b>Run</b>			③	370.22	④	493.63	③	370.22			⑤	617.03
<b>Total Calories*</b>		<b>5.46</b>		<b>375.68</b>		<b>499.09</b>		<b>375.68</b>		<b>5.46</b>		<b>617.03</b>

**WEEK 11**

	Sets 4		Sets 4		Sets 4		Sets 4		Sets 4		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	10	2.55	10	2.55	10	2.55	10	2.55	10	2.55		
Walking Burpee	10	2.70	10	2.70	10	2.70	10	2.70	10	2.70		
Squat	10	2.03	10	2.03	10	2.03	10	2.03	10	2.03		
<b>Run</b>			③	370.22	⑤	617.03	③	370.22			⑤	617.03
<b>Total Calories*</b>		<b>7.28</b>		<b>377.50</b>		<b>624.31</b>		<b>377.50</b>		<b>7.28</b>		<b>617.03</b>

**WEEK 12**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	20	2.55	20	2.55	20	2.55	20	2.55	20	2.55		
Walking Burpee	20	2.70	20	2.70	20	2.70	20	2.70	20	2.70		
Squat	20	2.03	20	2.03	20	2.03	20	2.03	20	2.03		
<b>Run</b>			④	493.63	⑤	617.03	③	370.22			⑥	740.44
<b>Total Calories*</b>		<b>7.28</b>		<b>500.91</b>		<b>624.31</b>		<b>377.50</b>		<b>7.28</b>		<b>740.44</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #1

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 13**

	Sets 1		Sets 1		Sets 1		Sets 1		Sets 1		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	40	2.55	40	2.55	40	2.55	40	2.55	40	2.55		
Walking Burpee	40	2.70	40	2.70	40	2.70	40	2.70	40	2.70		
Squat	40	2.03	40	2.03	40	2.03	40	2.03	40	2.03		
<b>Run</b>			④	493.63	⑥	740.44	③	370.22			⑥	740.44
<b>Total Calories*</b>		<b>7.28</b>		<b>500.91</b>		<b>747.72</b>		<b>377.50</b>		<b>7.28</b>		<b>740.44</b>

**WEEK 14**

	Sets 5		Sets 5		Sets 5		Sets 5		Sets 5		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	10	3.19	10	3.19	10	3.19	10	3.19	10	3.19		
Walking Burpee	10	3.38	10	3.38	10	3.38	10	3.38	10	3.38		
Squat	10	2.53	10	2.53	10	2.53	10	2.53	10	2.53		
<b>Run</b>			⑤	617.03	⑥	740.44	③	370.22			⑦	863.85
<b>Total Calories*</b>		<b>9.10</b>		<b>626.13</b>		<b>749.54</b>		<b>379.32</b>		<b>9.10</b>		<b>863.85</b>

**WEEK 15**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	25	3.19	25	3.19	25	3.19	25	3.19	25	3.19		
Walking Burpee	25	3.38	25	3.38	25	3.38	25	3.38	25	3.38		
Squat	25	2.53	25	2.53	25	2.53	25	2.53	25	2.53		
<b>Run</b>			⑥	740.44	⑥	740.44	④	493.63			⑧	987.25
<b>Total Calories*</b>		<b>9.10</b>		<b>749.54</b>		<b>749.54</b>		<b>502.73</b>		<b>9.10</b>		<b>987.25</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #1

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 16**

	Sets 1		Sets 1		Sets 1		Sets 1		Sets 1		OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
<b>Superset</b>												
Push Ups	50	3.19	50	3.19	50	3.19	50	3.19	50	3.19		
Walking Burpee	50	3.38	50	3.38	50	3.38	50	3.38	50	3.38		
Squat	50	2.53	50	2.53	50	2.53	50	2.53	50	2.53		
<b>Run</b>			6	740.44	7	863.85	4	493.63			8	987.25
<b>Total Calories*</b>		<b>9.10</b>		<b>749.54</b>		<b>872.95</b>		<b>502.73</b>		<b>9.10</b>		<b>987.25</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #2

Congrats on finishing Challenge #1 and welcome to Challenge #2.

Challenge #2 is focused on listening to your body. The volume in this 30 week phase will intensify to make you push yourself to failure. Your workout split shown below has additional optional cross training workouts that target your hips and shoulders and can be seen in the cross training section of this pdf. Day 5 workouts are also now optional. By the end of this Phase you should know how to gauge how much time you need to recover between workouts.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Superset</b> PBS <b>Cross Training</b> (Optional)	<b>Superset</b> PBS <b>Run</b>	<b>Superset</b> PBS <b>Run</b>	<b>Superset</b> PBS <b>Cross Training</b> (Optional) <b>Run</b>	<b>Superset</b> PBS (Optional)	<b>Long Run</b>	<b>OFF</b>



# Brunch Body Challenge #2

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 6		Sets 3		Sets 2		Sets 3		Sets 6		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	10	3.82	20	3.82	30	3.82	20	3.82	10	3.82		
Walking Burpee	10	4.06	20	4.06	30	4.06	20	4.06	10	4.06		
Squat	10	3.04	20	3.04	30	3.04	20	3.04	10	3.04		
<b>Run</b>			③	370.22	⑤	617.03	④	493.63			⑥	740.44
<b>Total Calories*</b>		<b>10.92</b>		<b>381.14</b>		<b>627.95</b>		<b>504.55</b>		<b>10.92</b>		<b>740.44</b>

**WEEK 2**

	Sets 3		Sets 6		Sets 3		Sets 6		Sets 3		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	20	3.82	10	3.82	20	3.82	10	3.82	20	3.82		
Walking Burpee	20	4.06	10	4.06	20	4.06	10	4.06	20	4.06		
Squat	20	3.04	10	3.04	20	3.04	10	3.04	20	3.04		
<b>Run</b>			③	370.22	⑥	740.44	④	493.63			⑥	740.44
<b>Total Calories*</b>		<b>10.92</b>		<b>381.14</b>		<b>751.36</b>		<b>504.55</b>		<b>10.92</b>		<b>740.44</b>

**WEEK 3**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	30	3.82	30	3.82	30	3.82	30	3.82	30	3.82		
Walking Burpee	30	4.06	30	4.06	30	4.06	30	4.06	30	4.06		
Squat	30	3.04	30	3.04	30	3.04	30	3.04	30	3.04		
<b>Run</b>			④	493.63	⑥	740.44	④	493.63			⑦	863.85
<b>Total Calories*</b>		<b>10.92</b>		<b>504.55</b>		<b>751.36</b>		<b>504.55</b>		<b>10.92</b>		<b>863.85</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #2

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 7		Sets 3		Sets 2		Sets 3		Sets 7		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	10	4.46	25	4.78	35	4.46	25	4.78	10	4.46		
Walking Burpee	10	4.73	25	5.07	35	4.73	25	5.07	10	4.73		
Squat	10	3.55	25	3.80	35	3.55	25	3.80	10	3.55		
<b>Run</b>			⑤	617.03	⑥	740.44	④	493.63			⑦	863.85
<b>Total Calories*</b>		<b>12.74</b>		<b>630.68</b>		<b>753.18</b>		<b>507.28</b>		<b>12.74</b>		<b>863.85</b>

**WEEK 5**

	Sets 3		Sets 7		Sets 3		Sets 7		Sets 3		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	25	4.78	10	4.46	25	4.78	10	4.46	25	4.78		
Walking Burpee	25	5.07	10	4.73	25	5.07	10	4.73	25	5.07		
Squat	25	3.80	10	3.55	25	3.80	10	3.55	25	3.80		
<b>Run</b>			⑤	617.03	⑦	863.85	④	493.63			⑧	987.25
<b>Total Calories*</b>		<b>13.65</b>		<b>629.77</b>		<b>877.50</b>		<b>506.37</b>		<b>13.65</b>		<b>987.25</b>

**WEEK 6**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	35	4.46	35	4.46	35	4.46	35	4.46	35	4.46		
Walking Burpee	35	4.73	35	4.73	35	4.73	35	4.73	35	4.73		
Squat	35	3.55	35	3.55	35	3.55	35	3.55	35	3.55		
<b>Run</b>			⑥	74.04	⑦	863.85	④	493.63			⑧	987.25
<b>Total Calories*</b>		<b>12.74</b>		<b>86.79</b>		<b>876.59</b>		<b>506.37</b>		<b>12.74</b>		<b>987.25</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



# Brunch Body Challenge #2

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 8		Sets 4		Sets 2		Sets 4		Sets 8		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	10	5.10	20	5.10	40	5.10	20	5.10	10	5.10		
Walking Burpee	10	5.41	20	5.41	40	5.41	20	5.41	10	5.41		
Squat	10	4.06	20	4.06	40	4.06	20	4.06	10	4.06		
<b>Run</b>			6	740.44	8	987.25	4	493.63			9	1110.66
<b>Total Calories*</b>		<b>14.56</b>		<b>755.00</b>		<b>1001.81</b>		<b>508.19</b>		<b>14.56</b>		<b>1110.66</b>

**WEEK 8**

	Sets 4		Sets 8		Sets 4		Sets 8		Sets 4		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	20	5.10	10	5.10	20	5.10	10	5.10	20	5.10		
Walking Burpee	20	5.41	10	5.41	20	5.41	10	5.41	20	5.41		
Squat	20	4.06	10	4.06	20	4.06	10	4.06	20	4.06		
<b>Run</b>			5	617.03	8	987.25	4	493.63			9	1110.66
<b>Total Calories*</b>		<b>14.56</b>		<b>631.59</b>		<b>1001.81</b>		<b>508.19</b>		<b>14.56</b>		<b>1110.66</b>

**WEEK 9**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	40	5.10	40	5.10	40	5.10	40	5.10	40	5.10		
Walking Burpee	40	5.41	40	5.41	40	5.41	40	5.41	40	5.41		
Squat	40	4.06	40	4.06	40	4.06	40	4.06	40	4.06		
<b>Run</b>			5	617.03	9	1110.66	4	493.63			10	1234.07
<b>Total Calories*</b>		<b>14.56</b>		<b>631.59</b>		<b>1125.22</b>		<b>508.19</b>		<b>14.56</b>		<b>1234.07</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #2

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 9		Sets 4		Sets 2		Sets 4		Sets 9		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	10	5.74	25	6.37	45	5.74	25	6.37	10	5.74		
Walking Burpee	10	6.08	25	6.76	45	6.08	25	6.76	10	6.08		
Squat	10	4.56	25	5.07	45	4.56	25	5.07	10	4.56		
<b>Run</b>			④	493.63	⑨	1110.66	④	493.63			⑩	1234.07
<b>Total Calories*</b>		<b>16.38</b>		<b>511.83</b>		<b>1127.04</b>		<b>511.83</b>		<b>16.38</b>		<b>1234.07</b>

**WEEK 11**

	Sets 4		Sets 9		Sets 4		Sets 9		Sets 4		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	25	6.37	10	5.74	25	6.37	10	5.74	25	6.37		
Walking Burpee	25	6.76	10	6.08	25	6.76	10	6.08	25	6.76		
Squat	25	5.07	10	4.56	25	5.07	10	4.56	25	5.07		
<b>Run</b>			④	493.63	⑧	987.25	④	493.63			⑪	1357.47
<b>Total Calories*</b>		<b>18.20</b>		<b>510.01</b>		<b>1005.45</b>		<b>510.01</b>		<b>18.20</b>		<b>1357.47</b>

**WEEK 12**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	45	5.74	45	5.74	45	5.74	45	5.74	45	5.74		
Walking Burpee	45	6.08	45	6.08	45	6.08	45	6.08	45	6.08		
Squat	45	4.56	45	4.56	45	4.56	45	4.56	45	4.56		
<b>Run</b>			③	370.22	⑦	863.85	④	493.63			⑪	1357.47
<b>Total Calories*</b>		<b>16.38</b>		<b>386.60</b>		<b>880.23</b>		<b>510.01</b>		<b>16.38</b>		<b>1357.47</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #2

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 13**

	Sets 10		Sets 4		Sets 2		Sets 4		Sets 10		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	10	6.37	25	6.37	50	3.19	25	6.37	10	6.37		
Walking Burpee	10	6.76	25	6.76	50	3.38	25	6.76	10	6.76		
Squat	10	5.07	25	5.07	50	2.53	25	5.07	10	5.07		
<b>Run</b>			③	370.22	⑥	740.44	④	493.63			⑫	1480.88
<b>Total Calories*</b>		<b>18.20</b>		<b>388.42</b>		<b>749.54</b>		<b>511.83</b>		<b>18.20</b>		<b>1480.88</b>

**WEEK 14**

	Sets 4		Sets 10		Sets 4		Sets 10		Sets 4		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	25	6.37	10	6.37	25	6.37	10	6.37	25	6.37		
Walking Burpee	25	6.76	10	6.76	25	6.76	10	6.76	25	6.76		
Squat	25	5.07	10	5.07	25	5.07	10	5.07	25	5.07		
<b>Run</b>			②	246.81	⑤	617.03	④	493.63			⑫	1480.88
<b>Total Calories*</b>		<b>18.20</b>		<b>265.01</b>		<b>635.23</b>		<b>511.83</b>		<b>18.20</b>		<b>1480.88</b>

**WEEK 15**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	50	6.37	50	6.37	50	6.37	50	6.37	50	6.37		
Walking Burpee	50	6.76	50	6.76	50	6.76	50	6.76	50	6.76		
Squat	50	5.07	50	5.07	50	5.07	50	5.07	50	5.07		
<b>Run</b>			②	246.81	④	493.63	③	370.22			⑬	1604.28
<b>Total Calories*</b>		<b>18.20</b>		<b>265.01</b>		<b>511.83</b>		<b>388.42</b>		<b>18.20</b>		<b>1604.28</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #2

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 16**

	Sets 10		Sets 4		Sets 1		Sets 4		Sets 10		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	15	9.56	30	7.65	60	3.82	30	7.65	15	9.56		
Walking Burpee	15	10.14	30	8.11	60	4.06	30	8.11	15	10.14		
Squat	15	7.60	30	6.08	60	3.04	30	6.08	15	7.60		
<b>Run</b>			③	370.22	⑤	617.03	④	493.63			⑬	1604.28
<b>Total Calories*</b>		<b>27.30</b>		<b>392.06</b>		<b>627.95</b>		<b>515.47</b>		<b>27.30</b>		<b>1604.28</b>

**WEEK 17**

	Sets 4		Sets 10		Sets 4		Sets 10		Sets 4		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	30	7.65	15	9.56	30	7.65	15	9.56	30	7.65		
Walking Burpee	30	8.11	15	10.14	30	8.11	15	10.14	30	8.11		
Squat	30	6.08	15	7.60	30	6.08	15	7.60	30	6.08		
<b>Run</b>			③	370.22	⑥	740.44	④	493.63			⑭	1727.69
<b>Total Calories*</b>		<b>21.84</b>		<b>397.52</b>		<b>762.28</b>		<b>520.93</b>		<b>21.84</b>		<b>1727.69</b>

**WEEK 18**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	50	6.37	50	6.37	50	6.37	50	6.37	50	6.37		
Walking Burpee	50	6.76	50	6.76	50	6.76	50	6.76	50	6.76		
Squat	50	5.07	50	5.07	50	5.07	50	5.07	50	5.07		
<b>Run</b>			④	493.63	⑥	740.44	④	493.63			⑭	1727.69
<b>Total Calories*</b>		<b>18.20</b>		<b>511.83</b>		758.64		<b>511.83</b>		<b>18.20</b>		<b>1727.69</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #2

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 19**

	Sets 10		Sets 4		Sets 1		Sets 4		Sets 10				OFF
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal	
Push Ups	20	12.75	35	8.92	65	4.14	35	8.92	20	12.75			
Walking Burpee	20	13.52	35	9.46	65	4.39	35	9.46	20	13.52			
Squat	20	10.14	35	7.10	65	3.30	35	7.10	20	10.14			
<b>Run</b>			④	493.63	⑥	740.44	④				⑮	1851.10	
<b>Total Calories*</b>		<b>36.40</b>		<b>519.11</b>		<b>752.27</b>		<b>25.48</b>		<b>36.40</b>		<b>1851.10</b>	

**WEEK 20**

	Sets 4		Sets 10		Sets 4		Sets 10		Sets 4				OFF
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal	
Push Ups	35	8.92	20	12.75	35	8.92	20	12.75	35	8.92			
Walking Burpee	35	9.46	20	13.52	35	9.46	20	13.52	35	9.46			
Squat	35	7.10	20	10.14	35	7.10	20	10.14	35	7.10			
<b>Run</b>			⑤	617.03	⑦	863.85	④	493.63			⑮	1851.10	
<b>Total Calories*</b>		<b>25.48</b>		<b>653.44</b>		<b>889.33</b>		<b>530.03</b>		<b>25.48</b>		<b>1851.10</b>	

**WEEK 21**

	Sets 10		Sets 4		Sets 1		Sets 4		Sets 10				OFF
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal	
Push Ups	20	12.75	35	8.92	70	4.46	35	8.92	20	12.75			
Walking Burpee	20	13.52	35	9.46	70	4.73	35	9.46	20	13.52			
Squat	20	10.14	35	7.10	70	3.55	35	7.10	20	10.14			
<b>Run</b>			②	246.81	⑥	740.44	④	493.63			⑮	1974.50	
<b>Total Calories*</b>		<b>36.40</b>		<b>272.30</b>		<b>753.18</b>		<b>519.11</b>		<b>36.40</b>		<b>1974.50</b>	

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #2

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 22**

	Sets 4		Sets 10		Sets 4		Sets 10		Sets 4		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	35	8.92	20	12.75	35	8.92	20	12.75	35	8.92		
Walking Burpee	35	9.46	20	13.52	35	9.46	20	13.52	35	9.46		
Squat	35	7.10	20	10.14	35	7.10	20	10.14	35	7.10		
<b>Run</b>			④	493.63	⑦	863.85	④	493.63			⑮	1851.10
<b>Total Calories*</b>		<b>25.48</b>		<b>530.03</b>		<b>889.33</b>		<b>530.03</b>		<b>25.48</b>		<b>1851.10</b>

**WEEK 23**

	Sets 10		Sets 4		Sets 1		Sets 4		Sets 10		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	20	12.75	35	8.92	75	4.78	35	8.92	20	12.75		
Walking Burpee	20	13.52	35	9.46	75	5.07	35	9.46	20	13.52		
Squat	20	10.14	35	7.10	75	3.80	35	7.10	20	10.14		
<b>Run</b>			④	493.63	⑥	740.44	③	370.22			⑭	1727.69
<b>Total Calories*</b>		<b>36.40</b>		<b>519.11</b>		<b>754.09</b>		<b>395.70</b>		<b>36.40</b>		<b>1727.69</b>

**WEEK 24**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	50	6.37	50	6.37	50	6.37	50	6.37	50	6.37		
Walking Burpee	50	6.76	50	6.76	50	6.76	50	6.76	50	6.76		
Squat	50	5.07	50	5.07	50	5.07	50	5.07	50	5.07		
<b>Run</b>			③	370.22	⑤	617.03	②	246.81			⑬	1604.28
<b>Total Calories*</b>		<b>18.20</b>		<b>388.42</b>		<b>635.23</b>		<b>265.01</b>		<b>18.20</b>		<b>1604.28</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #2

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 25**

	Sets 10		Sets 4		Sets 1		Sets 4		Sets 10		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	20	12.75	35	8.92	80	5.10	35	8.92	20	12.75		
Walking Burpee	20	13.52	35	9.46	80	5.41	35	9.46	20	13.52		
Squat	20	10.14	35	7.10	80	4.06	35	7.10	20	10.14		
<b>Run</b>			6	740.44	8	987.25	4	493.63			14	1727.69
<b>Total Calories*</b>		<b>36.40</b>		<b>765.92</b>		<b>1001.81</b>		<b>519.11</b>		<b>36.40</b>		<b>1727.69</b>

**WEEK 26**

	Sets 4		Sets 10		Sets 4		Sets 10		Sets 4		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	35	8.92	25	15.93	35	8.92	25	15.93	35	8.92		
Walking Burpee	35	9.46	25	16.90	35	9.46	25	16.90	35	9.46		
Squat	35	7.10	25	12.67	35	7.10	25	12.67	35	7.10		
<b>Run</b>			5	617.03	9	1110.66	4	493.63			15	1851.10
<b>Total Calories*</b>		<b>25.48</b>		<b>662.54</b>		<b>1136.14</b>		<b>539.13</b>		<b>25.48</b>		<b>1851.10</b>

**WEEK 27**

	Sets 10		Sets 4		Sets 1		Sets 4		Sets 10		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	20	12.75	35	8.92	85	5.42	35	8.92	20	12.75		
Walking Burpee	20	13.52	35	9.46	85	5.75	35	9.46	20	13.52		
Squat	20	10.14	35	7.10	85	4.31	35	7.10	20	10.14		
<b>Run</b>			5	617.03	6	740.44	4	493.63			16	1974.50
<b>Total Calories*</b>		<b>36.40</b>		<b>642.51</b>		<b>755.91</b>		<b>519.11</b>		<b>36.40</b>		<b>1974.50</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #2

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 28**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	40	12.75	25	15.93	40	12.75	25	15.93	40	12.75		
Walking Burpee	40	13.52	25	16.90	40	13.52	25	16.90	40	13.52		
Squat	40	10.14	25	12.67	40	10.14	25	12.67	40	10.14		
<b>Run</b>			④	493.63	⑦	863.85	④	493.63			⑮	1851.10
<b>Total Calories*</b>		<b>36.40</b>		<b>539.13</b>		<b>900.25</b>		<b>539.13</b>		<b>36.40</b>		<b>1851.10</b>

**WEEK 29**

	Sets 10		Sets 4		Sets 1		Sets 4		Sets 10		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	20	12.75	35	8.92	90	5.74	35	8.92	20	12.75		
Walking Burpee	20	13.52	35	9.46	90	6.08	35	9.46	20	13.52		
Squat	20	10.14	35	7.10	90	4.56	35	7.10	20	10.14		
<b>Run</b>			④	493.63	⑥	740.44	③	370.22			⑭	1727.69
<b>Total Calories*</b>		<b>36.40</b>		<b>519.11</b>		<b>756.82</b>		<b>395.70</b>		<b>36.40</b>		<b>1727.69</b>

**WEEK 30**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	
<b>Superset</b>	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Miles	Cal
Push Ups	100	6.37	50	6.37	100	6.37	50	6.37	100	6.37		
Walking Burpee	100	6.76	50	6.76	100	6.76	50	6.76	100	6.76		
Squat	100	5.07	50	5.07	100	5.07	50	5.07	100	5.07		
<b>Run</b>			③	370.22	⑤	617.03	②	246.81			⑬	1604.28
<b>Total Calories*</b>		<b>18.20</b>		<b>388.42</b>		<b>635.23</b>		<b>265.01</b>		<b>18.20</b>		<b>1604.28</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



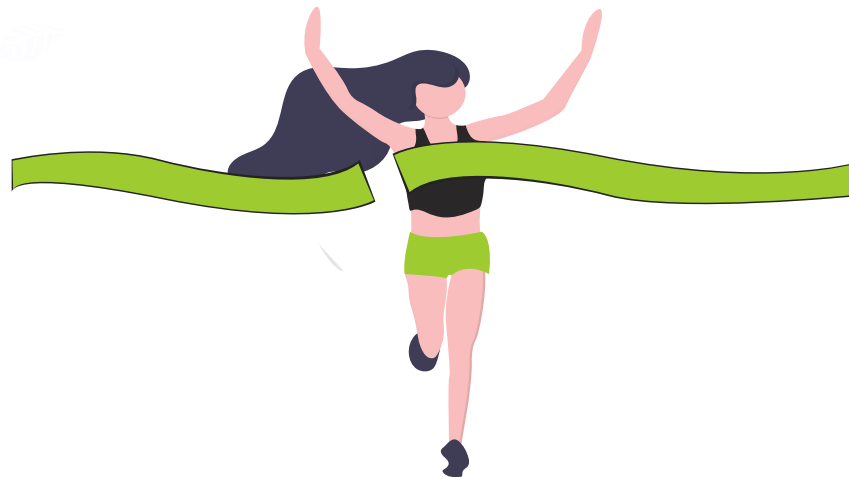
# Brunch Body Challenge #3

Congrats on completing Challenge #2, you're nearly at the finish line.

