



SUMMER ALL-STAR



FITNESS | NUTRITION | SUPPLEMENTATION | MINDFULNESS

EARN IT! LIVE IT! LOVE IT!

Start Date:

Body Fat%

Weight:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Flash Card Plyo or Cardio Blast with Scott Morgan	Triple Trouble Challenge + Crunch Town	Morning Yoga or Yoga with Ted McDonald	Kicking and Punching or Kettlebell and Core with Chelsea McKinney	1+5+5 or Mindfulness & Meditation Basics with Ted	Cardio 24	Pure Stretch, Walk/Run or Bike Ride or Day Off
Week 2	Drop Pulse Hold	Arms and Abs or Lungs and Ab's with Scotty Mo	Don't Skip Yoga	Attack and Defend or Burpees and Barbells with Michael Bradley	Who's Got Your Back	1+5+5 and The Importance of Laughter with Erik Stolhanske	Pure Stretch Or Day OFF
Week 3	Heart, Lungs, and Legs	Push + Crunch Town	Power and Strength Yoga	Kicking and Punching or Killer Kettlebell and Core with Chelsea	1+5+5 and Power Talk with Michael Bradley	Flash Card-io	Pure Stretch, Walk/Run or Bike Ride or Day Off
Week 4	Primal Flow or Predator Power with Michael Bradley	Cardio 24	Attack and Defend	Pure Stretch	Flash Card-io	Don't Skip Yoga or Flow with the Crow with Ted McDonald	Pure Stretch Or Day OFF and Transforming Setbacks into Opportunities Jessie Graff

This "SUMMER ALL STAR" calendar is designed to make you sweat and help you get lean. Weight training and other resistance routines are sprinkled throughout this summer program because hypertrophy and strength exercises work in concert with leg and cardio routines to help you achieve your goals. The Pure Stretch, Morning Yoga, and Three Part Meditation routines can be used any time as alternative workouts, and both Crunch Town & Power of Core can be used more than twice a week. If you miss a few days in a row use the Total Body workout to help you catch up. If you are a Premium Member, be sure to replace your workout with the one listed. It's an ALL-STAR MONTH!