



"The System" Workout Calendar Upgrade 1

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Phase 5	Week 1	Lower Body	Upper Body	Core Ground	Cardio		Chest	Lower Body
	Week 2	Upper Body	Core on Bar		Back	Lower Body	Shoulders	Cardio
	Week 3		Upper Body	Core Ground	Lower Body	Chest	Back	
	Week 4	Cardio	Upper Body	Lower Body	Core on Bar			Max Reps Test

Color Code	Back	Lower Body	Core	Cardio	Upper Body	Shoulders	Chest	REST
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Workouts Week 13



Quote: No pain No gain!

	Exercises	Reps	Sets	Rest
Day 1	Squats +(25lbs)	30sec	4 -- 5	30sec
Day 1	Lunges +(25lbs)	30sec	4 -- 5	45sec
Day 1	Squats	30sec	4 -- 5	50sec
Day 1	Lunges	30sec	4 -- 5	50sec
Day 1	Calf Raises +(25lbs)	30sec	4 -- 5	1min
Day 2	Chinups +(25lbs)	10	4 -- 5	30sec
Day 2	Regular Pushups +(25lbs)	15	4 -- 5	30sec
Day 2	90 Degree Pullup Holds +(25lbs)	15sec	4 -- 5	45sec
Day 2	Reverse Chair Dips +(25lbs)	15	4 -- 5	1min
Day 3	Bicycle Kicks +(25lbs)	20sec	4 -- 5	30sec
Day 3	Sit-ups +(25lbs)	15	4 -- 5	35sec
Day 3	Side Plank (Alternate Sides)	30sec	4 -- 5	30sec
Day 3	Crunches +(25lbs)	15	4 -- 5	30sec
Day 4	Jumping Jacks	1min	4 -- 5	45sec
Day 4	Running in place	1min	4 -- 5	45sec
Day 4	15meter Sprints Suicides	10	4 -- 5	2min
Day 5	REST	REST	REST	REST
Day 6	Wide Pushups +(25lbs)	18	4 -- 5	30sec
Day 6	Incline Pushups +(25lbs)	15	4 -- 5	45sec
Day 6	Decline Pushups +(25lbs)	15	4 -- 5	45sec
Day 6	Close grip Pushups +(25lbs)	12	4 -- 5	1min
Day 7	Sumo Squats +(25lbs)	30sec	4 -- 5	40sec
Day 7	Jumping Squats +(25lbs)	20sec	4 -- 5	45sec
Day 7	Low Duck Walk +(25lbs)	30sec	4 -- 5	50sec
Day 7	Single Leg Calf Raises +(25lbs)	40sec	4 -- 5	1min



Workouts Week 14



Quote: Actions speak louder than words!

	Exercises	Reps	Sets	Rest
Day 1	Close Pushups+(35lbs)	15	4 -- 5	30sec
Day 1	Pullups+(35lbs)	10	4 -- 5	35sec
Day 1	Dips+(35lbs)	12	4 -- 5	45sec
Day 2	Leg Raises + (25lbs)	20sec	4 -- 5	30sec
Day 2	90 Degree Flutter Kicks	20sec	4 -- 5	45sec
Day 2	Parallel Bar Knee Raises +(25lbs)	25sec	4 -- 5	45sec
Day 2	90 Degree Core Hold	10sec	4 -- 5	1min
Day 3	REST	REST	REST	REST
Day 4	Wide Grip Pullups+(25lbs)	10	4 -- 5	30sec
Day 4	Close Grip Pullups+(25lbs)	8	4 -- 5	45sec
Day 4	5sec Down Pullup Releases	5	4 -- 5	45sec
Day 4	Pullup Hold Side to Sides	8	4 -- 5	1min
Day 5	Pistol Squats +(25lbs)	10	4 -- 5	30sec
Day 5	5set down and up squats	5	4 -- 5	45sec
Day 5	1 Leg wall sit	30sec	4 -- 5	50sec
Day 5	Jump Squats on Platform	10	4 -- 5	1min
Day 6	Assisted Handstand Pushups on Wall	10	3 -- 4	40sec
Day 6	Quarter Dip Bounce Hold+(25lbs)	15sec	3 -- 4	50sec
Day 6	Handstand Wall Walks	10	3 -- 4	1min
Day 7	1 mile run for speed	1	1 -- 2	3min



Workouts Week 15



Quote: Do it like your life depended on it!

	Exercises	Reps	Sets	Rest
Day 1	REST	REST	REST	REST
Day 2	Dips +(45lbs)	12	5 -- 6	45sec
Day 2	Chinups +(45lbs)	12	5 -- 6	45sec
Day 2	Regular Pushups +(45lbs)	15	5 -- 6	1min
Day 3	Crunches +(45lbs)	10	5 -- 6	40sec
Day 3	Laying down Knee Rolls	30sec	5 -- 6	45sec
Day 3	Plank	1min	5 -- 6	50sec
Day 3	6 inches Scissor Kicks	30sec	5 -- 6	1min
Day 4	Squats +(45lbs)	20	5 -- 6	40sec
Day 4	Lunges +(45lbs)	20	5 -- 6	45sec
Day 4	Jump Squats	15	5 -- 6	50sec
Day 4	Jumping Lunges	15	5 -- 6	1min
Day 5	Inner Pushups +(45lbs)	12	5 -- 6	40sec
Day 5	Regular Pushups +(45lbs)	15	5 -- 6	50sec
Day 5	Wide Pushups +(45lbs)	18	5 -- 6	1min
Day 6	Close Grip Chinups +(45lbs)	10	5 -- 6	40sec
Day 6	Wide Grip Chinups +(45lbs)	10	5 -- 6	50sec
Day 6	Chin Above Bar Hold +(45lbs)	15sec	5 -- 6	1min
Day 7	REST	REST	REST	REST



Workouts Week 16



Quote: Hard work pays off!

	Exercises	Reps	Sets	Rest
Day 1	High Knees	30sec	6 -- 8	40sec
Day 1	Burpees	10	6 -- 8	50sec
Day 1	Mountain Climbers	20sec	6 -- 8	1min
Day 2	Regular Pushups +(90lbs)	10	6 -- 8	45sec
Day 2	Regular Pullups +(90lbs)	10	6 -- 8	1min
Day 2	Jumps on Platform +(45lbs)	30sec	6 -- 8	30sec
Day 3	Alternating Lunges +(45lbs)	30sec	6 -- 8	25sec
Day 3	Step Ups on Platform	30sec	6 -- 8	40sec
Day 3	Calf Raises	30sec	6 -- 8	1min
Day 4	90 Degree Leg raises +(45lbs)	10	6 -- 8	30sec
Day 4	90 Degree Scissor Kicks	20sec	6 -- 8	35sec
Day 4	Knee Raises +(45lbs)	10	6 -- 8	40sec
Day 4	In and Outs	15sec	6 -- 8	55sec
Day 5	REST	REST	REST	REST
Day 6	REST	REST	REST	REST
Day 7	TEST MAX REPS - Pushups	MAX	1	1min
Day 7	TEST MAX REPS - Pullups	MAX	1	1min
Day 7	TEST MAX REPS - Squats	MAX	1	1min