Challenge #3 is an intense 14 week program with high volume reps to increase hypertrophy and push your endurance by completing a marathon. If you have been keeping up with the program to this point you should have the upper body strength now to do a pull up. On that note we have added an additional superset PDB (Pull Ups, Box Dips, Hip Bridge). Day 5 is now a rest day to recover for long runs. Remember to take breaks when you need to. It's mind over matter at this point, you got this!!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Superset</b> PBS PDB <b>Cross Training</b> (Optional)	<b>Superset</b> PBS PDB <b>Run</b>	<b>Superset</b> PBS PDB <b>Run</b>	<b>Superset</b> PBS PDB <b>Cross Training</b> (Optional) <b>Run</b>	<b>OFF</b>	<b>Long Run</b>	<b>OFF</b>

*\*Pull ups are optional only if you can't access to a pull up bar. Box dips can be done with a chair or stairs.*



# Brunch Body Challenge #3

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 3		Sets 2		Sets 3		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	20	12.75	70	13.38	80	10.20	70	13.38			
Walking Burpee	20	13.52	70	14.19	80	10.81	70	14.19			
Squat	20	10.14	70	10.65	80	8.11	70	10.65			
<b>Superset 2</b>	Sets 1		Sets 1		Sets 1		Sets 1				
Pull Ups	5	1.50	5	1.50	5	1.50	5	1.50			
Bench Dips	10	0.68	10	0.68	10	0.68	10	0.68			
Hip Bridge	10	0.68	10	0.68	10	0.68	10	0.68			
<b>Run</b>			3	370.22	5	617.03	4	493.63		13	1604.28
<b>Total Calories*</b>	<b>39.25</b>		<b>411.29</b>		<b>649.00</b>		<b>534.70</b>			<b>1604.28</b>	

**WEEK 2**

	Sets 4		Sets 10		Sets 4		Sets 10		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	50	12.75	25	15.93	50	12.75	25	15.93			
Walking Burpee	50	13.52	25	16.90	50	13.52	25	16.90			
Squat	50	10.14	25	12.67	50	10.14	25	12.67			
<b>Superset 2</b>	Sets 2		Sets 2		Sets 2		Sets 2				
Pull Ups	5	2.99	5	2.99	5	2.99	5	2.99			
Bench Dips	10	1.35	10	1.35	10	1.35	10	1.35			
Hip Bridge	10	1.35	10	1.35	10	1.35	10	1.35			
<b>Run</b>			3	370.22	6	740.44	4	493.63		15	1851.10
<b>Total Calories*</b>	<b>42.10</b>		<b>421.42</b>		<b>782.54</b>		<b>544.83</b>			<b>1851.10</b>	

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #3

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 3**

	Sets 2		Sets 2		Sets 2		Sets 2		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	80	10.20	80	10.20	80	10.20	80	10.20			
Walking Burpee	80	10.81	80	10.81	80	10.81	80	10.81			
Squat	80	8.11	80	8.11	80	8.11	80	8.11			
<b>Superset 2</b>	Sets 3		Sets 3		Sets 3		Sets 3				
Pull Ups	5	4.49	5	4.49	5	4.49	5	4.49			
Bench Dips	10	2.03	10	2.03	10	2.03	10	2.03			
Hip Bridge	20	4.06	20	4.06	20	4.06	20	4.06			
<b>Run</b>			4	493.63	6	740.44	4	493.63		16	1974.50
<b>Total Calories*</b>	<b>39.70</b>		<b>533.32</b>		<b>780.14</b>		<b>533.32</b>				<b>1974.50</b>

**WEEK 4**

	Sets 10		Sets 3		Sets 2		Sets 3		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	25	15.93	80	15.30	90	11.47	80	15.30			
Walking Burpee	25	16.90	80	16.22	90	12.17	80	16.22			
Squat	25	12.67	80	12.17	90	9.13	80	12.17			
<b>Superset 2</b>	Sets 3		Sets 3		Sets 3		Sets 3				
Pull Ups	6	5.39	6	5.39	6	5.39	6	5.39			
Bench Dips	10	2.03	10	2.03	10	2.03	10	2.03			
Hip Bridge	30	6.08	30	6.08	30	6.08	30	6.08			
<b>Run</b>			5	617.03	6	740.44	4	493.63		13	1604.28
<b>Total Calories*</b>	<b>59.00</b>		<b>674.22</b>		<b>786.70</b>		<b>550.81</b>				<b>1604.28</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #3

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 5**

	Sets 4		Sets 10		Sets 4		Sets 10		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	60	15.30	30	19.12	60	15.30	30	19.12			
Walking Burpee	60	16.22	30	20.28	60	16.22	30	20.28			
Squat	60	12.17	30	15.21	60	12.17	30	15.21			
<b>Superset 2</b>											
Pull Ups	6	7.18	3	8.98	6	7.18	3	8.98			
Bench Dips	10	2.70	10	6.76	10	2.70	10	6.76			
Hip Bridge	30	8.11	30	20.28	30	8.11	30	20.28			
<b>Run</b>			5	617.03	7	863.85	4	493.63		16	1974.50
<b>Total Calories*</b>		<b>61.68</b>		<b>707.65</b>		<b>925.53</b>		<b>584.25</b>			<b>1974.50</b>

**WEEK 6**

	Sets 2		Sets 2		Sets 2		Sets 2		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	90	11.47	90	11.47	90	11.47	90	11.47			
Walking Burpee	90	12.17	90	12.17	90	12.17	90	12.17			
Squat	90	9.13	90	9.13	90	9.13	90	9.13			
<b>Superset 2</b>											
Pull Ups	9	5.39	9	5.39	9	5.39	9	5.39			
Bench Dips	10	1.35	10	1.35	10	1.35	10	1.35			
Hip Bridge	90	12.17	90	12.17	90	12.17	90	12.17			
<b>Run</b>			6	740.44	7	863.85	4	493.63		18	2221.32
<b>Total Calories*</b>		<b>51.67</b>		<b>792.11</b>		<b>915.52</b>		<b>545.30</b>			<b>2221.32</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #3

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 10		Sets 3		Sets 2		Sets 3		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	30	19.12	90	17.21	100	12.75	90	17.21			
Walking Burpee	30	20.28	90	18.25	100	13.52	90	18.25			
Squat	30	15.21	90	13.69	100	10.14	90	13.69			
<b>Superset 2</b>											
Pull Ups	3	8.98	9	8.08	10	5.99	9	8.08			
Bench Dips	10	6.76	10	2.03	10	1.35	10	2.03			
Hip Bridge	30	20.28	90	18.25	100	13.52	90	18.25			
<b>Run</b>			6	740.44	8	987.25	4	493.63		14	1727.69
<b>Total Calories*</b>		<b>90.62</b>		<b>817.94</b>		<b>1044.51</b>		<b>571.13</b>			<b>1727.69</b>

**WEEK 8**

	Sets 4		Sets 10		Sets 4		Sets 10		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	70	17.84	30	19.12	70	17.84	30	19.12			
Walking Burpee	70	18.93	30	20.28	70	18.93	30	20.28			
Squat	70	14.19	30	15.21	70	14.19	30	15.21			
<b>Superset 2</b>											
Pull Ups	7	8.38	3	8.98	7	8.38	3	8.98			
Bench Dips	10	2.70	10	6.76	10	2.70	10	6.76			
Hip Bridge	70	18.93	30	20.28	70	18.93	30	20.28			
<b>Run</b>			5	617.03	8	987.25	4	493.63		18	2221.32
<b>Total Calories*</b>		<b>80.98</b>		<b>707.65</b>		<b>1068.23</b>		<b>584.25</b>			<b>2221.32</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #3

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 9**

	Sets 2		Sets 2		Sets 2		Sets 2		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	100	12.75	100	12.75	100	12.75	100	12.75			
Walking Burpee	100	13.52	100	13.52	100	13.52	100	13.52			
Squat	100	10.14	100	10.14	100	10.14	100	10.14			
<b>Superset 2</b>											
Pull Ups	10	5.99	10	5.99	10	5.99	10	5.99			
Bench Dips	10	1.35	10	1.35	10	1.35	10	1.35			
Hip Bridge	100	13.52	100	13.52	100	13.52	100	13.52			
<b>Run</b>			5	617.03	9	1110.66	4	493.63		13	1604.28
<b>Total Calories*</b>		<b>57.26</b>		<b>674.29</b>		<b>1167.92</b>		<b>550.89</b>			<b>1604.28</b>

**WEEK 10**

	Sets 10		Sets 3		Sets 10		Sets 3		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	30	19.12	100	19.12	30	19.12	100	19.12			
Walking Burpee	30	20.28	100	20.28	30	20.28	100	20.28			
Squat	30	15.21	100	15.21	30	15.21	100	15.21			
<b>Superset 2</b>											
Pull Ups	3	8.98	10	8.98	3	8.98	10	8.98			
Bench Dips	10	6.76	10	2.03	10	6.76	10	2.03			
Hip Bridge	30	20.28	100	20.28	30	20.28	100	20.28			
<b>Run</b>			4	493.63	9	1110.66	4	493.63		20	2468.13
<b>Total Calories*</b>		<b>90.62</b>		<b>579.52</b>		<b>1201.28</b>		<b>579.52</b>			<b>2468.13</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #3

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 11**

	Sets 4		Sets 10		Sets 4		Sets 10		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	75	19.12	30	19.12	75	19.12	30	19.12			
Walking Burpee	75	20.28	30	20.28	75	20.28	30	20.28			
Squat	75	15.21	30	15.21	75	15.21	30	15.21			
<b>Superset 2</b>											
Pull Ups	7	8.38	3	8.98	7	8.38	3	8.98			
Bench Dips	10	2.70	10	6.76	10	2.70	10	6.76			
Hip Bridge	75	20.28	30	20.28	75	20.28	30	20.28			
<b>Run</b>			4	493.63	8	987.25	4	493.63		13	1604.28
<b>Total Calories*</b>		<b>85.97</b>		<b>584.25</b>		<b>1073.22</b>		<b>584.25</b>			<b>1604.28</b>

**WEEK 12**

	Sets 2		Sets 2		Sets 2		Sets 2		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	100	12.75	100	12.75	100	12.75	100	12.75			
Walking Burpee	100	13.52	100	13.52	100	13.52	100	13.52			
Squat	100	10.14	100	10.14	100	10.14	100	10.14			
<b>Superset 2</b>											
Pull Ups	10	5.99	10	5.99	10	5.99	10	5.99			
Bench Dips	10	1.35	10	1.35	10	1.35	10	1.35			
Hip Bridge	100	13.52	100	13.52	100	13.52	100	13.52			
<b>Run</b>			3	370.22	7	863.85	4	493.63		16	1974.50
<b>Total Calories*</b>		<b>57.26</b>		<b>427.48</b>		<b>921.11</b>		<b>550.89</b>			<b>1974.50</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Brunch Body Challenge #3

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 13**

	Sets 5		Sets 3		Sets 5		Sets 3		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	30	9.56	100	6.37	30	9.56	100	6.37			
Walking Burpee	30	10.14	100	6.76	30	10.14	100	6.76			
Squat	30	7.60	100	5.07	30	7.60	100	5.07			
<b>Superset 2</b>											
Pull Ups	3	4.49	10	2.99	3	4.49	10	2.99			
Bench Dips	10	3.38	10	0.68	10	3.38	10	0.68			
Hip Bridge	30	10.14	100	6.76	30	10.14	100	6.76			
<b>Run</b>			③	370.22	⑥	740.44	④	493.63		⑩	1234.07
<b>Total Calories*</b>	<b>45.31</b>		<b>398.85</b>		<b>785.75</b>		<b>522.26</b>			<b>1234.07</b>	

**WEEK 14**

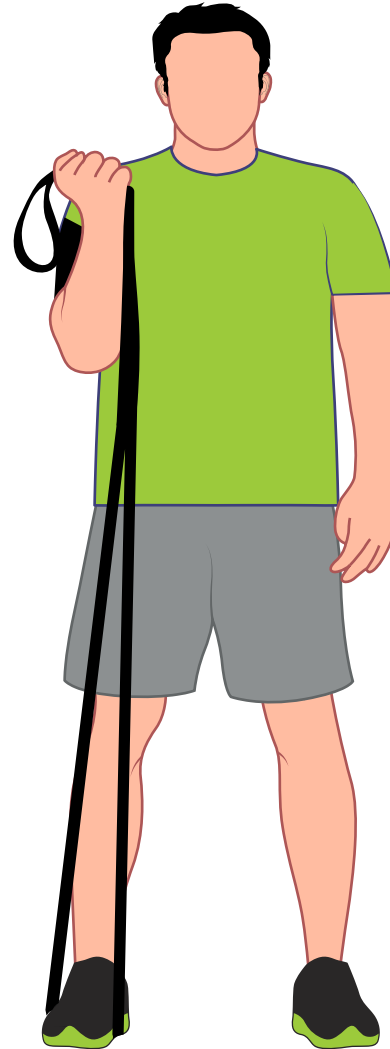
	Sets 1		Sets 5		Sets 1		Sets 5		OFF	OFF	
	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal	Rp/Mi	Cal		Miles	Cal
<b>Superset 1</b>											
Push Ups	50	3.19	30	9.56	50	3.19	30	9.56			
Walking Burpee	50	3.38	30	10.14	50	3.38	30	10.14			
Squat	50	2.53	30	7.60	50	2.53	30	7.60			
<b>Superset 2</b>											
Pull Ups	7	1.50	3	4.49	7	1.50	3	4.49			
Bench Dips	10	0.68	10	3.38	10	0.68	10	3.38			
Hip Bridge	75	1.69	30	10.14	75	1.69	30	10.14			
<b>Run</b>			②	246.81	⑥	740.44	③	370.22		②⑥	3208.57
<b>Total Calories*</b>	<b>12.96</b>		<b>292.12</b>		<b>753.40</b>		<b>415.53</b>			<b>3208.57</b>	

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



# Cross Training Circuit

This circuit training routine requires resistance bands and a medicine ball. This is an optional workout and can be done virtually anywhere.



# Cross Training Circuit

## Option 1

## Option 2

	Sets 3		Sets 2	
	Reps	Cal	Reps	Cal
<b>Superset 1</b>				
Band Pull Apart Behind Back	10	2.03	20	2.70
Band Lateral Raise	10	2.03	20	2.70
Band Front Raise Pull Apart	10	2.03	20	2.70
<b>Superset 2</b>				
Standing Crunches	10	1.74	20	2.32
Band Side Bends	10	2.03	20	2.70
<b>Superset 3</b>				
Hip Band Side Step	10	1.74	20	2.32
Hip Band Back Step	10	1.74	20	2.32
<b>Superset 4</b>				
Modified Step Through	10	1.74	20	2.32
Reverse lunge W/ Twist	10	2.32	20	3.09
<b>Superset 5</b>				
Band Shoulder Press	10	2.03	20	2.70
Band Pull Unders	10	2.03	20	2.70
<b>Superset 6</b>				
Band Bicep Curls W/Twist	10	2.03	20	2.70
Band Tricep Extension	10	2.03	20	2.70
<b>Total Calories*</b>		<b>25.49</b>		<b>33.99</b>

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Running Programs

The running section is a collection of programs for all levels. Once you hit your goal head to the maintenance section to keep up your stride.



# 0km - 5km

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 1	OFF	Miles 1	Cal 123.41	Miles 1	Cal 123.41	Miles 1	Cal 123.41
	OFF	Miles 1	Cal 123.41	Miles 1	Cal 123.41	Miles 1	Cal 123.41
WEEK 2	OFF	Miles 1	Cal 123.41	Miles 1	Cal 123.41	Miles 1	Cal 123.41
	OFF	Miles 1	Cal 123.41	Miles 1	Cal 123.41	Miles 1	Cal 123.41
WEEK 3	OFF	Miles 1	Cal 123.41	Miles 2	Cal 246.81	Miles 1	Cal 123.41
	OFF	Miles 1	Cal 123.41	Miles 2	Cal 246.81	Miles 1	Cal 123.41
WEEK 4	OFF	Miles 1	Cal 123.41	Miles 2	Cal 246.81	Miles 1	Cal 123.41
	OFF	Miles 1	Cal 123.41	Miles 2	Cal 246.81	Miles 1	Cal 123.41
WEEK 5	OFF	Miles 1	Cal 123.41	Miles 2	Cal 246.81	Miles 1	Cal 123.41
	OFF	Miles 1	Cal 123.41	Miles 2	Cal 246.81	Miles 1	Cal 123.41
WEEK 6	OFF	Miles 2	Cal 246.81	Miles 2	Cal 246.81	Miles 1	Cal 123.41
	OFF	Miles 2	Cal 246.81	Miles 2	Cal 246.81	Miles 1	Cal 123.41

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# 0km - 5km

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WEEK 7</b>	<b>Run</b>	OFF	Miles 2 Cal 246.81	Miles 2 Cal 246.81	Miles 1 Cal 123.41	OFF	Miles 2 Cal 246.81	OFF
	<b>Total Calories*</b>		<b>246.81</b>	<b>246.81</b>	<b>123.41</b>		<b>246.81</b>	
<b>WEEK 8</b>	<b>Run</b>	OFF	Miles 2 Cal 246.81	Miles 2 Cal 246.81	Miles 2 Cal 246.81	OFF	Miles 2 Cal 246.81	OFF
	<b>Total Calories*</b>		<b>246.81</b>	<b>246.81</b>	<b>246.81</b>		<b>246.81</b>	
<b>WEEK 9</b>	<b>Run</b>	OFF	Miles 2 Cal 246.81	Miles 2 Cal 246.81	Miles 2 Cal 246.81	OFF	Miles 2 Cal 246.81	OFF
	<b>Total Calories*</b>		<b>246.81</b>	<b>246.81</b>	<b>246.81</b>		<b>246.81</b>	
<b>WEEK 10</b>	<b>Run</b>	OFF	Miles 2 Cal 246.81	Miles 2 Cal 246.81	Miles 2 Cal 246.81	OFF	Miles 3 Cal 370.22	OFF
	<b>Total Calories*</b>		<b>246.81</b>	<b>246.81</b>	<b>246.81</b>		<b>370.22</b>	
<b>WEEK 11</b>	<b>Run</b>	OFF	Miles 2 Cal 246.81	Miles 3 Cal 370.22	Miles 2 Cal 246.81	OFF	Miles 3 Cal 370.22	OFF
	<b>Total Calories*</b>		<b>246.81</b>	<b>370.22</b>	<b>246.81</b>		<b>370.22</b>	
<b>WEEK 12</b>	<b>Run</b>	OFF	Miles 2 Cal 246.81	Miles 3 Cal 370.22	Miles 2 Cal 246.81	OFF	Miles 3.1 Cal 382.56	OFF
	<b>Total Calories*</b>		<b>246.81</b>	<b>370.22</b>	<b>246.81</b>		<b>382.56</b>	

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# 5km - 10km

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WEEK 1</b>	OFF	Miles 1	Cal 123.41	Miles 3	Cal 370.22	Miles 2	Cal 246.81
<b>Run</b>							
<b>Total Calories*</b>		<b>123.41</b>		<b>370.22</b>		<b>246.81</b>	
	OFF	Miles 3	Cal 370.22	OFF	Miles 3	Cal 370.22	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>370.22</b>		<b>246.81</b>		<b>370.22</b>	
<b>WEEK 2</b>	OFF	Miles 1	Cal 123.41	Miles 3	Cal 370.22	Miles 2	Cal 246.81
<b>Run</b>							
<b>Total Calories*</b>		<b>123.41</b>		<b>370.22</b>		<b>246.81</b>	
	OFF	Miles 3	Cal 370.22	OFF	Miles 3	Cal 370.22	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>370.22</b>		<b>246.81</b>		<b>370.22</b>	
<b>WEEK 3</b>	OFF	Miles 2	Cal 246.81	Miles 3	Cal 370.22	Miles 2	Cal 246.81
<b>Run</b>							
<b>Total Calories*</b>		<b>246.81</b>		<b>370.22</b>		<b>246.81</b>	
	OFF	Miles 3	Cal 370.22	OFF	Miles 3	Cal 370.22	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>370.22</b>		<b>246.81</b>		<b>370.22</b>	
<b>WEEK 4</b>	OFF	Miles 2	Cal 246.81	Miles 3	Cal 370.22	Miles 2	Cal 246.81
<b>Run</b>							
<b>Total Calories*</b>		<b>246.81</b>		<b>370.22</b>		<b>246.81</b>	
	OFF	Miles 3	Cal 370.22	OFF	Miles 3	Cal 370.22	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>370.22</b>		<b>246.81</b>		<b>370.22</b>	
<b>WEEK 5</b>	OFF	Miles 2	Cal 246.81	Miles 3	Cal 370.22	Miles 2	Cal 246.81
<b>Run</b>							
<b>Total Calories*</b>		<b>246.81</b>		<b>370.22</b>		<b>246.81</b>	
	OFF	Miles 4	Cal 493.63	OFF	Miles 4	Cal 493.63	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>493.63</b>		<b>370.22</b>		<b>493.63</b>	
<b>WEEK 6</b>	OFF	Miles 2	Cal 246.81	Miles 3	Cal 370.22	Miles 2	Cal 246.81
<b>Run</b>							
<b>Total Calories*</b>		<b>246.81</b>		<b>370.22</b>		<b>246.81</b>	
	OFF	Miles 4	Cal 493.63	OFF	Miles 4	Cal 493.63	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>493.63</b>		<b>370.22</b>		<b>493.63</b>	

