

STRATEGIC FITNESS PLAN

Level Two

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10-Minute Stretching Routine <i>Chapter 6</i> Sprint 8 20 minutes <i>Chapter 8</i> 30 minutes	Weights 1 hour <i>Chapter 10</i> Cardio-20 20 minutes <i>Chapter 7</i> 1 hour 20 minutes	<i>Make up day</i>	10-Minute Stretching Routine Weights 1 hour 1 hour 10 minutes	10-Minute Stretching Routine Sprint 8 Plyometrics <i>Chapter 9</i> 45 minutes	Weights 1 hour 1 hour	Rest TOTAL WEEK TIME: 4 hours 45 mins

STRATEGIC FITNESS PLAN

Training Log Level Two Week 1 Date _____

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
10-Minute Stretching	3 x week (M, Th, F) <i>Chapter 6</i>							
Cardio <i>Chapter 7</i>	30 minutes 1 x week <i>Tuesday or Thursday</i>							
Sprint 8 <i>Chapter 8</i>	20 minutes 2 x week <i>30-50% speed/intensity during first 4 weeks. 8 reps 70-yards, walk back.</i>							
Plyometrics <i>Chapter 9</i>	15 minutes 1 x week <i>1 set plyo-drills at half-speed</i>							
Weight Training:	Exercise: <i>Chapter 10</i>	Record Sets & Reps Performance <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. NOTE: Perform E-Lifts (Chp 9) on push & press exercises</i>				
Chest	Bench press 2/12							
	Incline press 1/12							
	Chest stretch 30 sec							
Back	Pull downs 2/12							
	Up back stretch 30 sec							
Shoulders	Shoulder press 2/10							
	Front raises 1/10							
	Shrugs 1/20							
	Shoulder stretch 30 sec							
	Rotator cuff 1/15							
Biceps	Curls 2/10							
	Incline DB curl 1/10							
Triceps	Press downs 3/20							
Quads	Leg press 2/20							
	Leg ext 1/20							
Hamstrings	Leg curls 1/15							
Calves	3-way calf raises 1/21							
Abs	Leg raises 1/20							
	Crunches 1/25							
Obliques	Twists 1/20							

STRATEGIC FITNESS PLAN

Training Log Level Two Week 2 Date _____

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
10-Minute Stretching	3 x week (M, Th, F) <i>Chapter 6</i>							
Cardio <i>Chapter 7</i>	30 minutes 1 x week <i>Tuesday or Thursday</i>							
Sprint 8 <i>Chapter 8</i>	20 minutes 2 x week <i>30-50% speed/intensity during first 4 weeks. 8 reps 70-yards</i>							
Plyometrics <i>Chapter 9</i>	15 minutes 1 x week <i>1 set plyo-drills at half-speed</i>							
Weight Training:	Exercise: <i>Chapter 10</i>	Record Sets & Reps Performance <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. NOTE: Perform E-Lifts (Chp 9) on push & press exercises</i>				
Chest	Bench press 2/12							
	Chest flies 1/12							
	Chest stretch 30 sec							
Back	Pull downs 2/12							
	Up back stretch 30 sec							
Shoulders	Shoulder press 2/10							
	Side raises 1/10							
	Shrugs 1/20							
	Shoulder stretch 30 sec							
Biceps	Curls 2/10							
	Bicep 21's 1/10							
Triceps	Press downs 2/20							
	Kick backs 1/12							
Quads	Hack squats 2/20							
	Leg ext 1/20							
Hamstrings	Leg curls 1/15							
Calves	3-way calf raises 1/21							
	Rev calf raises 1/20							
Abs	Crunches 2/25							
Obliques	Side bends 1/20							

STRATEGIC FITNESS PLAN

Training Log Level Two Week 3 Date _____

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
10-Minute Stretching	3 x week (M, Th, F) <i>Chapter 6</i>							
Cardio	30 minutes 1 x week <i>Chapter 7</i> <i>Tuesday or Thursday</i>							
Sprint 8	20 minutes 2 x week <i>30-50% speed/intensity during first 4 weeks. 8 reps 70-yards, walk back.</i>							
Plyometrics	15 minutes 1 x week <i>Chapter 9</i> <i>1 set plyo-drills</i>							
Weight Training:	Exercise: <i>Chapter 10</i>	Record Sets & Reps Performance <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. NOTE: Perform E-Lifts (Chp 9) on push & press exercises</i>				
Chest	Bench press 2/12							
	Incline press 1/12							
	Chest stretch 30 sec							
Back	Pull downs 2/12							
	Up back stretch 30 sec							
Shoulders	Shoulder press 2/10							
	Bent laterals 1/10							
	Shrugs 1/20							
	Shoulder stretch 30 sec							
	Rotator cuff 1/15							
Biceps	Curls 2/10							
	Incl DB curls 1/10							
Triceps	Press downs 3/20							
Quads	Leg press 2/20							
	Leg ext 1/20							
Hamstrings	Leg curls 1/15							
	Stiff leg dead lift 1/10							
Calves	3-way calf raises 1/21							
Abs	Leg raises 1/20							
	Crunches 1/25							
Obliques	Twists 1/20							

STRATEGIC FITNESS PLAN

Training Log Level Two Week 4 Date _____

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
10-Minute Stretching	3 x week (M, Th, F) <i>Chapter 6</i>							
Cardio <i>Chapter 7</i>	30 minutes 1 x week <i>Tuesday or Thursday</i>							
Sprint 8 <i>Chapter 8</i>	20 minutes 2 x week <i>30-50% speed/intensity during first 4 weeks. 8 reps 70 yards.</i>							
Plyometrics <i>Chapter 9</i>	15 minutes 1 x week <i>1 set plyo-drills</i>							
Weight Training:	Exercise: <i>Chapter 10</i>	Record Sets & Reps Performance <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. NOTE: Perform E-Lifts (Chp 9) on push & press exercises</i>				
Chest	Bench press 2/12							
	Chest flys 1/12							
	Chest stretch 30 sec							
Back	Pull downs 2/12							
	Up back stretch 30 sec							
Shoulders	Shoulder press 2/10							
	Side raises 1/10							
	Shrugs 1/20							
	Shoulder stretch 30 sec							
Biceps	Curls 2/10							
	Hammer curls 1/10							
Triceps	Press downs 2/20							
	Triceps ext 1/12							
Quads	Hack squats 2/20							
	Leg ext 1/20							
Hamstrings	Leg curls 1/15							
Calves	3-way calf raises 1/21							
	Rev calf raises 1/20							
Abs	Crunches 2/25							
Obliques	Side bends 1/20							

NOTES:

NOTE: Continue the Fitness Plan for this Level until you complete your initial Eight-Week Commitment. For program continuation, additional copies of the Strategic Fitness Plans may be obtained from www.readysetgofitness.com/plans.shtml. All purchasers of this book have permission to copy plans for personal use. After the initial eight weeks of training, repeat the Fitness Level adding intensity (more weight, reps, speed), or move to the next Fitness Level.