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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  Everyday 5 Min Stretch & Cooldown After Workout If Not Included |   |   |   |   |  |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |  |
| W E E K 1 | [22 Min Chest Workout (New)](file:///C%3A%5CUsers%5Cfl3193%5CDesktop%5CDIET%20AND%20NUTRITION%20PATREON%5CChest%20Workout%20New) | [22 Min Full Body Biceps Workout](https://youtu.be/krwg9fkfaug) | [22 Min Full Body Triceps Workout](https://www.youtube.com/watch?v=mGySDorWEnc) | Rest | [22 Min Full Body Back, Lats & Shoulders Workout](https://www.youtube.com/watch?v=O1t6tFXpNYQ&index=1&list=PLG5EkDHbYkv_YZi1HSAvr80TcgL1ZA1BR) | Rest | Rest |  |
|  2 | 22 Min Full Body Chest Workout | 22 Min Full Body Biceps Workout | 22 Min Cardio, Abs & Triceps (New)22 Min Full Body Chest Workout | Rest | 18 Min Upper Body & Core Workout | Group Cardio Bootcamp Challenge Workout | Rest |  |
|  3 | 22 Min Full Body Chest Workout | 22 Min Full Body Biceps Workout | 22 Min Full Body Abs & Triceps Workout | Rest | 22 Min Full Body Back Workout (New) | 22 Min Random Total Body Workout | Rest |  |
|  4 | 22 Min Full Body Chest Workout | 19 Min Total Body Biceps Workout | 22 Min Full Body Triceps Workout17 Min Body Weight Workout (Themed) | Rest | 22 Min Full Body Lats & Shoulders Workout | 18 Min Tabata Workout | Rest |  |
|  |  |  |  |  |  |  |  |  |

Workout program info located below:

This is a Intermediate to Advanced 4 week program that I put together for those who are looking for good balance of challenge and intensity. These are my newer high quality videosmixed with maybe 2 older videos that I made butput together in a convenient calendar for easy access and structure so you can stay on track. Stay focused and don’t quit when you start this program. Remember to plan your week ahead and don’t make excuses. This is for you and only you can make the decision to change. I know you can do it and make sure to “Give It All You Got!” Save this to your computer for easy access. You may also want to print out a copy so that you can refer to daily so you don’t forget or fall off course.

S**tay Focused Tips:**

* **You can adjust and move days around as needed as long as you complete the workouts for that week.**
* **Try to do the workouts in the order listed for that week for they are structured so you don’t repeat the same muscle group back to back. Example: You do Mon and Wed Workout on Mon and Tues but in order.**
* **Nutrition Plans are provided for you here** [**http://www.flexformation.com/2017/02/01/diet-nutrition-plans/**](http://www.flexformation.com/2017/02/01/diet-nutrition-plans/) **with credit to Hasfit. I would highly suggest you use these if you are serious about results. Follow the rule of 80% nutrition and 20% exercise for achieving the best version of you**
* **Light Dumbbells will be required for this program. I would recommend using between 2lbs to 10lbs. This is your preference and completely up to you.**
* **Form is important so lower your weights if you are not doing the exercise correctly to prevent injury. Take at least two day off a week to recover and repair your body.**
* **Write down at least 3 things that motivate you to keep inspired if you lose focus of your goals.**
* **Reward yourself with something each week for staying on track within reason. An example is that shirt you wanted, a small cheat meal or going out to a movie etc.**