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# 5km - 10km

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WEEK 7</b>	OFF	Miles 2 Cal 246.81	Miles 3 Cal 370.22	Miles 3 Cal 370.22	OFF	Miles 4 Cal 493.63	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>246.81</b>	<b>370.22</b>	<b>370.22</b>		<b>493.63</b>	
<b>WEEK 8</b>	OFF	Miles 2 Cal 246.81	Miles 4 Cal 493.63	Miles 3 Cal 370.22	OFF	Miles 4 Cal 493.63	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>246.81</b>	<b>493.63</b>	<b>370.22</b>		<b>493.63</b>	
<b>WEEK 9</b>	OFF	Miles 3 Cal 370.22	Miles 4 Cal 493.63	Miles 3 Cal 370.22	OFF	Miles 5 Cal 617.03	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>370.22</b>	<b>493.63</b>	<b>370.22</b>		<b>617.03</b>	
<b>WEEK 10</b>	OFF	Miles 3 Cal 370.22	Miles 4 Cal 493.63	Miles 3 Cal 370.22	OFF	Miles 5 Cal 617.03	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>370.22</b>	<b>493.63</b>	<b>370.22</b>		<b>617.03</b>	
<b>WEEK 11</b>	OFF	Miles 3 Cal 370.22	Miles 5 Cal 617.03	Miles 3 Cal 370.22	OFF	Miles 5 Cal 617.03	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>370.22</b>	<b>617.03</b>	<b>370.22</b>		<b>617.03</b>	
<b>WEEK 12</b>	OFF	Miles 4 Cal 493.63	Miles 5 Cal 617.03	Miles 3 Cal 370.22	OFF	Miles 6.2 Cal 765.12	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>493.63</b>	<b>617.03</b>	<b>370.22</b>		<b>765.12</b>	

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# 10km - 13.1mi

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WEEK 1</b>	OFF	Miles 3 Cal 370.22	Miles 6 Cal 740.44	Miles 4 Cal 493.63	OFF	Miles 7 Cal 863.85	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>370.22</b>	<b>740.44</b>	<b>493.63</b>		<b>863.85</b>	
<b>WEEK 2</b>	OFF	Miles 3 Cal 370.22	Miles 7 Cal 863.85	Miles 4 Cal 493.63	OFF	Miles 8 Cal 987.25	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>370.22</b>	<b>863.85</b>	<b>493.63</b>		<b>987.25</b>	
<b>WEEK 3</b>	OFF	Miles 3 Cal 370.22	Miles 7 Cal 863.85	Miles 4 Cal 493.63	OFF	Miles 8 Cal 987.25	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>370.22</b>	<b>863.85</b>	<b>493.63</b>		<b>987.25</b>	
<b>WEEK 4</b>	OFF	Miles 3 Cal 370.22	Miles 8 Cal 987.25	Miles 4 Cal 493.63	OFF	Miles 9 Cal 1110.66	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>370.22</b>	<b>987.25</b>	<b>493.63</b>		<b>1110.66</b>	
<b>WEEK 5</b>	OFF	Miles 4 Cal 493.63	Miles 8 Cal 987.25	Miles 4 Cal 493.63	OFF	Miles 9 Cal 1110.66	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>493.63</b>	<b>987.25</b>	<b>493.63</b>		<b>1110.66</b>	
<b>WEEK 6</b>	OFF	Miles 4 Cal 493.63	Miles 9 Cal 1110.66	Miles 4 Cal 493.63	OFF	Miles 10 Cal 1234.07	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>493.63</b>	<b>1110.66</b>	<b>493.63</b>		<b>1234.07</b>	

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



# 10km - 13.1mi

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WEEK 7</b>	OFF	Miles 5	Cal 617.03	Miles 9	Cal 1110.66	Miles 4	Cal 493.63
<b>Run</b>	OFF	Miles 10	Cal 1234.07	OFF	Miles 10	Cal 1234.07	OFF
<b>Total Calories*</b>		<b>617.03</b>		<b>1110.66</b>		<b>493.63</b>	
<b>WEEK 8</b>	OFF	Miles 5	Cal 617.03	Miles 10	Cal 1234.07	Miles 4	Cal 493.63
<b>Run</b>	OFF	Miles 11	Cal 1357.47	OFF	Miles 11	Cal 1357.47	OFF
<b>Total Calories*</b>		<b>617.03</b>		<b>1234.07</b>		<b>493.63</b>	
<b>WEEK 9</b>	OFF	Miles 6	Cal 740.44	Miles 10	Cal 1234.07	Miles 4	Cal 493.63
<b>Run</b>	OFF	Miles 11	Cal 1357.47	OFF	Miles 11	Cal 1357.47	OFF
<b>Total Calories*</b>		<b>740.44</b>		<b>1234.07</b>		<b>493.63</b>	
<b>WEEK 10</b>	OFF	Miles 6	Cal 740.44	Miles 10	Cal 1234.07	Miles 4	Cal 493.63
<b>Run</b>	OFF	Miles 12	Cal 1480.88	OFF	Miles 12	Cal 1480.88	OFF
<b>Total Calories*</b>		<b>740.44</b>		<b>1234.07</b>		<b>493.63</b>	
<b>WEEK 11</b>	OFF	Miles 7	Cal 863.85	Miles 10	Cal 1234.07	Miles 4	Cal 493.63
<b>Run</b>	OFF	Miles 13	Cal 1604.28	OFF	Miles 13	Cal 1604.28	OFF
<b>Total Calories*</b>		<b>863.85</b>		<b>1234.07</b>		<b>493.63</b>	
<b>WEEK 12</b>	OFF	Miles 3	Cal 370.22	Miles 5	Cal 617.03	Miles 3	Cal 370.22
<b>Run</b>	OFF	Miles 13.1	Cal 1616.63	OFF	Miles 13.1	Cal 1616.63	OFF
<b>Total Calories*</b>		<b>370.22</b>		<b>617.03</b>		<b>370.22</b>	

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# 13.1mi - 26.2mi

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7				
<b>WEEK 1</b>	OFF	Miles 5	Cal 617.03	Miles 9	Cal 1110.66	Miles 4	Cal 493.63	OFF	Miles 14	Cal 1727.69	OFF
<b>Run</b>											
<b>Total Calories*</b>		<b>617.03</b>		<b>1110.66</b>		<b>493.63</b>			<b>1727.69</b>		
<b>WEEK 2</b>	OFF	Miles 5	Cal 617.03	Miles 9	Cal 1110.66	Miles 4	Cal 493.63	OFF	Miles 14	Cal 1727.69	OFF
<b>Run</b>											
<b>Total Calories*</b>		<b>617.03</b>		<b>1110.66</b>		<b>493.63</b>			<b>1727.69</b>		
<b>WEEK 3</b>	OFF	Miles 6	Cal 740.44	Miles 9	Cal 1110.66	Miles 4	Cal 493.63	OFF	Miles 15	Cal 1851.10	OFF
<b>Run</b>											
<b>Total Calories*</b>		<b>740.44</b>		<b>1110.66</b>		<b>493.63</b>			<b>1851.10</b>		
<b>WEEK 4</b>	OFF	Miles 6	Cal 740.44	Miles 10	Cal 1234.07	Miles 4	Cal 493.63	OFF	Miles 15	Cal 1851.10	OFF
<b>Run</b>											
<b>Total Calories*</b>		<b>740.44</b>		<b>1234.07</b>		<b>493.63</b>			<b>1851.10</b>		
<b>WEEK 5</b>	OFF	Miles 6	Cal 740.44	Miles 10	Cal 1234.07	Miles 4	Cal 493.63	OFF	Miles 16	Cal 1974.50	OFF
<b>Run</b>											
<b>Total Calories*</b>		<b>740.44</b>		<b>1234.07</b>		<b>493.63</b>			<b>1974.50</b>		
<b>WEEK 6</b>	OFF	Miles 8	Cal 987.25	Miles 10	Cal 1234.07	Miles 4	Cal 493.63	OFF	Miles 16	Cal 1974.50	OFF
<b>Run</b>											
<b>Total Calories*</b>		<b>987.25</b>		<b>1234.07</b>		<b>493.63</b>			<b>1974.50</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# 13.1mi - 26.2mi

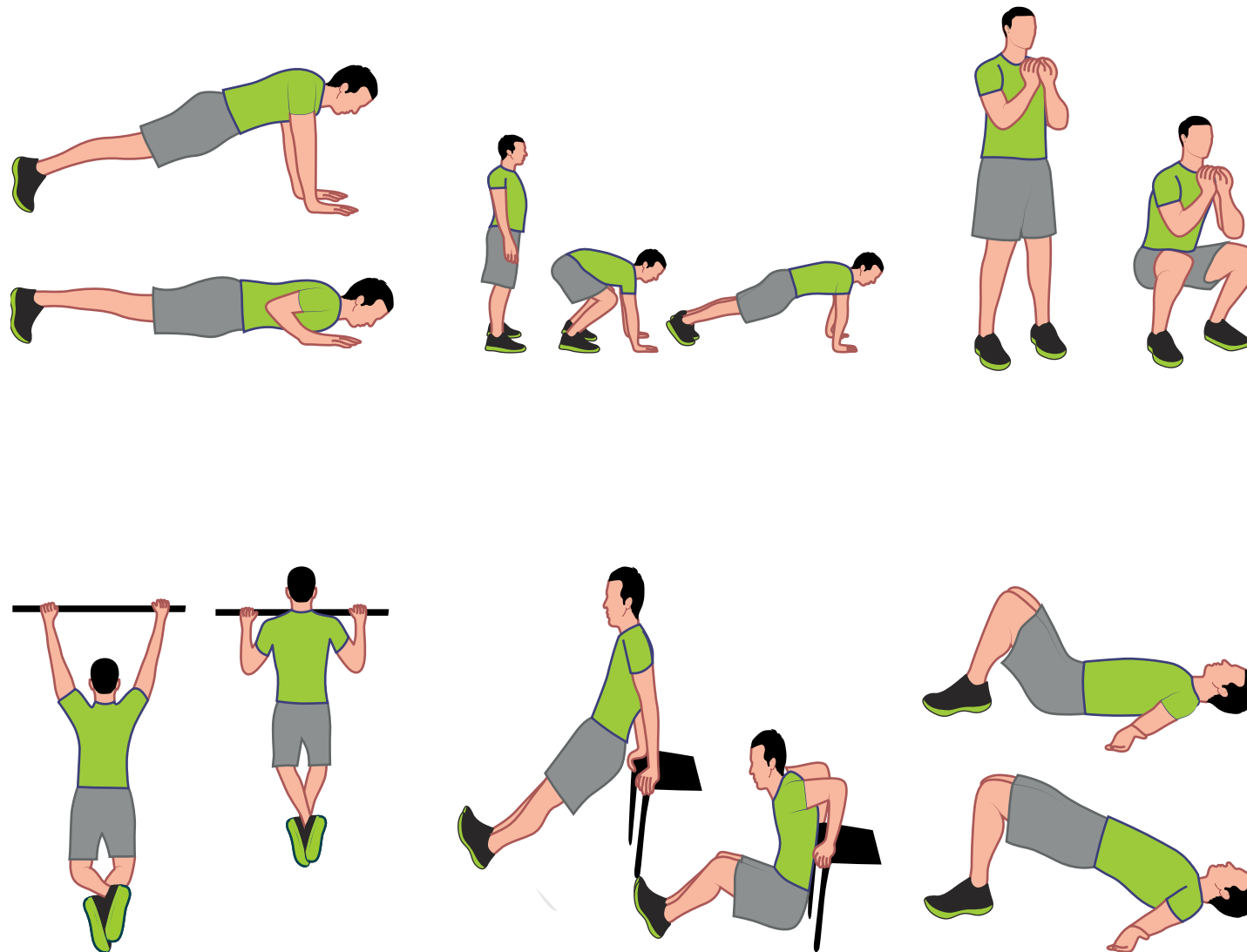
**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 7	OFF	Miles 5	Cal 617.03	Miles 9	Cal 1110.66	Miles 4	Cal 493.63
	OFF	Miles 13	Cal 1604.28	OFF	Miles 13	Cal 1604.28	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>617.03</b>	<b>1110.66</b>	<b>493.63</b>		<b>1604.28</b>	
WEEK 8	OFF	Miles 5	Cal 617.03	Miles 9	Cal 1110.66	Miles 4	Cal 493.63
	OFF	Miles 20	Cal 2468.13	OFF	Miles 20	Cal 2468.13	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>617.03</b>	<b>1110.66</b>	<b>493.63</b>		<b>2468.13</b>	
WEEK 9	OFF	Miles 4	Cal 493.63	Miles 8	Cal 987.25	Miles 4	Cal 493.63
	OFF	Miles 13	Cal 1604.28	OFF	Miles 13	Cal 1604.28	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>493.63</b>	<b>987.25</b>	<b>493.63</b>		<b>1604.28</b>	
WEEK 10	OFF	Miles 4	Cal 493.63	Miles 7	Cal 863.85	Miles 4	Cal 493.63
	OFF	Miles 16	Cal 1974.50	OFF	Miles 16	Cal 1974.50	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>493.63</b>	<b>863.85</b>	<b>493.63</b>		<b>1974.50</b>	
WEEK 11	OFF	Miles 5	Cal 617.03	Miles 6	Cal 740.44	Miles 4	Cal 493.63
	OFF	Miles 10	Cal 1234.07	OFF	Miles 10	Cal 1234.07	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>617.03</b>	<b>740.44</b>	<b>493.63</b>		<b>1234.07</b>	
WEEK 12	OFF	Miles 1	Cal 123.41	Miles 6	Cal 740.44	Miles 4	Cal 493.63
	OFF	Miles 26.2	Cal 3233.25	OFF	Miles 26.2	Cal 3233.25	OFF
<b>Run</b>							
<b>Total Calories*</b>		<b>123.41</b>	<b>740.44</b>	<b>493.63</b>		<b>3233.25</b>	

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# PBS/PDB Solo Programs

Increase your core movement volume at your own pace with these workouts.



**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	1	0.06	1	0.13	2	0.13	1	0.13	1	0.06		
Walking Burpee	1	0.07	1	0.14	2	0.14	1	0.14	1	0.07		
Squat	1	0.05	1	0.10	2	0.10	1	0.10	1	0.05		
<b>Total Calories*</b>		<b>0.18</b>		<b>0.36</b>		<b>0.36</b>		<b>0.36</b>		<b>0.18</b>		

**WEEK 2**

	Sets 3		Sets 2		Sets 4		Sets 2		Sets 3		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	1	0.19	2	0.25	1	0.25	2	0.25	1	0.19		
Walking Burpee	1	0.20	2	0.27	1	0.27	2	0.27	1	0.20		
Squat	1	0.15	2	0.20	1	0.20	2	0.20	1	0.15		
<b>Total Calories*</b>		<b>0.55</b>		<b>0.73</b>		<b>0.73</b>		<b>0.73</b>		<b>0.55</b>		

**WEEK 3**

	Sets 1		Sets 5		Sets 1		Sets 5		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	4	0.25	1	0.32	5	0.32	1	0.32	4	0.25		
Walking Burpee	4	0.27	1	0.34	5	0.34	1	0.34	4	0.27		
Squat	4	0.20	1	0.25	5	0.25	1	0.25	4	0.20		
<b>Total Calories*</b>		<b>0.73</b>		<b>0.91</b>		<b>0.91</b>		<b>0.91</b>		<b>0.73</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 6		Sets 2		Sets 1		Sets 2		Sets 6		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	1	0.38	3	0.38	7	0.45	3	0.38	1	0.38		
Walking Burpee	1	0.41	3	0.41	7	0.47	3	0.41	1	0.41		
Squat	1	0.30	3	0.30	7	0.35	3	0.30	1	0.30		
<b>Total Calories*</b>		<b>1.09</b>		<b>1.09</b>		<b>1.27</b>		<b>1.09</b>		<b>1.09</b>		

**WEEK 5**

	Sets 2		Sets 3		Sets 2		Sets 3		Sets 2		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	5	0.64	3	0.57	5	0.64	3	0.57	5	0.64		
Walking Burpee	5	0.68	3	0.61	5	0.68	3	0.61	5	0.68		
Squat	5	0.51	3	0.46	5	0.51	3	0.46	5	0.51		
<b>Total Calories*</b>		<b>1.82</b>		<b>1.64</b>		<b>1.82</b>		<b>1.64</b>		<b>1.82</b>		

**WEEK 6**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	10	0.64	5	0.64	10	0.64	5	0.64	10	0.64		
Walking Burpee	10	0.68	5	0.68	10	0.68	5	0.68	10	0.68		
Squat	10	0.51	5	0.51	10	0.51	5	0.51	10	0.51		
<b>Total Calories*</b>		<b>1.82</b>		<b>1.82</b>		<b>1.82</b>		<b>1.82</b>		<b>1.82</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 4		Sets 2		Sets 1		Sets 2		Sets 4		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	3	0.76	6	0.76	12	0.76	6	0.76	3	0.76		
Walking Burpee	3	0.81	6	0.81	12	0.81	6	0.81	3	0.81		
Squat	3	0.61	6	0.61	12	0.61	6	0.61	3	0.61		
<b>Total Calories*</b>		<b>2.18</b>		<b>2.18</b>		<b>2.18</b>		<b>2.18</b>		<b>2.18</b>		

**WEEK 8**

	Sets 3		Sets 5		Sets 3		Sets 5		Sets 3		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	5	0.96	3	0.96	5	0.96	3	0.96	5	0.96		
Walking Burpee	5	1.01	3	1.01	5	1.01	3	1.01	5	1.01		
Squat	5	0.76	3	0.76	5	0.76	3	0.76	5	0.76		
<b>Total Calories*</b>		<b>2.73</b>		<b>2.73</b>		<b>2.73</b>		<b>2.73</b>		<b>2.73</b>		

**WEEK 9**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	15	0.96	8	1.02	15	0.96	8	1.02	15	0.96		
Walking Burpee	15	1.01	8	1.08	15	1.01	8	1.08	15	1.01		
Squat	15	0.76	8	0.81	15	0.76	8	0.81	15	0.76		
<b>Total Calories*</b>		<b>2.73</b>		<b>2.91</b>		<b>2.73</b>		<b>2.91</b>		<b>2.73</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 5		Sets 2		Sets 1		Sets 2		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	4	1.27	10	1.27	20	1.27	10	1.27	4	1.27		
Walking Burpee	4	1.35	10	1.35	20	1.35	10	1.35	4	1.35		
Squat	4	1.01	10	1.01	20	1.01	10	1.01	4	1.01		
<b>Total Calories*</b>		<b>3.64</b>		<b>3.64</b>		<b>3.64</b>		<b>3.64</b>		<b>3.64</b>		

**WEEK 11**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	4	1.27	2	1.27	4	1.27	2	1.27	4	1.27		
Walking Burpee	4	1.35	2	1.35	4	1.35	2	1.35	4	1.35		
Squat	4	1.01	2	1.01	4	1.01	2	1.01	4	1.01		
<b>Total Calories*</b>		<b>3.64</b>		<b>3.64</b>		<b>3.64</b>		<b>3.64</b>		<b>3.64</b>		

**WEEK 12**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	25	1.59	12	1.53	25	1.59	12	1.53	25	1.59		
Walking Burpee	25	1.69	12	1.62	25	1.69	12	1.62	25	1.69		
Squat	25	1.27	12	1.22	25	1.27	12	1.22	25	1.27		
<b>Total Calories*</b>		<b>4.55</b>		<b>4.37</b>		<b>4.55</b>		<b>4.37</b>		<b>4.55</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 5		Sets 2		Sets 1		Sets 2		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	5	1.59	12	1.53	25	1.59	12	1.53	5	1.59		
Walking Burpee	5	1.69	12	1.62	25	1.69	12	1.62	5	1.69		
Squat	5	1.27	12	1.22	25	1.27	12	1.22	5	1.27		
<b>Total Calories*</b>		<b>4.55</b>		<b>4.37</b>		<b>4.55</b>		<b>4.37</b>		<b>4.55</b>		

**WEEK 2**

	Sets 3		Sets 6		Sets 3		Sets 6		Sets 3		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	10	1.91	5	1.91	10	1.91	5	1.91	10	1.91		
Walking Burpee	10	2.03	5	2.03	10	2.03	5	2.03	10	2.03		
Squat	10	1.52	5	1.52	10	1.52	5	1.52	10	1.52		
<b>Total Calories*</b>		<b>5.46</b>		<b>5.46</b>		<b>5.46</b>		<b>5.46</b>		<b>5.46</b>		

**WEEK 3**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	30	1.91	15	1.91	30	1.91	15	1.91	30	1.91		
Walking Burpee	30	2.03	15	2.03	30	2.03	15	2.03	30	2.03		
Squat	30	1.52	15	1.52	30	1.52	15	1.52	30	1.52		
<b>Total Calories*</b>		<b>5.46</b>		<b>5.46</b>		<b>5.46</b>		<b>5.46</b>		<b>5.46</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 5		Sets 2		Sets 1		Sets 2		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	7	2.23	15	1.91	35	2.23	15	1.91	7	2.23		
Walking Burpee	7	2.37	15	2.03	35	2.37	15	2.03	7	2.37		
Squat	7	1.77	15	1.52	35	1.77	15	1.52	7	1.77		
<b>Total Calories*</b>		<b>6.37</b>		<b>5.46</b>		<b>6.37</b>		<b>5.46</b>		<b>6.37</b>		

**WEEK 5**

	Sets 2		Sets 3		Sets 2		Sets 3		Sets 2		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	15	1.91	12	2.29	17	2.17	12	2.29	15	1.91		
Walking Burpee	15	2.03	12	2.43	17	2.30	12	2.43	15	2.03		
Squat	15	1.52	12	1.83	17	1.72	12	1.83	15	1.52		
<b>Total Calories*</b>		<b>5.46</b>		<b>6.55</b>		<b>6.19</b>		<b>6.55</b>		<b>5.46</b>		

**WEEK 6**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	35	2.23	17	2.17	35	2.23	17	2.17	35	2.23		
Walking Burpee	35	2.37	17	2.30	35	2.37	17	2.30	35	2.37		
Squat	35	1.77	17	1.72	35	1.77	17	1.72	35	1.77		
<b>Total Calories*</b>		<b>6.37</b>		<b>6.19</b>		<b>6.37</b>		<b>6.19</b>		<b>6.37</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 4		Sets 2		Sets 1		Sets 2		Sets 4		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	10	2.55	20	2.55	35	2.23	20	2.55	10	2.55		
Walking Burpee	10	2.70	20	2.70	35	2.37	20	2.70	10	2.70		
Squat	10	2.03	20	2.03	35	1.77	20	2.03	10	2.03		
<b>Total Calories*</b>		<b>7.28</b>		<b>7.28</b>		<b>6.37</b>		<b>7.28</b>		<b>7.28</b>		

**WEEK 8**

	Sets 4		Sets 5		Sets 4		Sets 5		Sets 4		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	10	2.55	8	2.55	10	2.55	8	2.55	10	2.55		
Walking Burpee	10	2.70	8	2.70	10	2.70	8	2.70	10	2.70		
Squat	10	2.03	8	2.03	10	2.03	8	2.03	10	2.03		
<b>Total Calories*</b>		<b>7.28</b>		<b>7.28</b>		<b>7.28</b>		<b>7.28</b>		<b>7.28</b>		

**WEEK 9**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	40	2.55	20	2.55	40	2.55	20	2.55	40	2.55		
Walking Burpee	40	2.70	20	2.70	40	2.70	20	2.70	40	2.70		
Squat	40	2.03	20	2.03	40	2.03	20	2.03	40	2.03		
<b>Total Calories*</b>		<b>7.28</b>		<b>7.28</b>		<b>7.28</b>		<b>7.28</b>		<b>7.28</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 5		Sets 2		Sets 1		Sets 2		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	8	2.55	20	2.55	45	2.87	20	2.55	8	2.55		
Walking Burpee	8	2.70	20	2.70	45	3.04	20	2.70	8	2.70		
Squat	8	2.03	20	2.03	45	2.28	20	2.03	8	2.03		
<b>Total Calories*</b>		<b>7.28</b>		<b>7.28</b>		<b>8.19</b>		<b>7.28</b>		<b>7.28</b>		

**WEEK 11**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	10	3.19	5	3.19	10	3.19	5	3.19	10	3.19		
Walking Burpee	10	3.38	5	3.38	10	3.38	5	3.38	10	3.38		
Squat	10	2.53	5	2.53	10	2.53	5	2.53	10	2.53		
<b>Total Calories*</b>		<b>9.10</b>		<b>9.10</b>		<b>9.10</b>		<b>9.10</b>		<b>9.10</b>		

**WEEK 12**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	50	3.19	25	3.19	50	3.19	25	3.19	50	3.19		
Walking Burpee	50	3.38	25	3.38	50	3.38	25	3.38	50	3.38		
Squat	50	2.53	25	2.53	50	2.53	25	2.53	50	2.53		
<b>Total Calories*</b>		<b>9.10</b>		<b>9.10</b>		<b>9.10</b>		<b>9.10</b>		<b>9.10</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 5		Sets 2		Sets 1		Sets 2		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	10	3.19	30	3.82	50	3.19	30	3.82	10	3.19		
Walking Burpee	10	3.38	30	4.06	50	3.38	30	4.06	10	3.38		
Squat	10	2.53	30	3.04	50	2.53	30	3.04	10	2.53		
<b>Total Calories*</b>		<b>9.10</b>		<b>10.92</b>		<b>9.10</b>		<b>10.92</b>		<b>9.10</b>		

**WEEK 2**

	Sets 3		Sets 6		Sets 3		Sets 6		Sets 3		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	20	3.82	10	3.82	20	3.82	10	3.82	20	3.82		
Walking Burpee	20	4.06	10	4.06	20	4.06	10	4.06	20	4.06		
Squat	20	3.04	10	3.04	20	3.04	10	3.04	20	3.04		
<b>Total Calories*</b>		<b>10.92</b>		<b>10.92</b>		<b>10.92</b>		<b>10.92</b>		<b>10.92</b>		

**WEEK 3**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	60	3.82	30	3.82	60	3.82	30	3.82	60	3.82		
Walking Burpee	60	4.06	30	4.06	60	4.06	30	4.06	60	4.06		
Squat	60	3.04	30	3.04	60	3.04	30	3.04	60	3.04		
<b>Total Calories*</b>		<b>10.92</b>		<b>10.92</b>		<b>10.92</b>		<b>10.92</b>		<b>10.92</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 10		Sets 5		Sets 2		Sets 5		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	7	4.46	15	4.78	35	4.46	15	4.78	7	4.46		
Walking Burpee	7	4.73	15	5.07	35	4.73	15	5.07	7	4.73		
Squat	7	3.55	15	3.80	35	3.55	15	3.80	7	3.55		
<b>Total Calories*</b>		<b>12.74</b>		<b>13.65</b>		<b>12.74</b>		<b>13.65</b>		<b>12.74</b>		

**WEEK 5**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	15	4.78	7	4.46	15	4.78	7	4.46	15	4.78		
Walking Burpee	15	5.07	7	4.73	15	5.07	7	4.73	15	5.07		
Squat	15	3.80	7	3.55	15	3.80	7	3.55	15	3.80		
<b>Total Calories*</b>		<b>13.65</b>		<b>12.74</b>		<b>13.65</b>		<b>12.74</b>		<b>13.65</b>		

**WEEK 6**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	70	4.46	35	4.46	70	4.46	35	4.46	70	4.46		
Walking Burpee	70	4.73	35	4.73	70	4.73	35	4.73	70	4.73		
Squat	70	3.55	35	3.55	70	3.55	35	3.55	70	3.55		
<b>Total Calories*</b>		<b>12.74</b>		<b>12.74</b>		<b>12.74</b>		<b>12.74</b>		<b>12.74</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 10		Sets 4		Sets 1		Sets 4		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	8	5.10	20	5.10	80	5.10	20	5.10	8	5.10		
Walking Burpee	8	5.41	20	5.41	80	5.41	20	5.41	8	5.41		
Squat	8	4.06	20	4.06	80	4.06	20	4.06	8	4.06		
<b>Total Calories*</b>		<b>14.56</b>		<b>14.56</b>		<b>14.56</b>		<b>14.56</b>		<b>14.56</b>		

**WEEK 8**

	Sets 4		Sets 10		Sets 4		Sets 10		Sets 4		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	20	5.10	8	5.10	20	5.10	8	5.10	20	5.10		
Walking Burpee	20	5.41	8	5.41	20	5.41	8	5.41	20	5.41		
Squat	20	4.06	8	4.06	20	4.06	8	4.06	20	4.06		
<b>Total Calories*</b>		<b>14.56</b>		<b>14.56</b>		<b>14.56</b>		<b>14.56</b>		<b>14.56</b>		

**WEEK 9**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	80	5.10	45	5.74	90	5.74	45	5.74	80	5.10		
Walking Burpee	80	5.41	45	6.08	90	6.08	45	6.08	80	5.41		
Squat	80	4.06	45	4.56	90	4.56	45	4.56	80	4.06		
<b>Total Calories*</b>		<b>14.56</b>		<b>16.38</b>		<b>16.38</b>		<b>16.38</b>		<b>14.56</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 10		Sets 5		Sets 1		Sets 5		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	10	6.37	20	6.37	90	5.74	20	6.37	10	6.37		
Walking Burpee	10	6.76	20	6.76	90	6.08	20	6.76	10	6.76		
Squat	10	5.07	20	5.07	90	4.56	20	5.07	10	5.07		
<b>Total Calories*</b>		<b>18.20</b>		<b>18.20</b>		<b>16.38</b>		<b>18.20</b>		<b>18.20</b>		

**WEEK 11**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	20	6.37	10	6.37	20	6.37	10	6.37	20	6.37		
Walking Burpee	20	6.76	10	6.76	20	6.76	10	6.76	20	6.76		
Squat	20	5.07	10	5.07	20	5.07	10	5.07	20	5.07		
<b>Total Calories*</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		

**WEEK 12**

	Sets 1		Sets 2		Sets 1		Sets 2		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	100	6.37	50	6.37	100	6.37	50	6.37	100	6.37		
Walking Burpee	100	6.76	50	6.76	100	6.76	50	6.76	100	6.76		
Squat	100	5.07	50	5.07	100	5.07	50	5.07	100	5.07		
<b>Total Calories*</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 4		Sets 1		Sets 4		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	10	6.37	25	6.37	100	6.37	25	6.37	10	6.37		
Walking Burpee	10	6.76	25	6.76	100	6.76	25	6.76	10	6.76		
Squat	10	5.07	25	5.07	100	5.07	25	5.07	10	5.07		
<b>Total Calories*</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		

**WEEK 2**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	20	6.37	10	6.37	20	6.37	10	6.37	20	6.37		
Walking Burpee	20	6.76	10	6.76	20	6.76	10	6.76	20	6.76		
Squat	20	5.07	10	5.07	20	5.07	10	5.07	20	5.07		
<b>Total Calories*</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		

**WEEK 3**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	50	6.37	50	6.37	50	6.37	50	6.37	50	6.37		
Walking Burpee	50	6.76	50	6.76	50	6.76	50	6.76	50	6.76		
Squat	50	5.07	50	5.07	50	5.07	50	5.07	50	5.07		
<b>Total Calories*</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 10		Sets 5		Sets 2		Sets 5		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	15	9.56	30	9.56	75	9.56	30	9.56	15	9.56		
Walking Burpee	15	10.14	30	10.14	75	10.14	30	10.14	15	10.14		
Squat	15	7.60	30	7.60	75	7.60	30	7.60	15	7.60		
<b>Total Calories*</b>		<b>27.30</b>		<b>27.30</b>		<b>27.30</b>		<b>27.30</b>		<b>27.30</b>		

**WEEK 5**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	30	9.56	15	9.56	30	9.56	15	9.56	30	9.56		
Walking Burpee	30	10.14	15	10.14	30	10.14	15	10.14	30	10.14		
Squat	30	7.60	15	7.60	30	7.60	15	7.60	30	7.60		
<b>Total Calories*</b>		<b>27.30</b>		<b>27.30</b>		<b>27.30</b>		<b>27.30</b>		<b>27.30</b>		

**WEEK 6**

	Sets 1		Sets 1		Sets 1		Sets 1		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	100	6.37	100	6.37	100	6.37	100	6.37	100	6.37		
Walking Burpee	100	6.76	100	6.76	100	6.76	100	6.76	100	6.76		
Squat	100	5.07	100	5.07	100	5.07	100	5.07	100	5.07		
<b>Total Calories*</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 10		Sets 5		Sets 1		Sets 5		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	15	9.56	30	9.56	100	6.37	30	9.56	15	9.56		
Walking Burpee	15	10.14	30	10.14	100	6.76	30	10.14	15	10.14		
Squat	15	7.60	30	7.60	100	5.07	30	7.60	15	7.60		
<b>Total Calories*</b>		<b>27.30</b>		<b>27.30</b>		<b>18.20</b>		<b>27.30</b>		<b>27.30</b>		

**WEEK 8**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	30	9.56	15	9.56	30	9.56	15	9.56	30	9.56		
Walking Burpee	30	10.14	15	10.14	30	10.14	15	10.14	30	10.14		
Squat	30	7.60	15	7.60	30	7.60	15	7.60	30	7.60		
<b>Total Calories*</b>		<b>27.30</b>		<b>27.30</b>		<b>27.30</b>		<b>27.30</b>		<b>27.30</b>		

**WEEK 9**

	Sets 1		Sets 1		Sets 1		Sets 1		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	100	6.37	100	6.37	100	6.37	100	6.37	100	6.37		
Walking Burpee	100	6.76	100	6.76	100	6.76	100	6.76	100	6.76		
Squat	100	5.07	100	5.07	100	5.07	100	5.07	100	5.07		
<b>Total Calories*</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 10		Sets 5		Sets 2		Sets 5		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	20	12.75	40	12.75	100	12.75	40	12.75	20	12.75		
Walking Burpee	20	13.52	40	13.52	100	13.52	40	13.52	20	13.52		
Squat	20	10.14	40	10.14	100	10.14	40	10.14	20	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

**WEEK 11**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	40	12.75	20	12.75	40	12.75	20	12.75	40	12.75		
Walking Burpee	40	13.52	20	13.52	40	13.52	20	13.52	40	13.52		
Squat	40	10.14	20	10.14	40	10.14	20	10.14	40	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

**WEEK 12**

	Sets 2		Sets 4		Sets 2		Sets 4		Sets 2		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	100	12.75	50	12.75	100	12.75	50	12.75	100	12.75		
Walking Burpee	100	13.52	50	13.52	100	13.52	50	13.52	100	13.52		
Squat	100	10.14	50	10.14	100	10.14	50	10.14	100	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 4		Sets 2		Sets 4		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	20	12.75	50	12.75	100	12.75	50	12.75	20	12.75		
Walking Burpee	20	13.52	50	13.52	100	13.52	50	13.52	20	13.52		
Squat	20	10.14	50	10.14	100	10.14	50	10.14	20	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

**WEEK 2**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	40	12.75	20	12.75	40	12.75	20	12.75	40	12.75		
Walking Burpee	40	13.52	20	13.52	40	13.52	20	13.52	40	13.52		
Squat	40	10.14	20	10.14	40	10.14	20	10.14	40	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

**WEEK 3**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	100	12.75	100	12.75	100	12.75	100	12.75	100	12.75		
Walking Burpee	100	13.52	100	13.52	100	13.52	100	13.52	100	13.52		
Squat	100	10.14	100	10.14	100	10.14	100	10.14	100	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 10		Sets 5		Sets 2		Sets 5		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	25	15.93	40	12.75	100	12.75	40	12.75	25	15.93		
Walking Burpee	25	16.90	40	13.52	100	13.52	40	13.52	25	16.90		
Squat	25	12.67	40	10.14	100	10.14	40	10.14	25	12.67		
<b>Total Calories*</b>		<b>45.50</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>45.50</b>		

**WEEK 5**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	40	12.75	25	15.93	40	12.75	25	15.93	40	12.75		
Walking Burpee	40	13.52	25	16.90	40	13.52	25	16.90	40	13.52		
Squat	40	10.14	25	12.67	40	10.14	25	12.67	40	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>45.50</b>		<b>36.40</b>		<b>45.50</b>		<b>36.40</b>		

**WEEK 6**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	100	12.75	100	12.75	100	12.75	100	12.75	100	12.75		
Walking Burpee	100	13.52	100	13.52	100	13.52	100	13.52	100	13.52		
Squat	100	10.14	100	10.14	100	10.14	100	10.14	100	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 10		Sets 5		Sets 2		Sets 5		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	25	15.93	50	15.93	100	12.75	50	15.93	25	15.93		
Walking Burpee	25	16.90	50	16.90	100	13.52	50	16.90	25	16.90		
Squat	25	12.67	50	12.67	100	10.14	50	12.67	25	12.67		
<b>Total Calories*</b>		<b>45.50</b>		<b>45.50</b>		<b>36.40</b>		<b>45.50</b>		<b>45.50</b>		

**WEEK 8**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	50	15.93	25	15.93	50	15.93	25	15.93	50	15.93		
Walking Burpee	50	16.90	25	16.90	50	16.90	25	16.90	50	16.90		
Squat	50	12.67	25	12.67	50	12.67	25	12.67	50	12.67		
<b>Total Calories*</b>		<b>45.50</b>		<b>45.50</b>		<b>45.50</b>		<b>45.50</b>		<b>45.50</b>		

**WEEK 9**

	Sets 2		Sets 4		Sets 2		Sets 4		Sets 2		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	100	12.75	60	15.30	100	12.75	60	15.30	100	12.75		
Walking Burpee	100	13.52	60	16.22	100	13.52	60	16.22	100	13.52		
Squat	100	10.14	60	12.17	100	10.14	60	12.17	100	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>43.68</b>		<b>36.40</b>		<b>43.68</b>		<b>36.40</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 15		Sets 5		Sets 3		Sets 5		Sets 15		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	20	19.12	60	19.12	100	19.12	60	19.12	20	19.12		
Walking Burpee	20	20.28	60	20.28	100	20.28	60	20.28	20	20.28		
Squat	20	15.21	60	15.21	100	15.21	60	15.21	20	15.21		
<b>Total Calories*</b>		<b>54.61</b>		<b>54.61</b>		<b>54.61</b>		<b>54.61</b>		<b>54.61</b>		

**WEEK 11**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	60	19.12	30	19.12	60	19.12	30	19.12	60	19.12		
Walking Burpee	60	20.28	30	20.28	60	20.28	30	20.28	60	20.28		
Squat	60	15.21	30	15.21	60	15.21	30	15.21	60	15.21		
<b>Total Calories*</b>		<b>54.61</b>		<b>54.61</b>		<b>54.61</b>		<b>54.61</b>		<b>54.61</b>		

**WEEK 12**

	Sets 3		Sets 5		Sets 3		Sets 5		Sets 3		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	100	19.12	60	19.12	100	19.12	60	19.12	100	19.12		
Walking Burpee	100	20.28	60	20.28	100	20.28	60	20.28	100	20.28		
Squat	100	15.21	60	15.21	100	15.21	60	15.21	100	15.21		
<b>Total Calories*</b>		<b>54.61</b>		<b>54.61</b>		<b>54.61</b>		<b>54.61</b>		<b>54.61</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 1		Sets 1		Sets 1		Sets 1		OFF	OFF	OFF
	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
<b>Superset</b>											
Pull Ups	1	0.30	1	0.30	1	0.30	1	0.30			
Bench Dips	10	0.68	10	0.68	10	0.68	10	0.68			
Hip Bridge	10	0.68	10	0.68	10	0.68	10	0.68			
<b>Total Calories*</b>		<b>1.65</b>		<b>1.65</b>		<b>1.65</b>		<b>1.65</b>			

**WEEK 2**

	Sets 1		Sets 1		Sets 1		Sets 1		OFF	OFF	OFF
	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
<b>Superset</b>											
Pull Ups	2	0.60	1	0.30	2	0.60	1	0.30			
Bench Dips	10	0.68	10	0.68	10	0.68	10	0.68			
Hip Bridge	10	0.68	10	0.68	10	0.68	10	0.68			
<b>Total Calories*</b>		<b>1.95</b>		<b>1.65</b>		<b>1.95</b>		<b>1.65</b>			

**WEEK 3**

	Sets 1		Sets 2		Sets 1		Sets 2		OFF	OFF	OFF
	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
<b>Superset</b>											
Pull Ups	3	0.90	2	1.20	3	0.90	2	1.20			
Bench Dips	10	0.68	10	1.35	10	0.68	10	1.35			
Hip Bridge	10	0.68	10	1.35	10	0.68	10	1.35			
<b>Total Calories*</b>		<b>2.25</b>		<b>3.90</b>		<b>2.25</b>		<b>3.90</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 1		Sets 2		Sets 1		Sets 2		OFF	OFF	OFF
	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
<b>Superset</b>											
Pull Ups	5	1.50	3	1.80	5	1.50	3	1.80			
Bench Dips	10	0.68	10	1.35	10	0.68	10	1.35			
Hip Bridge	10	0.68	10	1.35	10	0.68	10	1.35			
<b>Total Calories*</b>		<b>2.85</b>		<b>4.50</b>		<b>2.85</b>		<b>4.50</b>			

**WEEK 5**

	Sets 4		Sets 2		Sets 4		Sets 2		OFF	OFF	OFF
	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
<b>Superset</b>											
Pull Ups	2	2.39	5	2.99	2	2.39	5	2.99			
Bench Dips	10	2.70	10	1.35	10	2.70	10	1.35			
Hip Bridge	10	2.70	10	1.35	10	2.70	10	1.35			
<b>Total Calories*</b>		<b>7.80</b>		<b>5.70</b>		<b>7.80</b>		<b>5.70</b>			

**WEEK 6**

	Sets 1		Sets 5		Sets 1		Sets 5		OFF	OFF	OFF
	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
<b>Superset</b>											
Pull Ups	10	2.99	2	2.99	10	2.99	2	2.99			
Bench Dips	10	0.68	10	3.38	10	0.68	10	3.38			
Hip Bridge	10	0.68	10	3.38	10	0.68	10	3.38			
<b>Total Calories*</b>		<b>4.35</b>		<b>9.75</b>		<b>4.35</b>		<b>9.75</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 2		Sets 4		Sets 2		Sets 4		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	6	3.59	3	3.59	6	3.59	3	3.59			
Bench Dips	10	1.35	10	2.70	10	1.35	10	2.70			
Hip Bridge	10	1.35	10	2.70	10	1.35	10	2.70			
<b>Total Calories*</b>		<b>6.30</b>		<b>9.00</b>		<b>6.30</b>		<b>9.00</b>			

**WEEK 8**

	Sets 3		Sets 7		Sets 3		Sets 7		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	4	3.59	2	4.19	4	3.59	2	4.19			
Bench Dips	10	2.03	10	4.73	10	2.03	10	4.73			
Hip Bridge	10	2.03	10	4.73	10	2.03	10	4.73			
<b>Total Calories*</b>		<b>7.65</b>		<b>13.65</b>		<b>7.65</b>		<b>13.65</b>			

**WEEK 9**

	Sets 2		Sets 5		Sets 2		Sets 5		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	7	4.19	5	7.48	7	4.19	5	7.48			
Bench Dips	10	1.35	10	3.38	10	1.35	10	3.38			
Hip Bridge	10	1.35	10	3.38	10	1.35	10	3.38			
<b>Total Calories*</b>		<b>6.89</b>		<b>14.24</b>		<b>6.89</b>		<b>14.24</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 8		Sets 6		Sets 8		Sets 6		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	2	4.79	3	5.39	2	4.79	3	5.39			
Bench Dips	10	5.41	10	4.06	10	5.41	10	4.06			
Hip Bridge	10	5.41	10	4.06	10	5.41	10	4.06			
<b>Total Calories*</b>		<b>15.60</b>		<b>13.50</b>		<b>15.60</b>		<b>13.50</b>			

**WEEK 11**

	Sets 2		Sets 3		Sets 2		Sets 3		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	9	5.39	8	7.18	9	5.39	8	7.18			
Bench Dips	10	1.35	10	2.03	10	1.35	10	2.03			
Hip Bridge	10	1.35	10	2.03	10	1.35	10	2.03			
<b>Total Calories*</b>		<b>8.09</b>		<b>11.24</b>		<b>8.09</b>		<b>11.24</b>			

**WEEK 12**

	Sets 2		Sets 4		Sets 2		Sets 4		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	5.99	5	5.99	10	5.99	5	5.99			
Bench Dips	10	1.35	10	2.70	10	1.35	10	2.70			
Hip Bridge	10	1.35	10	2.70	10	1.35	10	2.70			
<b>Total Calories*</b>		<b>8.69</b>		<b>11.39</b>		<b>8.69</b>		<b>11.39</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 2		Sets 4		Sets 2		Sets 4		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	5.99	5	5.99	10	5.99	5	5.99			
Bench Dips	10	1.35	10	2.70	10	1.35	10	2.70			
Hip Bridge	10	1.35	10	2.70	10	1.35	10	2.70			
<b>Total Calories*</b>		<b>8.69</b>		<b>11.39</b>		<b>8.69</b>		<b>11.39</b>			

**WEEK 2**

	Sets 3		Sets 5		Sets 3		Sets 5		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	7	6.29	4	5.99	7	6.29	4	5.99			
Bench Dips	10	2.03	10	3.38	10	2.03	10	3.38			
Hip Bridge	10	2.03	10	3.38	10	2.03	10	3.38			
<b>Total Calories*</b>		<b>10.34</b>		<b>12.75</b>		<b>10.34</b>		<b>12.75</b>			

**WEEK 3**

	Sets 4		Sets 5		Sets 4		Sets 5		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	6	7.18	5	7.48	6	7.18	5	7.48			
Bench Dips	10	2.70	10	3.38	10	2.70	10	3.38			
Hip Bridge	10	2.70	10	3.38	10	2.70	10	3.38			
<b>Total Calories*</b>		<b>12.59</b>		<b>14.24</b>		<b>12.59</b>		<b>14.24</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 8		Sets 4		Sets 8		Sets 4		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	3	7.18	7	8.38	3	7.18	7	8.38			
Bench Dips	10	5.41	10	2.70	10	5.41	10	2.70			
Hip Bridge	10	5.41	10	2.70	10	5.41	10	2.70			
<b>Total Calories*</b>		<b>18.00</b>		<b>13.79</b>		<b>18.00</b>		<b>13.79</b>			

**WEEK 5**

	Sets 3		Sets 7		Sets 3		Sets 7		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	9	8.08	4	8.38	9	8.08	4	8.38			
Bench Dips	10	2.03	10	4.73	10	2.03	10	4.73			
Hip Bridge	10	2.03	10	4.73	10	2.03	10	4.73			
<b>Total Calories*</b>		<b>12.14</b>		<b>17.84</b>		<b>12.14</b>		<b>17.84</b>			

**WEEK 6**

	Sets 10		Sets 3		Sets 10		Sets 3		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	3	8.98	10	8.98	3	8.98	10	8.98			
Bench Dips	10	6.76	10	2.03	10	6.76	10	2.03			
Hip Bridge	10	6.76	10	2.03	10	6.76	10	2.03			
<b>Total Calories*</b>		<b>22.50</b>		<b>13.04</b>		<b>22.50</b>		<b>13.04</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 8		Sets 5		Sets 8		Sets 5		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	4	9.58	6	8.98	4	9.58	6	8.98			
Bench Dips	10	5.41	10	3.38	10	5.41	10	3.38			
Hip Bridge	10	5.41	10	3.38	10	5.41	10	3.38			
<b>Total Calories*</b>		<b>20.39</b>		<b>15.74</b>		<b>20.39</b>		<b>15.74</b>			

**WEEK 8**

	Sets 4		Sets 8		Sets 4		Sets 8		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	9.58	4	9.58	8	9.58	4	9.58			
Bench Dips	10	2.70	10	5.41	10	2.70	10	5.41			
Hip Bridge	10	2.70	10	5.41	10	2.70	10	5.41			
<b>Total Calories*</b>		<b>14.99</b>		<b>20.39</b>		<b>14.99</b>		<b>20.39</b>			

**WEEK 9**

	Sets 7		Sets 5		Sets 7		Sets 5		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	5	10.48	7	10.48	5	10.48	7	10.48			
Bench Dips	10	4.73	10	3.38	10	4.73	10	3.38			
Hip Bridge	10	4.73	10	3.38	10	4.73	10	3.38			
<b>Total Calories*</b>		<b>19.94</b>		<b>17.24</b>		<b>19.94</b>		<b>17.24</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 5		Sets 9		Sets 5		Sets 9		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	7	10.48	4	10.78	7	10.48	4	10.78			
Bench Dips	10	3.38	10	6.08	10	3.38	10	6.08			
Hip Bridge	10	3.38	10	6.08	10	3.38	10	6.08			
<b>Total Calories*</b>		<b>17.24</b>		<b>22.94</b>		<b>17.24</b>		<b>22.94</b>			

**WEEK 11**

	Sets 4		Sets 7		Sets 4		Sets 7		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	9	10.78	5	10.48	9	10.78	5	10.48			
Bench Dips	10	2.70	10	4.73	10	2.70	10	4.73			
Hip Bridge	10	2.70	10	4.73	10	2.70	10	4.73			
<b>Total Calories*</b>		<b>16.18</b>		<b>19.94</b>		<b>16.18</b>		<b>19.94</b>			

**WEEK 12**

	Sets 4		Sets 10		Sets 4		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	11.97	4	11.97	10	11.97	4	11.97			
Bench Dips	10	2.70	10	6.76	10	2.70	10	6.76			
Hip Bridge	10	2.70	10	6.76	10	2.70	10	6.76			
<b>Total Calories*</b>		<b>17.38</b>		<b>25.49</b>		<b>17.38</b>		<b>25.49</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 4		Sets 10		Sets 4		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	4	11.97	10	11.97	4	11.97	10	11.97			
Bench Dips	10	6.76	10	2.70	10	6.76	10	2.70			
Hip Bridge	10	6.76	10	2.70	10	6.76	10	2.70			
<b>Total Calories*</b>		<b>25.49</b>		<b>17.38</b>		<b>25.49</b>		<b>17.38</b>			

**WEEK 2**

	Sets 6		Sets 7		Sets 6		Sets 7		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	7	12.57	6	12.57	7	12.57	6	12.57			
Bench Dips	10	4.06	10	4.73	10	4.06	10	4.73			
Hip Bridge	10	4.06	10	4.73	10	4.06	10	4.73			
<b>Total Calories*</b>		<b>20.68</b>		<b>22.04</b>		<b>20.68</b>		<b>22.04</b>			

**WEEK 3**

	Sets 9		Sets 5		Sets 9		Sets 5		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	5	13.47	9	13.47	5	13.47	9	13.47			
Bench Dips	10	6.08	10	3.38	10	6.08	10	3.38			
Hip Bridge	10	6.08	10	3.38	10	6.08	10	3.38			
<b>Total Calories*</b>		<b>25.64</b>		<b>20.23</b>		<b>25.64</b>		<b>20.23</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 6		Sets 9		Sets 6		Sets 9		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	14.37	5	13.47	8	14.37	5	13.47			
Bench Dips	10	4.06	10	6.08	10	4.06	10	6.08			
Hip Bridge	10	4.06	10	6.08	10	4.06	10	6.08			
<b>Total Calories*</b>		<b>22.48</b>		<b>25.64</b>		<b>22.48</b>		<b>25.64</b>			

**WEEK 5**

	Sets 6		Sets 8		Sets 6		Sets 8		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	14.37	6	14.37	8	14.37	6	14.37			
Bench Dips	10	4.06	10	5.41	10	4.06	10	5.41			
Hip Bridge	10	4.06	10	5.41	10	4.06	10	5.41			
<b>Total Calories*</b>		<b>22.48</b>		<b>25.18</b>		<b>22.48</b>		<b>25.18</b>			

**WEEK 6**

	Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	5	14.97	10	14.97	5	14.97	10	14.97			
Bench Dips	10	6.76	10	3.38	10	6.76	10	3.38			
Hip Bridge	10	6.76	10	3.38	10	6.76	10	3.38			
<b>Total Calories*</b>		<b>28.49</b>		<b>21.73</b>		<b>28.49</b>		<b>21.73</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 10		Sets 6		Sets 10		Sets 6		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	5	14.97	9	16.16	5	14.97	9	16.16			
Bench Dips	10	6.76	10	4.06	10	6.76	10	4.06			
Hip Bridge	10	6.76	10	4.06	10	6.76	10	4.06			
<b>Total Calories*</b>		<b>28.49</b>		<b>24.28</b>		<b>28.49</b>		<b>24.28</b>			

**WEEK 8**

	Sets 6		Sets 9		Sets 6		Sets 9		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	9	16.16	6	16.16	9	16.16	6	16.16			
Bench Dips	10	4.06	10	6.08	10	4.06	10	6.08			
Hip Bridge	10	4.06	10	6.08	10	4.06	10	6.08			
<b>Total Calories*</b>		<b>24.28</b>		<b>28.33</b>		<b>24.28</b>		<b>28.33</b>			

**WEEK 9**

	Sets 7		Sets 6		Sets 7		Sets 6		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	16.76	9	16.16	8	16.76	9	16.16			
Bench Dips	10	4.73	10	4.06	10	4.73	10	4.06			
Hip Bridge	10	4.73	10	4.06	10	4.73	10	4.06			
<b>Total Calories*</b>		<b>26.23</b>		<b>24.28</b>		<b>26.23</b>		<b>24.28</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 8		Sets 9		Sets 8		Sets 9		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	7	16.76	6	16.16	7	16.76	6	16.16			
Bench Dips	10	5.41	10	6.08	10	5.41	10	6.08			
Hip Bridge	10	5.41	10	6.08	10	5.41	10	6.08			
<b>Total Calories*</b>		<b>27.58</b>		<b>28.33</b>		<b>27.58</b>		<b>28.33</b>			

**WEEK 11**

	Sets 6		Sets 6		Sets 6		Sets 6		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	9	16.16	9	16.16	9	16.16	9	16.16			
Bench Dips	10	4.06	10	4.06	10	4.06	10	4.06			
Hip Bridge	10	4.06	10	4.06	10	4.06	10	4.06			
<b>Total Calories*</b>		<b>24.28</b>		<b>24.28</b>		<b>24.28</b>		<b>24.28</b>			

**WEEK 12**

	Sets 10		Sets 6		Sets 10		Sets 6		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	6	17.96	10	17.96	6	17.96	10	17.96			
Bench Dips	10	6.76	10	4.06	10	6.76	10	4.06			
Hip Bridge	10	6.76	10	4.06	10	6.76	10	4.06			
<b>Total Calories*</b>		<b>31.48</b>		<b>26.07</b>		<b>31.48</b>		<b>26.07</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 6		Sets 10		Sets 6		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	6	17.96	10	17.96	6	17.96	10	17.96			
Bench Dips	10	6.76	10	4.06	10	6.76	10	4.06			
Hip Bridge	10	6.76	10	4.06	10	6.76	10	4.06			
<b>Total Calories*</b>		<b>31.48</b>		<b>26.07</b>		<b>31.48</b>		<b>26.07</b>			

**WEEK 2**

	Sets 6		Sets 6		Sets 6		Sets 6		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	17.96	10	17.96	10	17.96	10	17.96			
Bench Dips	10	4.06	10	4.06	10	4.06	10	4.06			
Hip Bridge	10	4.06	10	4.06	10	4.06	10	4.06			
<b>Total Calories*</b>		<b>26.07</b>		<b>26.07</b>		<b>26.07</b>		<b>26.07</b>			

**WEEK 3**

	Sets 9		Sets 7		Sets 9		Sets 7		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	7	18.86	9	18.86	7	18.86	9	18.86			
Bench Dips	10	6.08	10	4.73	10	6.08	10	4.73			
Hip Bridge	10	6.08	10	4.73	10	6.08	10	4.73			
<b>Total Calories*</b>		<b>31.03</b>		<b>28.32</b>		<b>31.03</b>		<b>28.32</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 8		Sets 9		Sets 8		Sets 9		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	19.16	7	18.86	8	19.16	7	18.86			
Bench Dips	10	5.41	10	6.08	10	5.41	10	6.08			
Hip Bridge	10	5.41	10	6.08	10	5.41	10	6.08			
<b>Total Calories*</b>		<b>29.97</b>		<b>31.03</b>		<b>29.97</b>		<b>31.03</b>			

**WEEK 5**

	Sets 8		Sets 8		Sets 8		Sets 8		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	19.16	8	19.16	8	19.16	8	19.16			
Bench Dips	10	5.41	10	5.41	10	5.41	10	5.41			
Hip Bridge	10	5.41	10	5.41	10	5.41	10	5.41			
<b>Total Calories*</b>		<b>29.97</b>		<b>29.97</b>		<b>29.97</b>		<b>29.97</b>			

**WEEK 6**

	Sets 10		Sets 7		Sets 10		Sets 7		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	7	20.95	10	20.95	7	20.95	10	20.95			
Bench Dips	10	6.76	10	4.73	10	6.76	10	4.73			
Hip Bridge	10	6.76	10	4.73	10	6.76	10	4.73			
<b>Total Calories*</b>		<b>34.47</b>		<b>30.42</b>		<b>34.47</b>		<b>30.42</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 7		Sets 7		Sets 7		Sets 7		OFF	OFF	OFF
	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
<b>Superset</b>											
Pull Ups	10	20.95	10	20.95	10	20.95	10	20.95			
Bench Dips	10	4.73	10	4.73	10	4.73	10	4.73			
Hip Bridge	10	4.73	10	4.73	10	4.73	10	4.73			
<b>Total Calories*</b>		<b>30.42</b>		<b>30.42</b>		<b>30.42</b>		<b>30.42</b>			

**WEEK 8**

	Sets 10		Sets 10		Sets 10		Sets 10		OFF	OFF	OFF
	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
<b>Superset</b>											
Pull Ups	7	20.95	7	20.95	7	20.95	7	20.95			
Bench Dips	10	6.76	10	6.76	10	6.76	10	6.76			
Hip Bridge	10	6.76	10	6.76	10	6.76	10	6.76			
<b>Total Calories*</b>		<b>34.47</b>		<b>34.47</b>		<b>34.47</b>		<b>34.47</b>			

**WEEK 9**

	Sets 10		Sets 9		Sets 10		Sets 9		OFF	OFF	OFF
	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
<b>Superset</b>											
Pull Ups	7	20.95	8	21.55	7	20.95	8	21.55			
Bench Dips	10	6.76	10	6.08	10	6.76	10	6.08			
Hip Bridge	10	6.76	10	6.08	10	6.76	10	6.08			
<b>Total Calories*</b>		<b>34.47</b>		<b>33.72</b>		<b>34.47</b>		<b>33.72</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 9		Sets 8		Sets 9		Sets 8		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	21.55	9	21.55	8	21.55	9	21.55			
Bench Dips	10	6.08	10	5.41	10	6.08	10	5.41			
Hip Bridge	10	6.08	10	5.41	10	6.08	10	5.41			
<b>Total Calories*</b>		<b>33.72</b>		<b>32.37</b>		<b>33.72</b>		<b>32.37</b>			

**WEEK 11**

	Sets 8		Sets 8		Sets 8		Sets 8		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	9	21.55	9	21.55	9	21.55	9	21.55			
Bench Dips	10	5.41	10	5.41	10	5.41	10	5.41			
Hip Bridge	10	5.41	10	5.41	10	5.41	10	5.41			
<b>Total Calories*</b>		<b>32.37</b>		<b>32.37</b>		<b>32.37</b>		<b>32.37</b>			

**WEEK 12**

	Sets 10		Sets 8		Sets 10		Sets 8		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	23.95	10	23.95	8	23.95	10	23.95			
Bench Dips	10	6.76	10	5.41	10	6.76	10	5.41			
Hip Bridge	10	6.76	10	5.41	10	6.76	10	5.41			
<b>Total Calories*</b>		<b>37.47</b>		<b>34.76</b>		<b>37.47</b>		<b>34.76</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 8		Sets 10		Sets 8		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	23.95	10	23.95	8	23.95	10	23.95			
Bench Dips	10	6.76	10	5.41	10	6.76	10	5.41			
Hip Bridge	10	6.76	10	5.41	10	6.76	10	5.41			
<b>Total Calories*</b>		<b>37.47</b>		<b>34.76</b>		<b>37.47</b>		<b>34.76</b>			

**WEEK 2**

	Sets 9		Sets 10		Sets 9		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	9	24.25	8	23.95	9	24.25	8	23.95			
Bench Dips	10	6.08	10	6.76	10	6.08	10	6.76			
Hip Bridge	10	6.08	10	6.76	10	6.08	10	6.76			
<b>Total Calories*</b>		<b>36.41</b>		<b>37.47</b>		<b>36.41</b>		<b>37.47</b>			

**WEEK 3**

	Sets 10		Sets 10		Sets 10		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	23.95	8	23.95	8	23.95	8	23.95			
Bench Dips	10	6.76	10	6.76	10	6.76	10	6.76			
Hip Bridge	10	6.76	10	6.76	10	6.76	10	6.76			
<b>Total Calories*</b>		<b>37.47</b>		<b>37.47</b>		<b>37.47</b>		<b>37.47</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 4**

	Sets 10		Sets 9		Sets 10		Sets 9		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	23.95	9	24.25	8	23.95	9	24.25			
Bench Dips	10	6.76	10	6.08	10	6.76	10	6.08			
Hip Bridge	10	6.76	10	6.08	10	6.76	10	6.08			
<b>Total Calories*</b>		<b>37.47</b>		<b>36.41</b>		<b>37.47</b>		<b>36.41</b>			

**WEEK 5**

	Sets 9		Sets 10		Sets 9		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	9	24.25	8	23.95	9	24.25	8	23.95			
Bench Dips	10	6.08	10	6.76	10	6.08	10	6.76			
Hip Bridge	10	6.08	10	6.76	10	6.08	10	6.76			
<b>Total Calories*</b>		<b>36.41</b>		<b>37.47</b>		<b>36.41</b>		<b>37.47</b>			

**WEEK 6**

	Sets 10		Sets 9		Sets 10		Sets 9		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	9	26.94	10	26.94	9	26.94	10	26.94			
Bench Dips	10	6.76	10	6.08	10	6.76	10	6.08			
Hip Bridge	10	6.76	10	6.08	10	6.76	10	6.08			
<b>Total Calories*</b>		<b>40.46</b>		<b>39.11</b>		<b>40.46</b>		<b>39.11</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 7**

	Sets 10		Sets 10		Sets 10		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	9	26.94	9	26.94	9	26.94	9	26.94			
Bench Dips	10	6.76	10	6.76	10	6.76	10	6.76			
Hip Bridge	10	6.76	10	6.76	10	6.76	10	6.76			
<b>Total Calories*</b>		<b>40.46</b>		<b>40.46</b>		<b>40.46</b>		<b>40.46</b>			

**WEEK 8**

	Sets 9		Sets 10		Sets 9		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	26.94	9	26.94	10	26.94	9	26.94			
Bench Dips	10	6.08	10	6.76	10	6.08	10	6.76			
Hip Bridge	10	6.08	10	6.76	10	6.08	10	6.76			
<b>Total Calories*</b>		<b>39.11</b>		<b>40.46</b>		<b>39.11</b>		<b>40.46</b>			

**WEEK 9**

	Sets 9		Sets 9		Sets 9		Sets 9		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	26.94	10	26.94	10	26.94	10	26.94			
Bench Dips	10	6.08	10	6.08	10	6.08	10	6.08			
Hip Bridge	10	6.08	10	6.08	10	6.08	10	6.08			
<b>Total Calories*</b>		<b>39.11</b>		<b>39.11</b>		<b>39.11</b>		<b>39.11</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 10**

	Sets 10		Sets 10		Sets 10		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	9	26.94	9	26.94	9	26.94	9	26.94			
Bench Dips	10	6.76	10	6.76	10	6.76	10	6.76			
Hip Bridge	10	6.76	10	6.76	10	6.76	10	6.76			
<b>Total Calories*</b>		<b>40.46</b>		<b>40.46</b>		<b>40.46</b>		<b>40.46</b>			

**WEEK 11**

	Sets 9		Sets 10		Sets 9		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	26.94	9	26.94	10	26.94	10	26.94			
Bench Dips	10	6.08	10	6.76	10	6.08	10	6.76			
Hip Bridge	10	6.08	10	6.76	10	6.08	10	6.76			
<b>Total Calories*</b>		<b>39.11</b>		<b>40.46</b>		<b>39.11</b>		<b>40.46</b>			

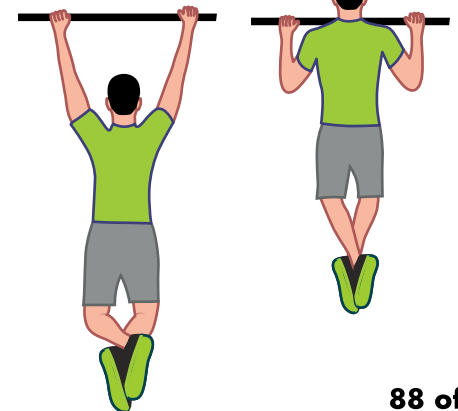
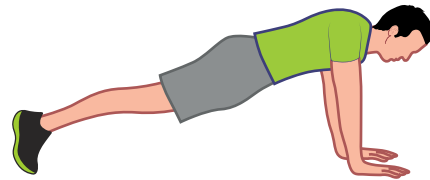
**WEEK 12**

	Sets 10		Sets 10		Sets 10		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	29.93	10	29.93	10	29.93	10	29.93			
Bench Dips	10	6.76	10	6.76	10	6.76	10	6.76			
Hip Bridge	10	6.76	10	6.76	10	6.76	10	6.76			
<b>Total Calories*</b>		<b>43.45</b>		<b>43.45</b>		<b>43.45</b>		<b>43.45</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# Maintenance

Whether you completed the Brunch Body Challenge or you are just looking for some fundamental routine to add to your workout, here in the maintenance section you can select from various 3 week calisthenics and cardio programs to keep you moving.



**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 4		Sets 1		Sets 4		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	10	6.37	25	6.37	100	6.37	25	6.37	10	6.37		
Walking Burpee	10	6.76	25	6.76	100	6.76	25	6.76	10	6.76		
Squat	10	5.07	25	5.07	100	5.07	25	5.07	10	5.07		
<b>Total Calories*</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		

**WEEK 2**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	20	6.37	10	6.37	20	6.37	10	6.37	20	6.37		
Walking Burpee	20	6.76	10	6.76	20	6.76	10	6.76	20	6.76		
Squat	20	5.07	10	5.07	20	5.07	10	5.07	20	5.07		
<b>Total Calories*</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		

**WEEK 3**

	Sets 1		Sets 1		Sets 1		Sets 1		Sets 1		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	100	6.37	100	6.37	100	6.37	100	6.37	100	6.37		
Walking Burpee	100	6.76	100	6.76	100	6.76	100	6.76	100	6.76		
Squat	100	5.07	100	5.07	100	5.07	100	5.07	100	5.07		
<b>Total Calories*</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		<b>18.20</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 4		Sets 2		Sets 4		Sets 10		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	20	12.75	50	12.75	100	12.75	50	12.75	20	12.75		
Walking Burpee	20	13.52	50	13.52	100	13.52	50	13.52	20	13.52		
Squat	20	10.14	50	10.14	100	10.14	50	10.14	20	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

**WEEK 2**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	40	12.75	20	12.75	40	12.75	20	12.75	40	12.75		
Walking Burpee	40	13.52	20	13.52	40	13.52	20	13.52	40	13.52		
Squat	40	10.14	20	10.14	40	10.14	20	10.14	40	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

**WEEK 3**

	Sets 2		Sets 2		Sets 2		Sets 2		Sets 2		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	100	12.75	100	12.75	100	12.75	100	12.75	100	12.75		
Walking Burpee	100	13.52	100	13.52	100	13.52	100	13.52	100	13.52		
Squat	100	10.14	100	10.14	100	10.14	100	10.14	100	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 15		Sets 5		Sets 3		Sets 5		Sets 15		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	20	12.75	60	12.75	100	12.75	60	12.75	20	12.75		
Walking Burpee	20	13.52	60	13.52	100	13.52	60	13.52	20	13.52		
Squat	20	10.14	60	10.14	100	10.14	60	10.14	20	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

**WEEK 2**

	Sets 5		Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	60	12.75	30	12.75	60	12.75	30	12.75	60	12.75		
Walking Burpee	60	13.52	30	13.52	60	13.52	30	13.52	60	13.52		
Squat	60	10.14	30	10.14	60	10.14	30	10.14	60	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

**WEEK 3**

	Sets 3		Sets 3		Sets 3		Sets 3		Sets 3		OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal		
Push Ups	100	12.75	100	12.75	100	12.75	100	12.75	100	12.75		
Walking Burpee	100	13.52	100	13.52	100	13.52	100	13.52	100	13.52		
Squat	100	10.14	100	10.14	100	10.14	100	10.14	100	10.14		
<b>Total Calories*</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		<b>36.40</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



# PDB 20 Maintenance

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 2		Sets 4		Sets 2		Sets 4		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	5.99	5	5.99	10	5.99	5	5.99			
Bench Dips	10	1.35	10	2.70	10	1.35	10	2.70			
Hip Bridge	10	1.35	10	2.70	10	1.35	10	2.70			
<b>Total Calories*</b>		<b>8.69</b>		<b>11.39</b>		<b>8.69</b>		<b>11.39</b>			

**WEEK 2**

	Sets 5		Sets 2		Sets 5		Sets 2		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	4	5.99	10	5.99	4	5.99	10	5.99			
Bench Dips	10	3.38	10	1.35	10	3.38	10	1.35			
Hip Bridge	10	3.38	10	1.35	10	3.38	10	1.35			
<b>Total Calories*</b>		<b>12.75</b>		<b>8.69</b>		<b>12.75</b>		<b>8.69</b>			

**WEEK 3**

	Sets 2		Sets 4		Sets 2		Sets 4		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	5.99	5	5.99	10	5.99	5	5.99			
Bench Dips	10	1.35	10	2.70	10	1.35	10	2.70			
Hip Bridge	10	1.35	10	2.70	10	1.35	10	2.70			
<b>Total Calories*</b>		<b>8.69</b>		<b>11.39</b>		<b>8.69</b>		<b>11.39</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# PDB 40 Maintenance

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 4		Sets 10		Sets 4		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	4	11.97	10	11.97	4	11.97	10	11.97			
Bench Dips	10	6.76	10	2.70	10	6.76	10	2.70			
Hip Bridge	10	6.76	10	2.70	10	6.76	10	2.70			
<b>Total Calories*</b>		<b>25.49</b>		<b>17.38</b>		<b>25.49</b>		<b>17.38</b>			

**WEEK 2**

	Sets 5		Sets 10		Sets 5		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	11.97	4	11.97	8	11.97	4	11.97			
Bench Dips	10	3.38	10	6.76	10	3.38	10	6.76			
Hip Bridge	10	3.38	10	6.76	10	3.38	10	6.76			
<b>Total Calories*</b>		<b>18.73</b>		<b>25.49</b>		<b>18.73</b>		<b>25.49</b>			

**WEEK 3**

	Sets 10		Sets 4		Sets 10		Sets 4		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	4	11.97	10	11.97	4	11.97	10	11.97			
Bench Dips	10	6.76	10	2.70	10	6.76	10	2.70			
Hip Bridge	10	6.76	10	2.70	10	6.76	10	2.70			
<b>Total Calories*</b>		<b>25.49</b>		<b>17.38</b>		<b>25.49</b>		<b>17.38</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# PDB 60 Maintenance

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	6	17.96	12	17.96	6	17.96	12	17.96			
Bench Dips	10	6.76	12	4.06	10	6.76	12	4.06			
Hip Bridge	10	6.76	12	4.06	10	6.76	12	4.06			
<b>Total Calories*</b>		<b>31.48</b>		<b>26.07</b>		<b>31.48</b>		<b>26.07</b>			

**WEEK 2**

	Sets 6		Sets 10		Sets 6		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	17.96	6	17.96	10	17.96	6	17.96			
Bench Dips	10	4.06	10	6.76	10	4.06	10	6.76			
Hip Bridge	10	4.06	10	6.76	10	4.06	10	6.76			
<b>Total Calories*</b>		<b>26.07</b>		<b>31.48</b>		<b>26.07</b>		<b>31.48</b>			

**WEEK 3**

	Sets 10		Sets 5		Sets 10		Sets 5		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	6	17.96	12	17.96	6	17.96	12	17.96			
Bench Dips	10	6.76	12	4.06	10	6.76	12	4.06			
Hip Bridge	10	6.76	12	4.06	10	6.76	12	4.06			
<b>Total Calories*</b>		<b>31.48</b>		<b>26.07</b>		<b>31.48</b>		<b>26.07</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# PDB 80 Maintenance

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 10		Sets 10		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	23.95	8	23.95	8	23.95	8	23.95			
Bench Dips	10	6.76	10	6.76	10	6.76	10	6.76			
Hip Bridge	10	6.76	10	6.76	10	6.76	10	6.76			
<b>Total Calories*</b>		<b>37.47</b>		<b>37.47</b>		<b>37.47</b>		<b>37.47</b>			

**WEEK 2**

	Sets 8		Sets 8		Sets 8		Sets 8		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	23.95	10	23.95	10	23.95	10	23.95			
Bench Dips	10	5.41	10	5.41	10	5.41	10	5.41			
Hip Bridge	10	5.41	10	5.41	10	5.41	10	5.41			
<b>Total Calories*</b>		<b>34.76</b>		<b>34.76</b>		<b>34.76</b>		<b>34.76</b>			

**WEEK 3**

	Sets 10		Sets 7		Sets 10		Sets 7		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	8	23.95	12	25.14	8	23.95	12	25.14			
Bench Dips	10	6.76	12	5.68	10	6.76	12	5.68			
Hip Bridge	10	6.76	12	5.68	10	6.76	12	5.68			
<b>Total Calories*</b>		<b>37.47</b>		<b>36.50</b>		<b>37.47</b>		<b>36.50</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

	Sets 10		Sets 10		Sets 10		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	29.93	10	29.93	10	29.93	10	29.93			
Bench Dips	10	6.76	10	6.76	10	6.76	10	6.76			
Hip Bridge	10	6.76	10	6.76	10	6.76	10	6.76			
<b>Total Calories*</b>		<b>43.45</b>		<b>43.45</b>		<b>43.45</b>		<b>43.45</b>			

**WEEK 2**

	Sets 8		Sets 10		Sets 8		Sets 10		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	12	28.74	10	29.93	12	28.74	10	29.93			
Bench Dips	12	6.49	10	6.76	12	6.49	10	6.76			
Hip Bridge	12	6.49	10	6.76	12	6.49	10	6.76			
<b>Total Calories*</b>		<b>41.71</b>		<b>43.45</b>		<b>41.71</b>		<b>43.45</b>			

**WEEK 3**

	Sets 10		Sets 8		Sets 10		Sets 8		OFF	OFF	OFF
<b>Superset</b>	Reps	Cal	Reps	Cal	Reps	Cal	Reps	Cal			
Pull Ups	10	29.93	12	28.74	10	29.93	12	28.74			
Bench Dips	10	6.76	12	6.49	10	6.76	12	6.49			
Hip Bridge	10	6.76	12	6.49	10	6.76	12	6.49			
<b>Total Calories*</b>		<b>43.45</b>		<b>41.71</b>		<b>43.45</b>		<b>41.71</b>			

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# 5km Maintenance

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

<b>Run</b>	OFF	Miles	Cal	Miles	Cal	Miles	Cal	OFF	Miles	Cal	OFF
<b>Total Calories*</b>		2	246.81	3	370.22	2	246.81		3	370.22	
		<b>246.81</b>		<b>370.22</b>		<b>246.81</b>			<b>370.22</b>		

**WEEK 2**

<b>Run</b>	OFF	Miles	Cal	Miles	Cal	Miles	Cal	OFF	Miles	Cal	OFF
<b>Total Calories*</b>		3	370.22	3	370.22	3	370.22		3	370.22	
		<b>370.22</b>		<b>370.22</b>		<b>370.22</b>			<b>370.22</b>		

**WEEK 3**

<b>Run</b>	OFF	Miles	Cal	Miles	Cal	Miles	Cal	OFF	Miles	Cal	OFF
<b>Total Calories*</b>		2	246.81	3	370.22	1	123.41		3	370.22	
		<b>246.81</b>		<b>370.22</b>		<b>123.41</b>			<b>370.22</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# 10km Maintenance

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

<b>Run</b>	OFF	Miles	Cal	Miles	Cal	Miles	Cal	OFF	Miles	Cal	OFF
<b>Total Calories*</b>		5	617.03	6	740.44	4	493.63		6	740.44	
		<b>617.03</b>		<b>740.44</b>		<b>493.63</b>			<b>740.44</b>		

**WEEK 2**

<b>Run</b>	OFF	Miles	Cal	Miles	Cal	Miles	Cal	OFF	Miles	Cal	OFF
<b>Total Calories*</b>		4	493.63	5	617.03	4	493.63		6	740.44	
		<b>493.63</b>		<b>617.03</b>		<b>493.63</b>			<b>740.44</b>		

**WEEK 3**

<b>Run</b>	OFF	Miles	Cal	Miles	Cal	Miles	Cal	OFF	Miles	Cal	OFF
<b>Total Calories*</b>		3	370.22	5	617.03	4	493.63		6	740.44	
		<b>370.22</b>		<b>617.03</b>		<b>493.63</b>			<b>740.44</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.

# 13.1mi Maintenance

**DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7**

**WEEK 1**

<b>Run</b>	OFF	Miles	Cal	Miles	Cal	Miles	Cal	OFF	Miles	Cal	OFF
<b>Total Calories*</b>		8	987.25	12	1480.88	4	493.63		13	1234.07	
		<b>987.25</b>		<b>1480.88</b>		<b>493.63</b>			<b>1234.07</b>		

**WEEK 2**

<b>Run</b>	OFF	Miles	Cal	Miles	Cal	Miles	Cal	OFF	Miles	Cal	OFF
<b>Total Calories*</b>		6	740.44	10	1234.07	4	493.63		13	1234.07	
		<b>740.44</b>		<b>1234.07</b>		<b>493.63</b>			<b>1234.07</b>		

**WEEK 3**

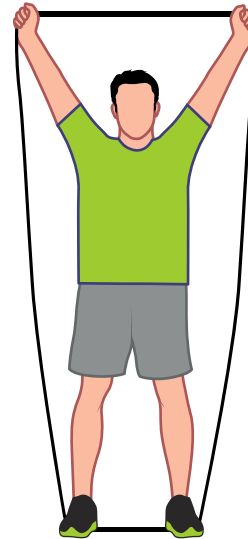
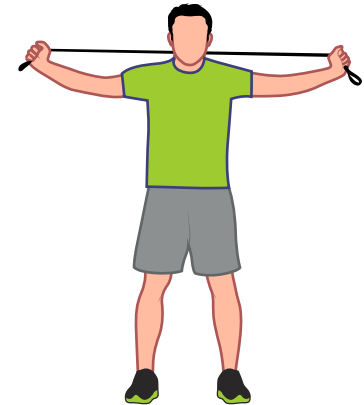
<b>Run</b>	OFF	Miles	Cal	Miles	Cal	Miles	Cal	OFF	Miles	Cal	OFF
<b>Total Calories*</b>		4	493.63	8	987.25	4	493.63		13	1234.07	
		<b>493.63</b>		<b>987.25</b>		<b>493.63</b>			<b>1234.07</b>		

\*Calories are calculated from metabolic equivalent of task and should be used as estimate only.



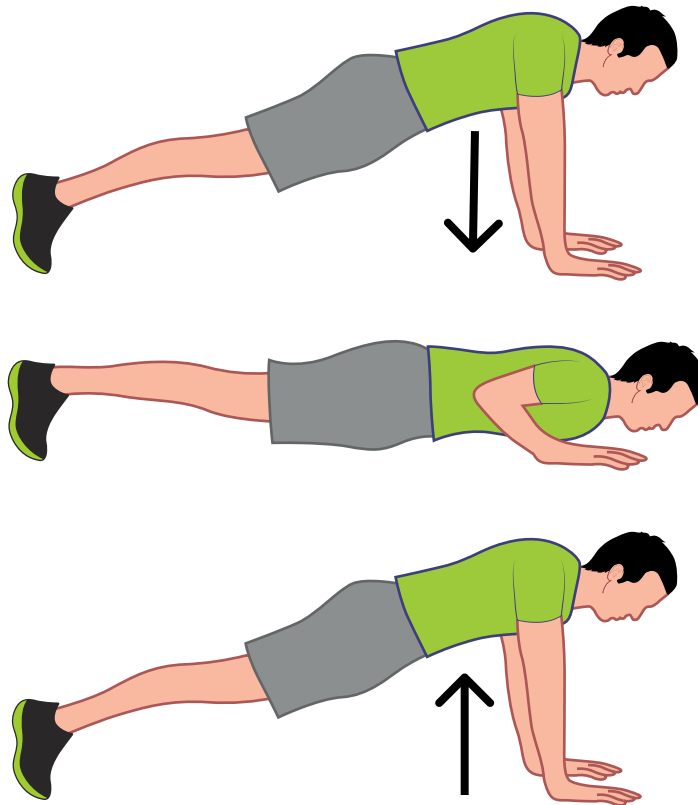
# Exercise Diagrams

This section will go in depth on executing all of the current exercises in the brunch body guide



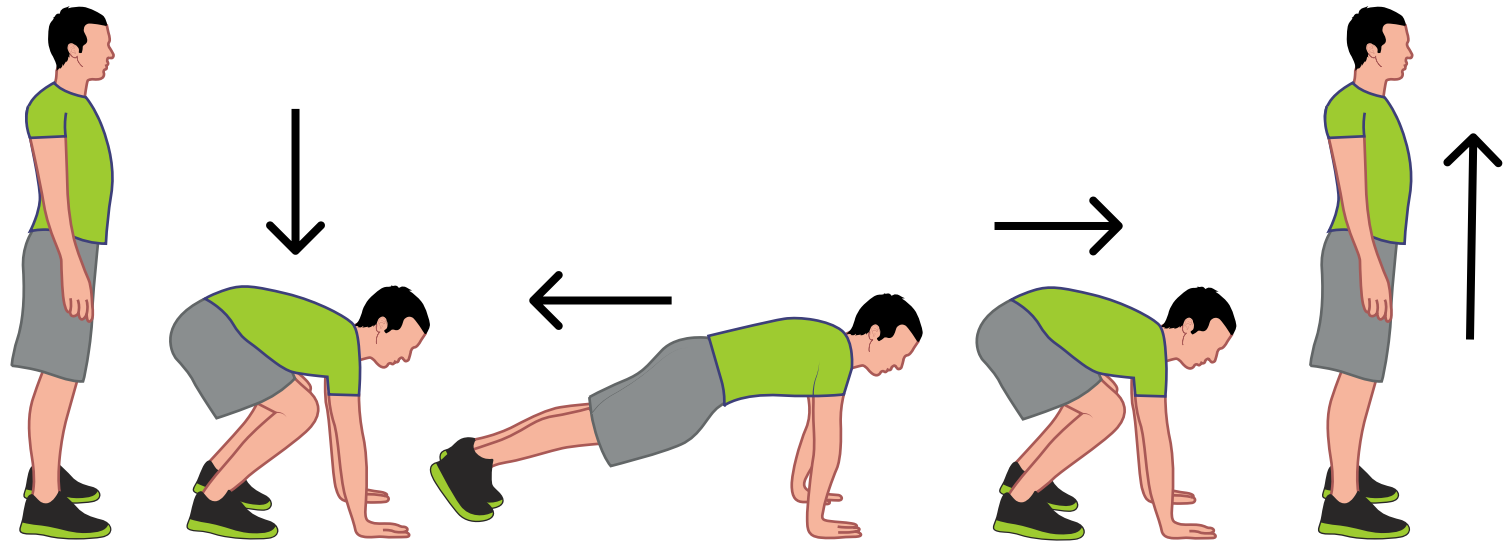
# Pushup

Place your hands on the ground slightly wider than your shoulders.  
Straighten your legs, keep them together.  
Lower your body until your chest nearly touches the floor.  
Push yourself up.



# Walking Burpee

Stand with your feet shoulder-width apart and your arms by your sides.  
Lower into a squat position and place your hands on the floor.  
Step your legs back into a plank position.  
Step your legs forward to return to a squat position.  
Return to the standing position.



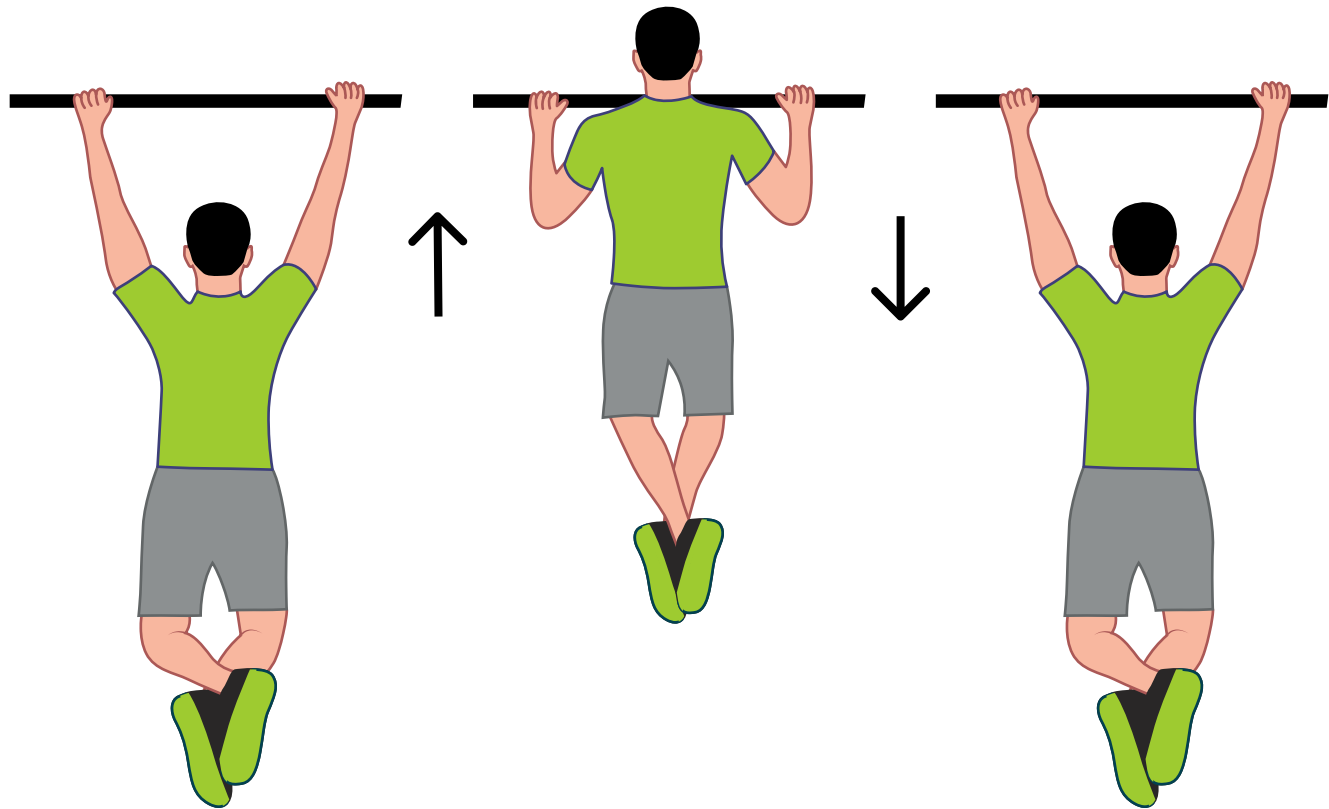
# Squat

Stand up with your feet shoulder-width apart  
Bend your knees, press your hips back  
Once your hip is slightly lower than your knees, **Pause**  
Push from the heels of your feet into the floor while returning to standing position



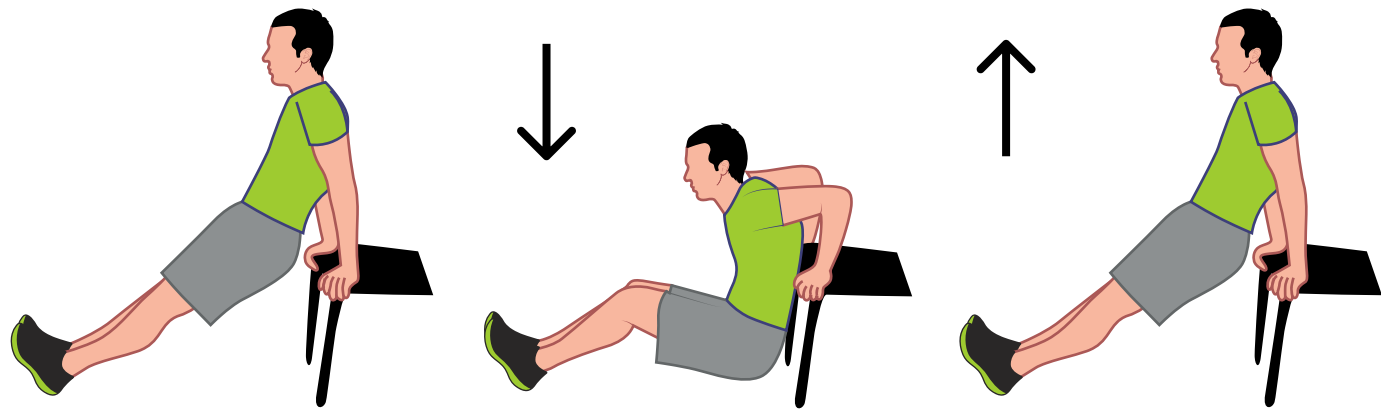
# Pullup

Place hands on bar, slightly wider than shoulder with apart, palms away from body  
Pull your body up until chin is above the bar  
Lower body back to resting position



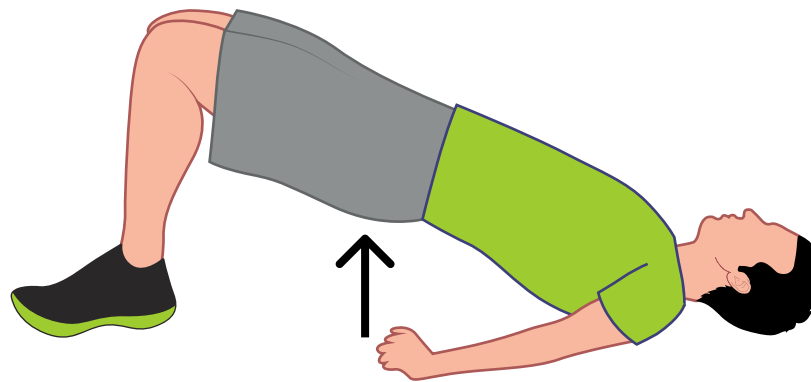
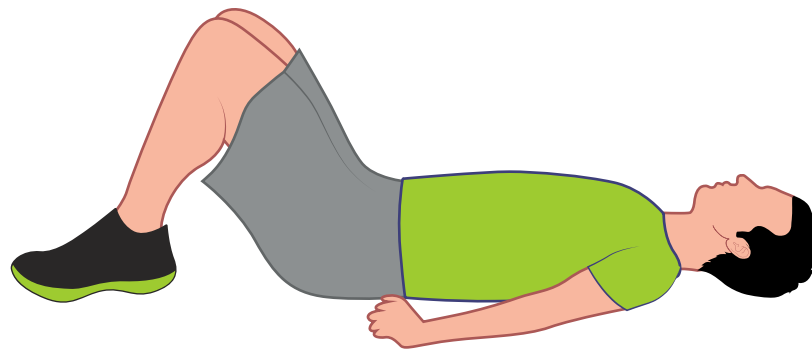
# Box Dip

Stand facing away from a box, bench, stairs, or chair  
Grab with both hands, shoulder-width apart, palms away from you  
Extend your legs out in front of you resting on your heels  
Lower your body until your arms are at a 90 degree angle  
Push through your palms lifting yourself back to the starting position



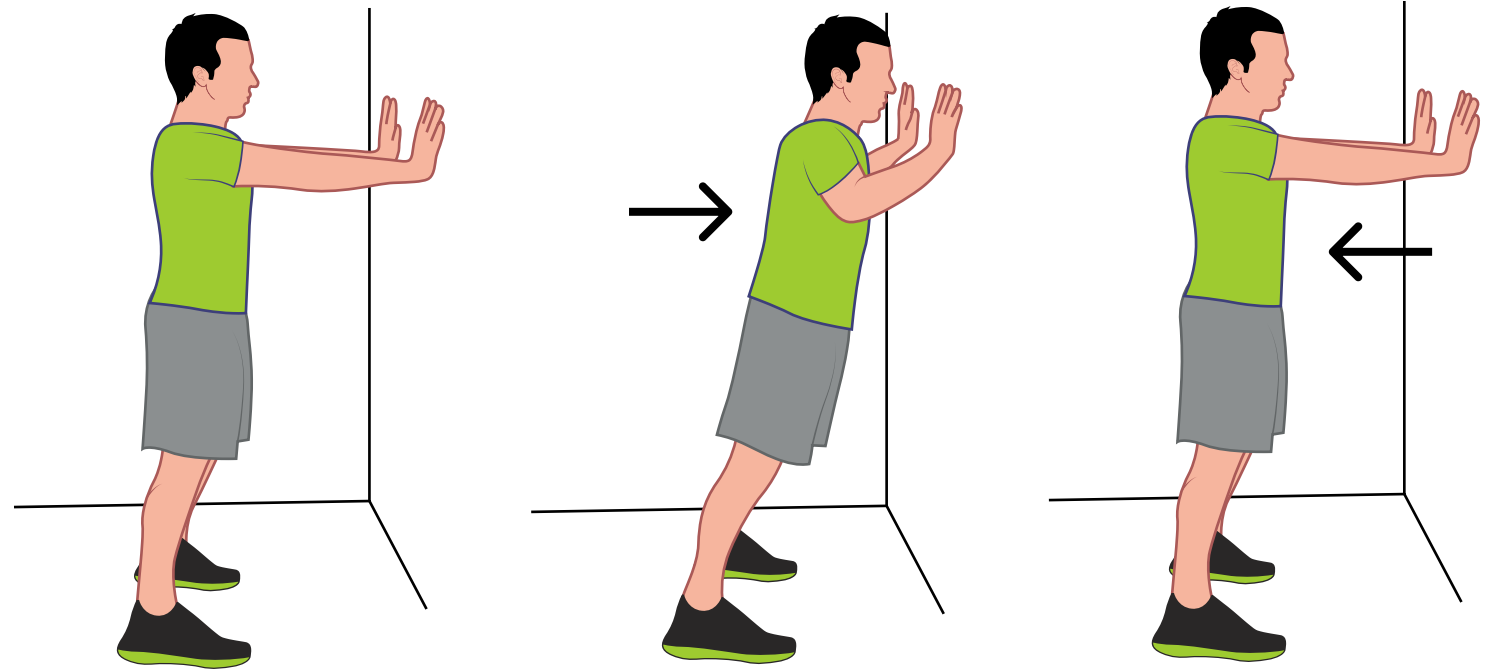
# Hip Bridge

Start lying flat on your back, your knees bent, hip-distance apart, and your arms by your side  
Push through your heels to lift your hips up while squeezing your glutes  
Create a line from your shoulders to your knees, **Pause**  
Lower yourself back to starting position



# Wall Pushup

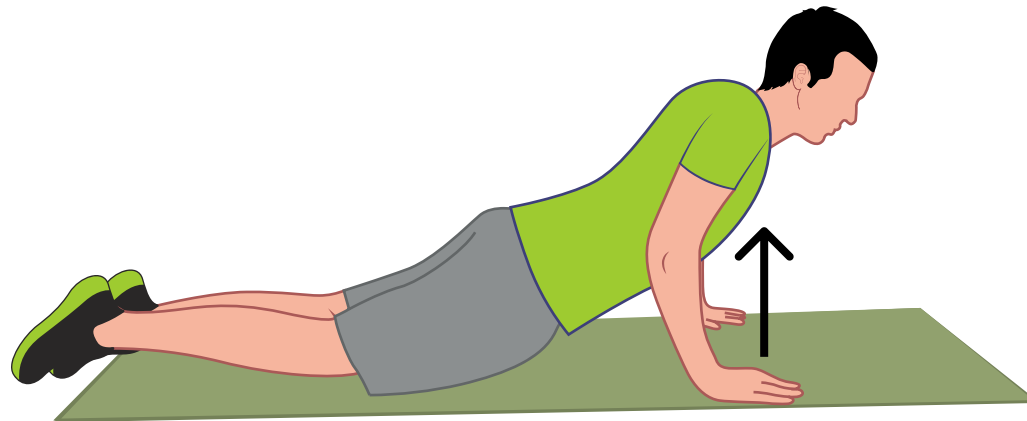
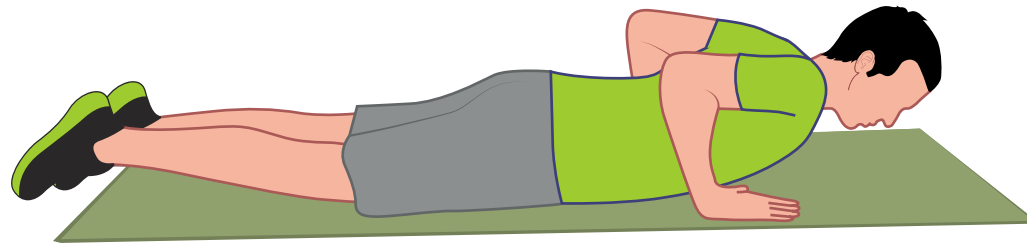
With legs shoulder width apart, stand with your arms straight out in front of you, palms on wall  
Bend your elbows and lean your body toward the wall  
Push back to the start position





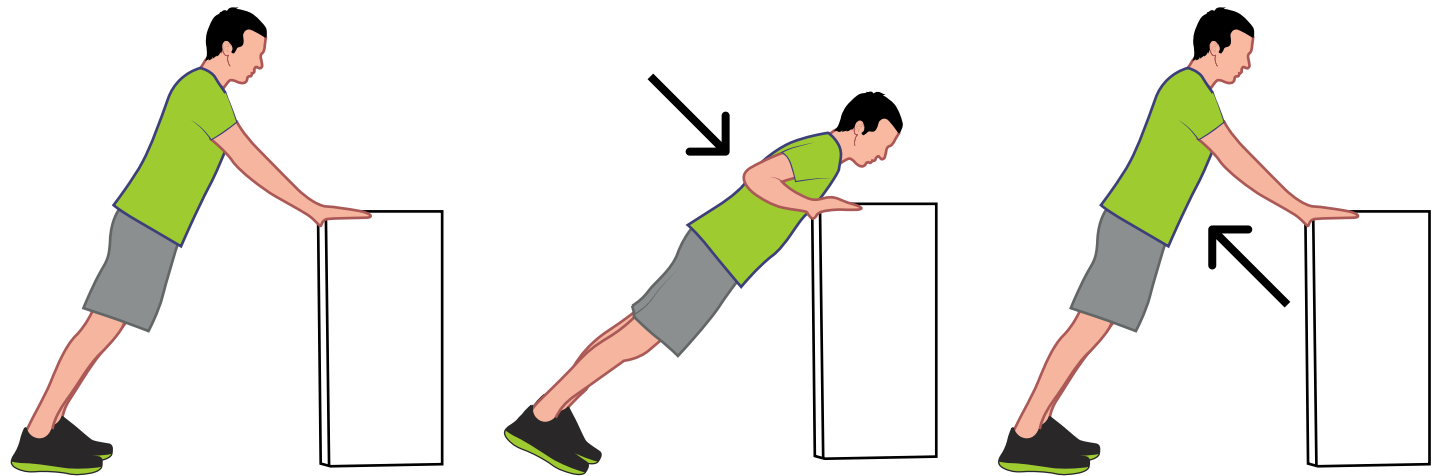
# Half Cobra

Lie on your stomach, legs extended, knees touching the floor  
Place your hands directly below your shoulders  
Press through your palms to lift your torso off the floor  
Lower yourself back to starting position



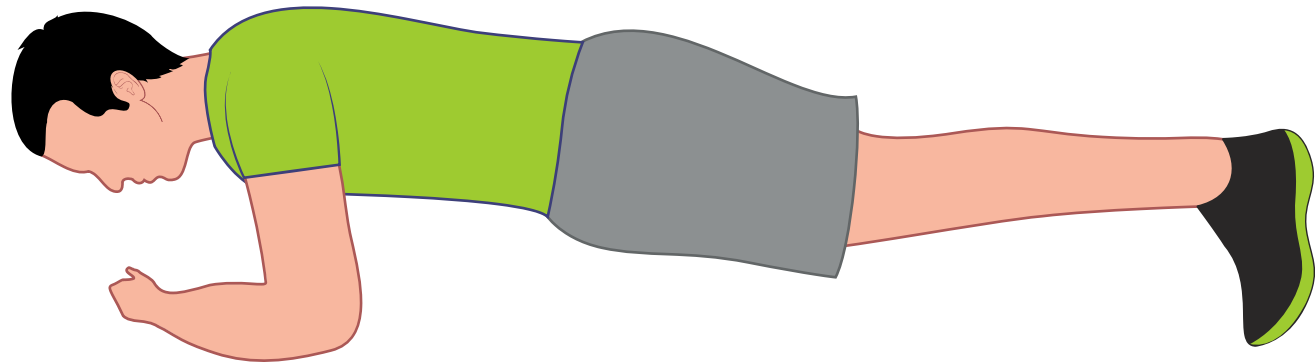
# Box Pushup

Start with your hands placed on a box, table, bench, or chair  
Bend your elbows and lean your body toward the object  
Lower your chest until you are nearly touching the object  
Return to start position



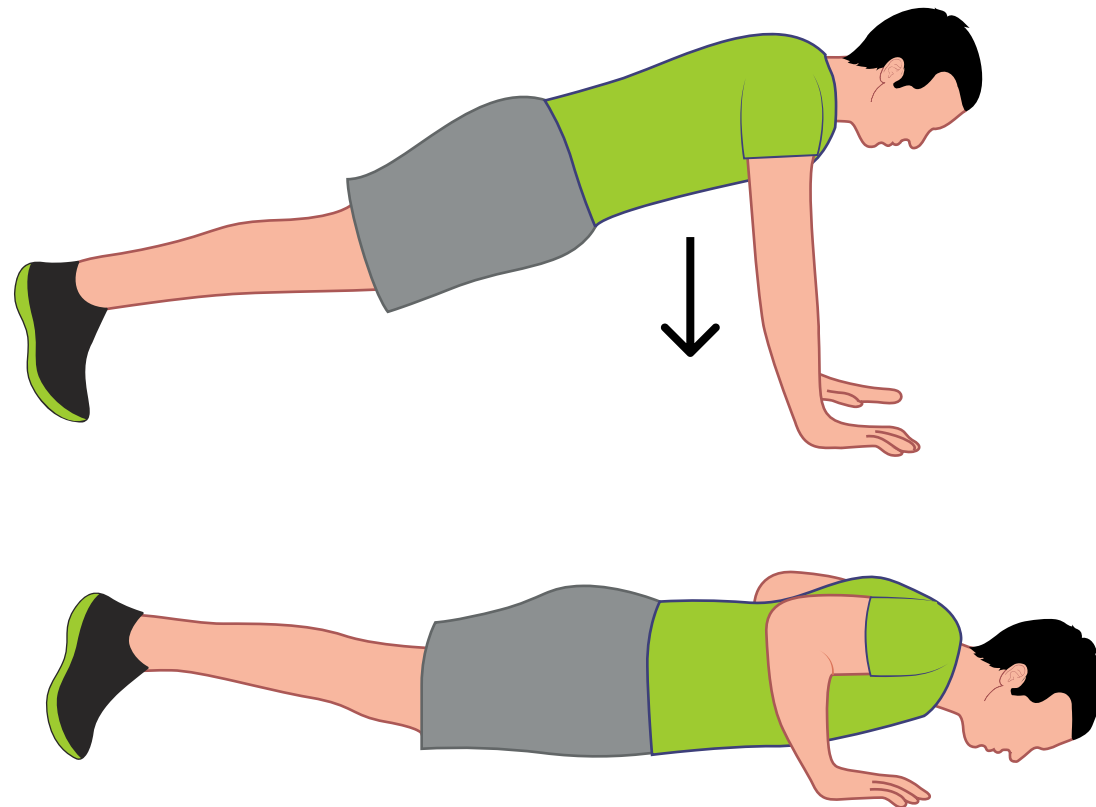
# Plank

Get into a push up position  
Bend your elbows and rest your weight on your forearms  
Keep your body in a straight line parallel to the floor  
Hold for as long as possible



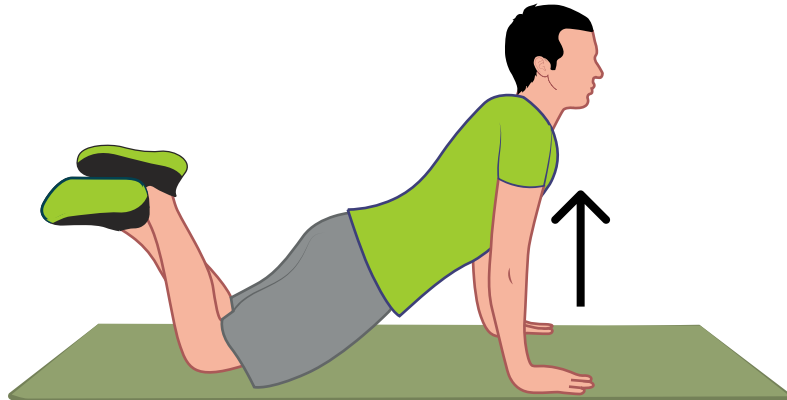
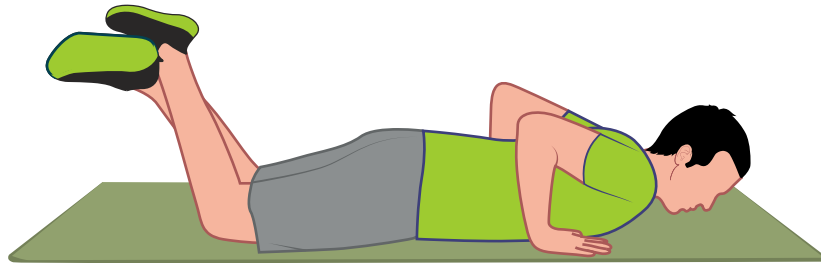
# Negatives

Place your hands on the ground slightly wider than your shoulders.  
Straighten your legs, keep them together.  
Slowly, over 10 seconds lower your body until your chest nearly touches the floor.  
Reset back to starting position



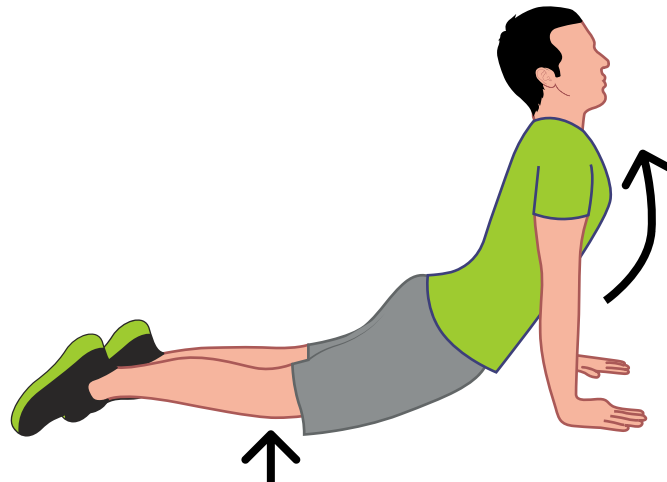
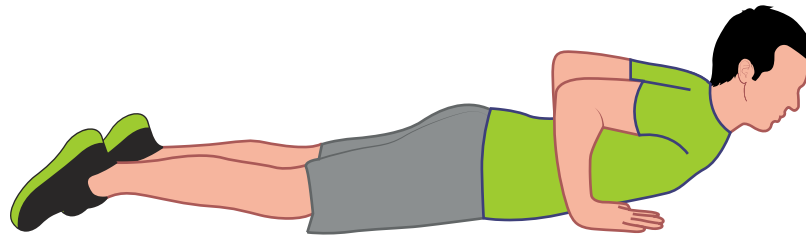
# Knee Pushup

Lie on your stomach, legs elevated, knees touching the floor  
Place your hands directly below your shoulders  
Press through your palms to lift your torso off the floor  
Lower yourself back to starting position



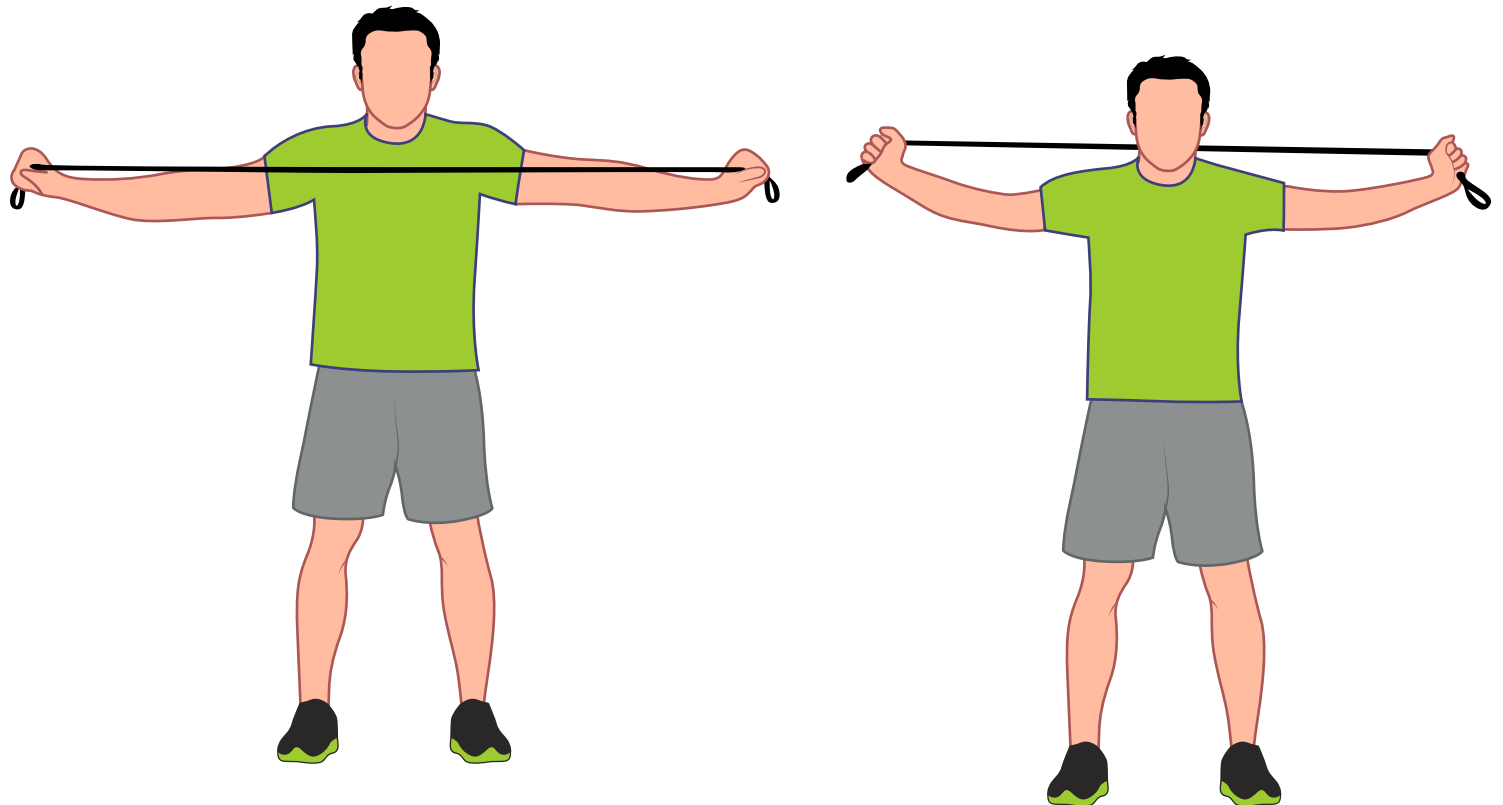
# Full Cobra

Lie on your stomach, legs extended, knees touching the floor  
Place your hands directly below your shoulders  
Press through your palms to lift your torso and legs off the floor, knees elevated off the floor  
Lower yourself back to starting position



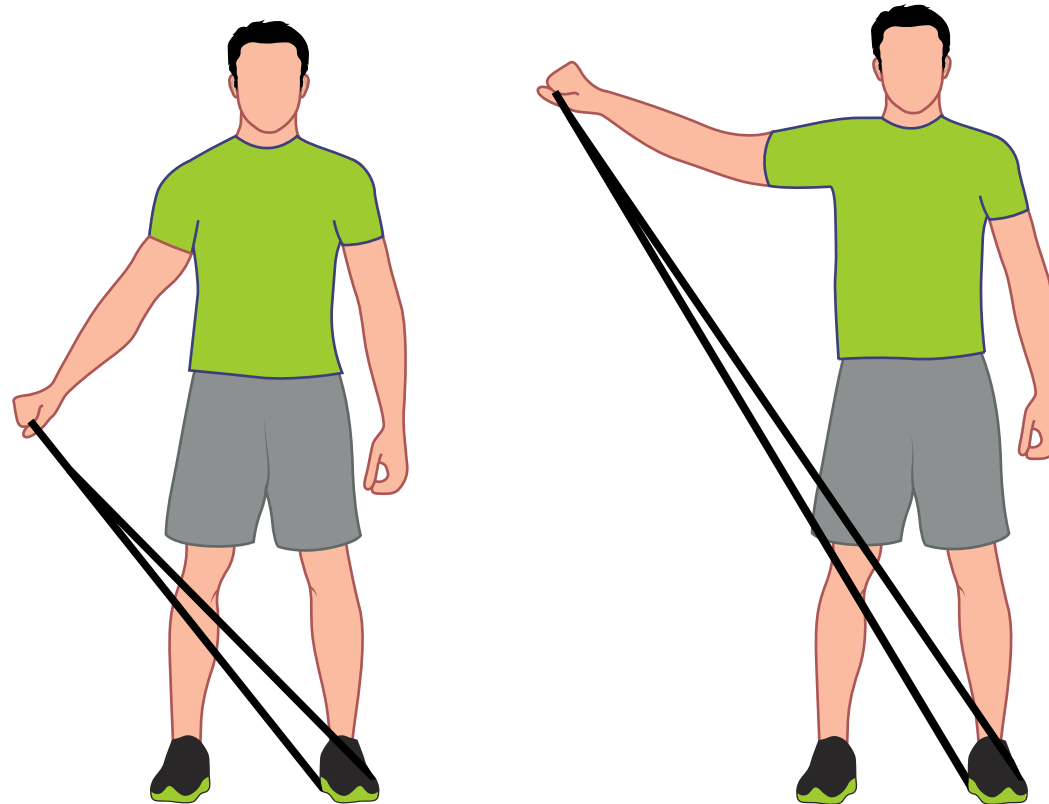
# Band Pull Apart Behind Back

Stretch band in front of chest until both hands are fully extended  
While under tension, rotate band overhead  
Bring band down spine until resistance or you reach glutes, **Pause**  
Slowly, under tension reverse direction back to starting position



# Band Lateral Raise

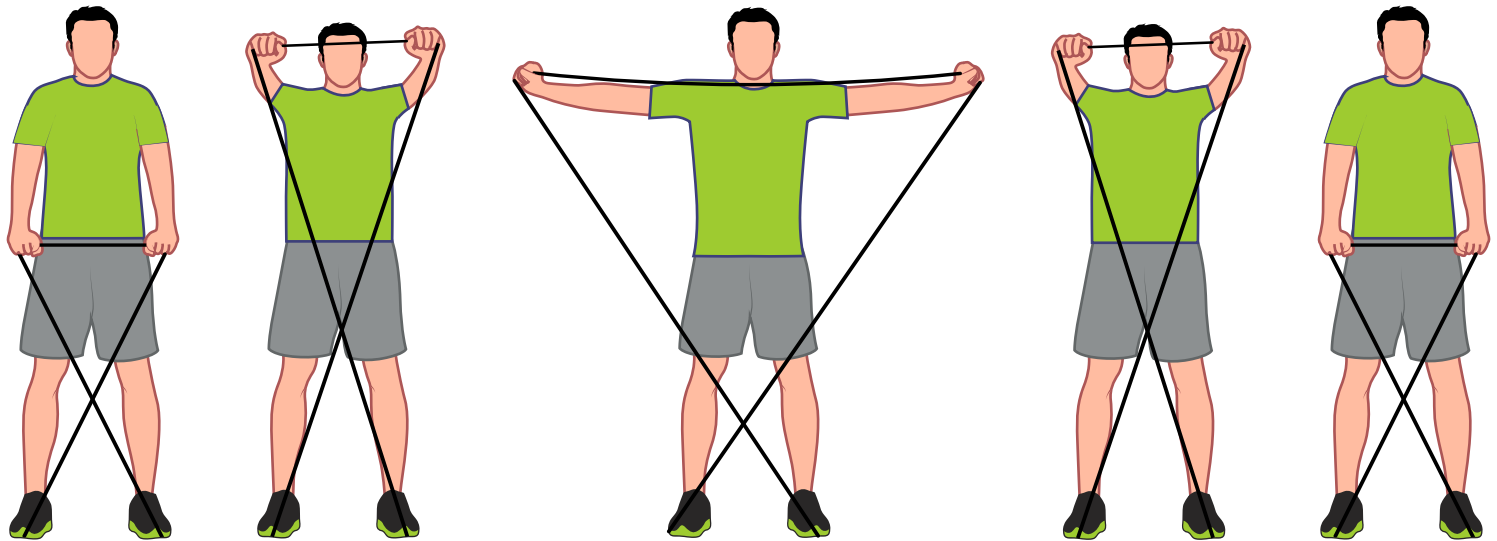
With feet shoulder width apart, stand on a band while your arms hang by your sides  
Raise arm laterally to shoulder height, palms facing down  
Slowly lower the band back to the starting position





# Band Front Raise Pull Apart

Stand on a resistance band, loop it across your feet  
Hold it in each hand, with your arms at your sides  
Raise your arms straight in front of you until they're parallel to the floor  
Stretch band across chest until arms are fully extended  
Slowly, return to start position



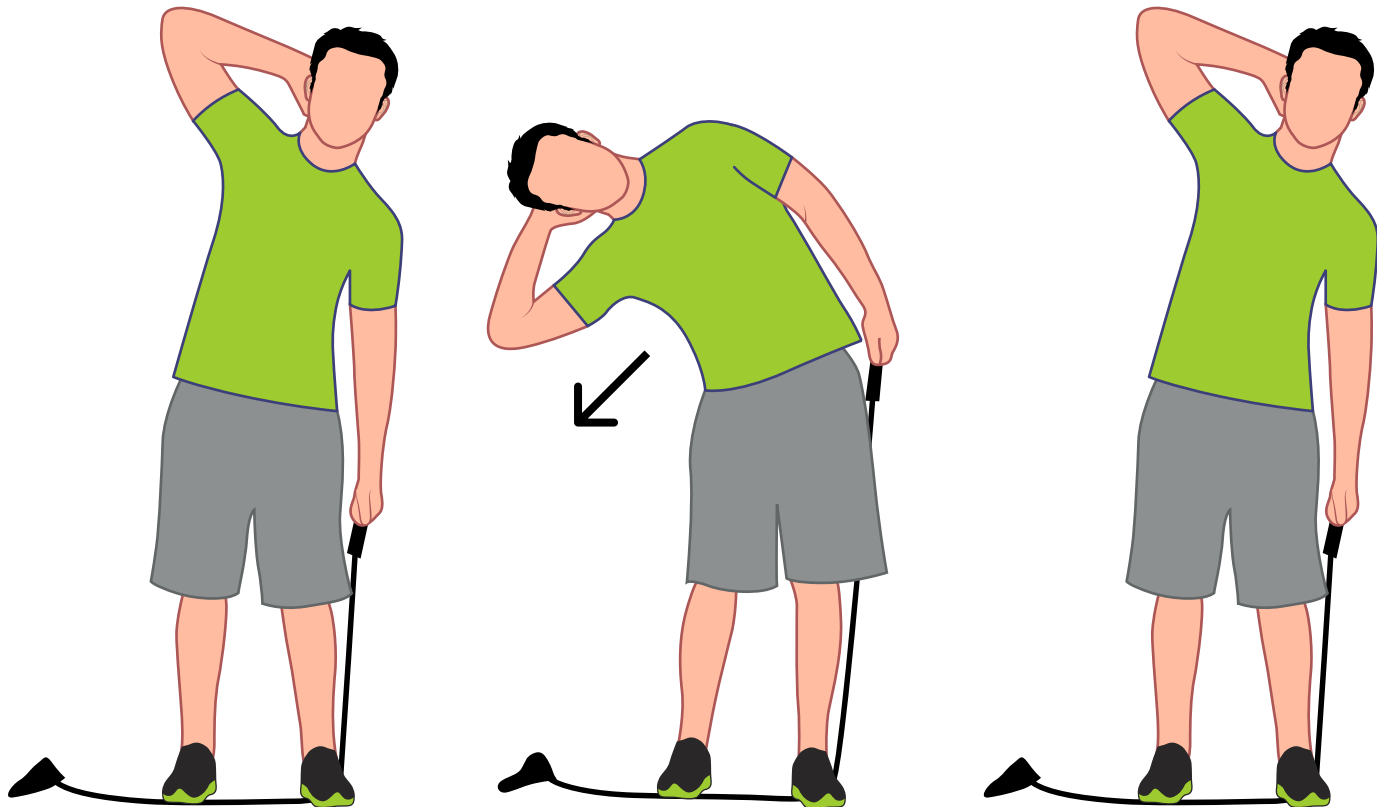
# Standing Crunches

Standing up straight, bring your hands behind your head  
Bring your left elbow down and across your body towards your right glute  
At the same time, raise your right knee up towards your left shoulder  
Return to the start position  
Repeat on the other side



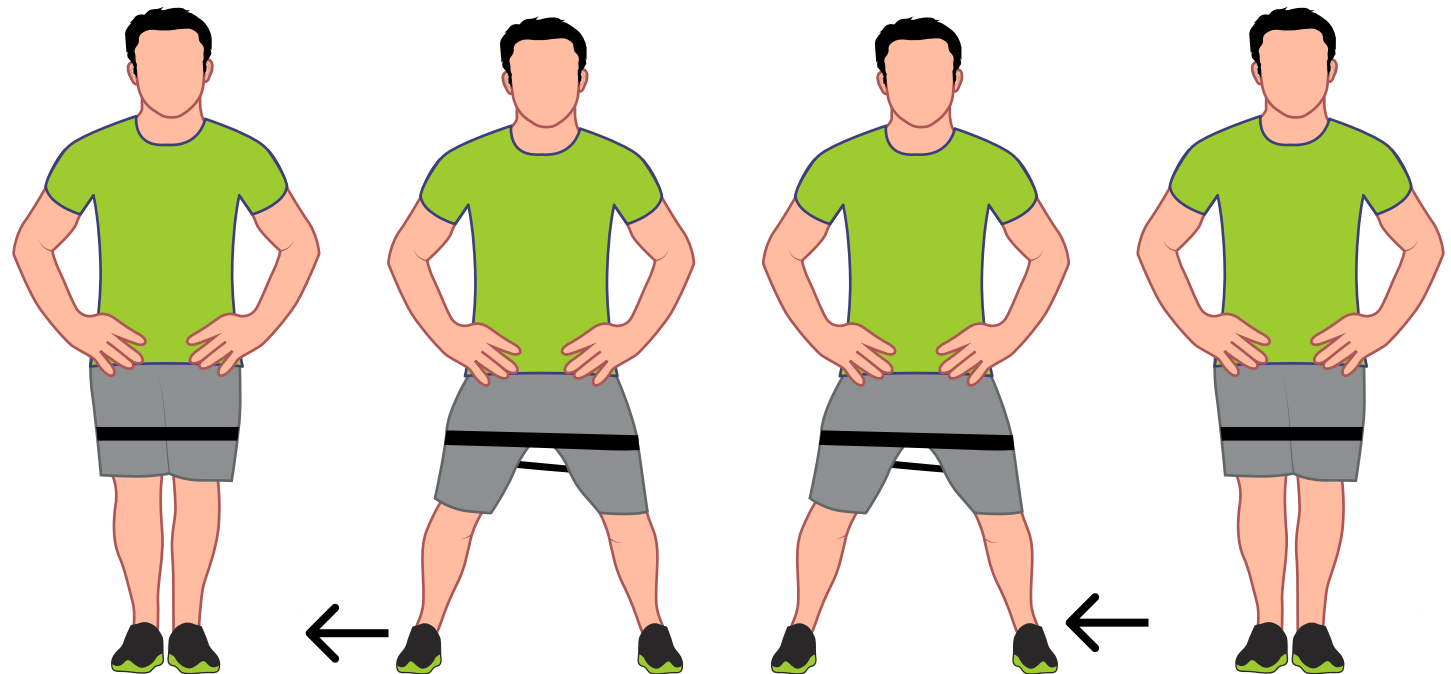
# Band Side Bends

Stand upright with feet shoulder width apart  
Put Elastic Band under one foot and bend torso to same side  
Grasp Elastic Band below knee and place other hand against hip  
Bend torso to opposite side. Return and repeat  
Repeat on the other side



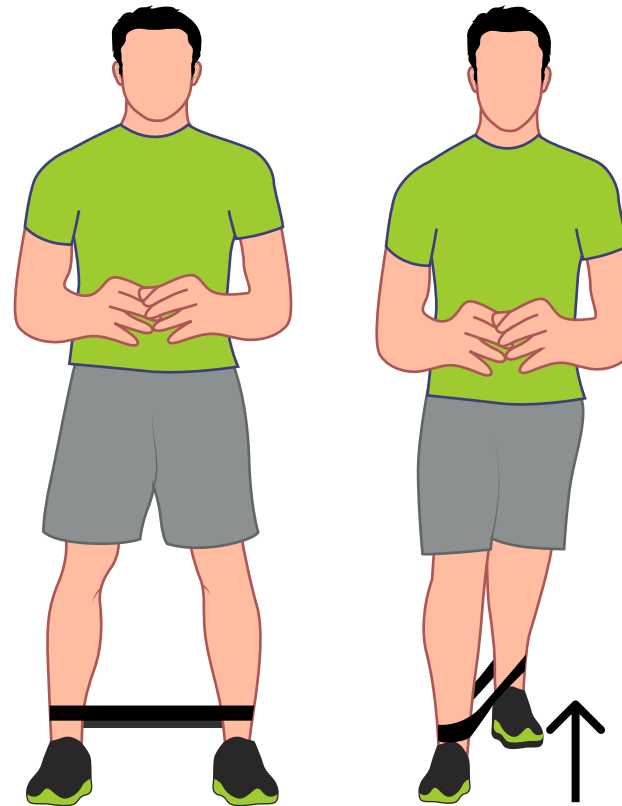
# Hip Band Side Step

Separate your feet to shoulder width apart  
Place a slight bend in the knees, keep your chest up  
Slowly step to the side with the right foot  
Pause then step with the left foot in the same direction as the right  
Keep stepping out with the right until the set is complete  
Repeat on the other side



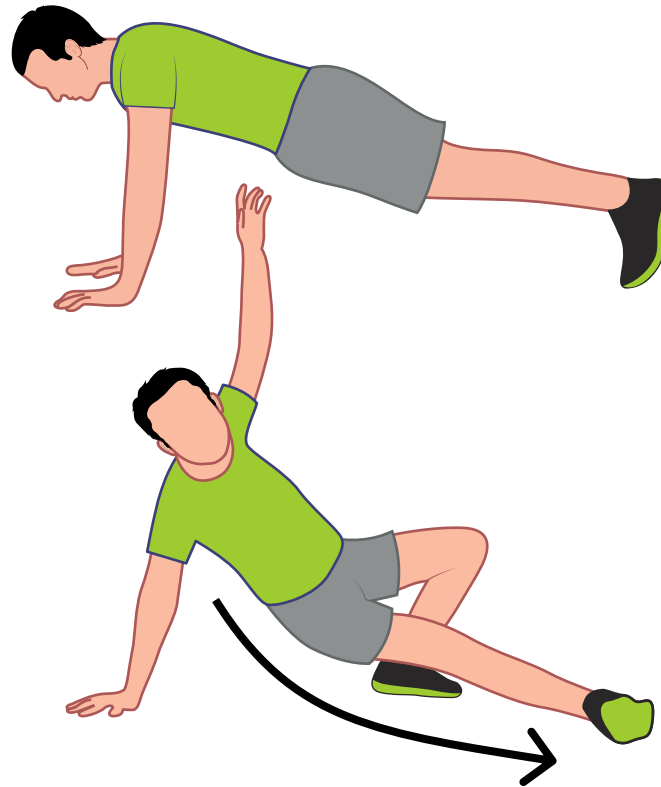
# Hip Band Back Step

Separate your feet to shoulder width apart  
Place a slight bend in the knees, keep your chest up  
Slowly step to back with the left foot, **Pause**  
Step forward with the right foot  
Repeat on the other side



# Modified Step Through

Place your hands on the ground slightly wider than your shoulders  
Slide your right leg under your body, lifting your left arm perpendicular to the floor  
Your right foot can touch the floor as your arms are fully extended  
Return to starting position  
Repeat set on other side



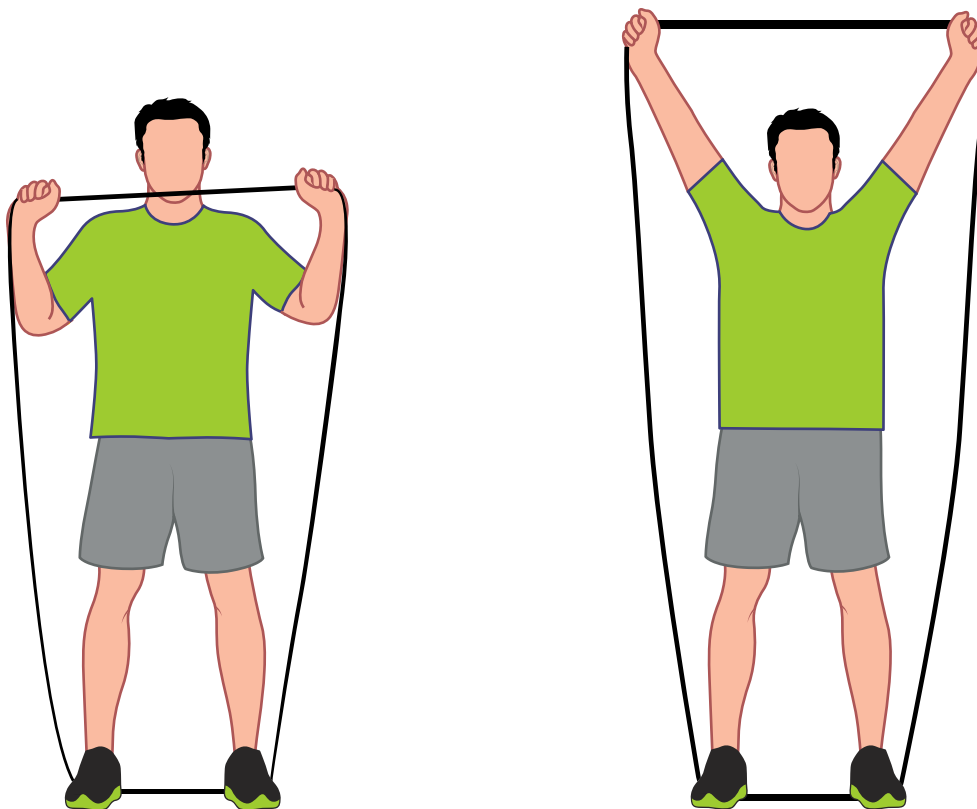
# Reverse Lunge w/ Twist

From a standing position, lunge backward with your left leg  
While holding a medicine ball away from you, twist your upper torso to your left  
Twist back to center  
Step forward to the starting position  
Alternate legs for the desired number of repetitions



# Band Shoulder Press

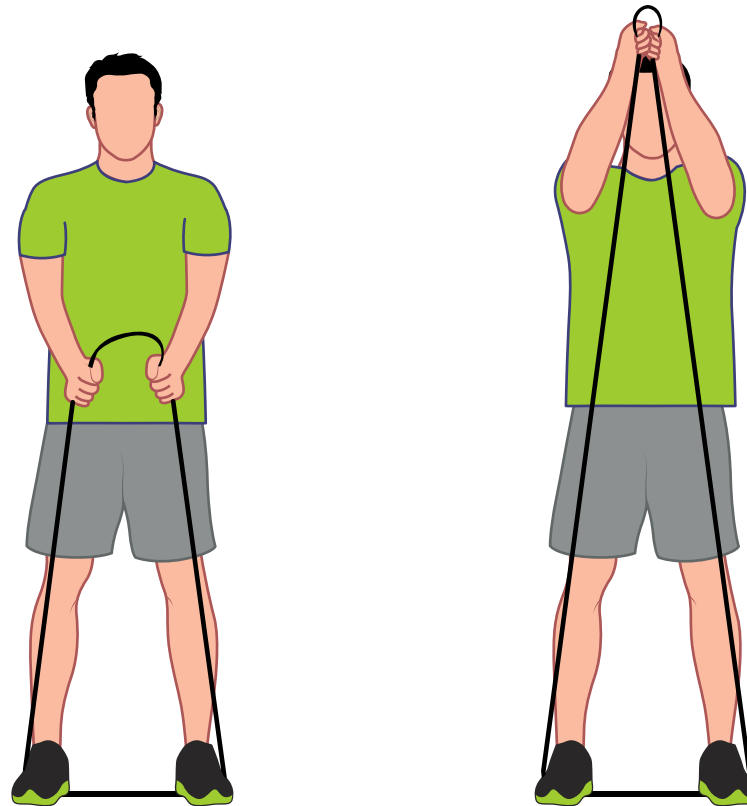
Stand on resistance band with feet shoulder width apart  
With both hands, align the band with your shoulders, palms facing up.  
Press your arms straight overhead  
Lower to start position





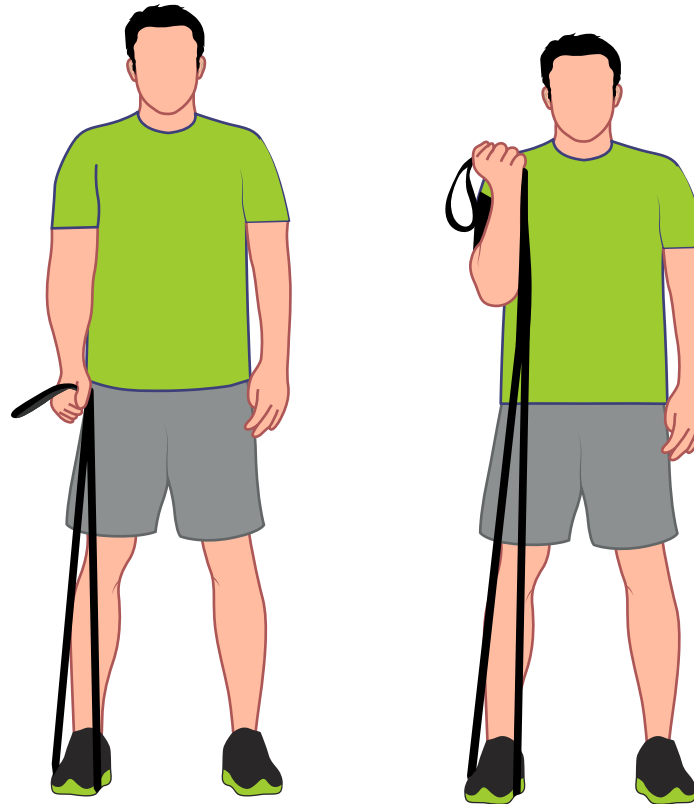
# Band Pull Unders

Stand on resistance band with feet shoulder width apart  
With both hands, grab the band under tension near hips, palms facing in  
Pull your arms straight overhead until elbows are above chest  
(Do not bicep curl)  
Lower to start position



# Band Bicep Curls W/Twist

Stand on resistance band with right foot  
Grab band under tension with right arm  
Curl hands up to shoulders  
Squeezing bicep, keep elbow next to your side  
Slowly, Lower arm to starting position.  
Repeat set on other side



# Band Tricep Extension

Stand on resistance band with right foot  
Grab band under tension with right arm behind head  
Extend hands straight up towards ceiling  
Slowly, Lower arm to starting position.  
Repeat set on other side

