

# ATTEMPT, PRACTICE, BUILD

Day 1

Exercises	Set #1	Set #2	Set #3
Squat: 3 sets of 12 reps			
<b>Circuit 1: 4 Rounds for Time</b>			
Bosu Ball Squat: 10 reps			
Kettlebell Swing: 12 reps			
Push-Up: 8 reps			
Jumping Jack: 20 reps			
<b>Circuit 2: 3 Rounds for Time</b>			
Lying Leg Raises: 10 reps			
Plank: 30 seconds			
Crunch: 10 reps			

Circuit 1 Time:

Circuit 2 Time:

## Day 2

Exercises	Set #1	Set #2	Set #3
Bench Press: 3 sets of 12 reps			
<b>Circuit 1: 4 Rounds for Time</b>			
Dumbbell Pull Over: 10 reps			
Dumbbell Curl: 12 reps			
Overhead Triceps Extension: 8 reps			
Burpee: 10 reps			
<b>Circuit 2: 3 Rounds for Time</b>			
Medicine Ball Russian Twist: 10 reps			
Lateral Raises: 30 seconds			
Mountain Climber: 10 reps			

Circuit 1 Time:

Circuit 2 Time:

## Day 3

**REST DAY**

## Day 4

<b>Exercises</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
<b>Deadlift: 3 sets of 12 reps</b>			
<b>Circuit 1: 4 Rounds for Time</b>			
<b>Stiff Leg Dumbbell Deadlift: 10 reps</b>			
<b>Reverse Lunge: 12 reps each leg</b>			
<b>Triceps Dips: 8 reps</b>			
<b>Box Jumps: 20 reps</b>			
<b>Circuit 2: 3 Rounds for Time</b>			
<b>Oblique Crunch: 10 reps each side</b>			
<b>Side Plank: 20 seconds each side</b>			
<b>Superman: 10 reps</b>			

**Circuit 1 Time:**

**Circuit 2 Time:**

## Day 5

Exercises	Set #1	Set #2	Set #3
Push Press: 3 sets of 12 reps			
<b>Circuit 1: 4 Rounds for Time</b>			
Bent Over Dumbbell Row: 10 reps			
Jump Squats: 12 reps			
Push-Up: 8 reps			
<b>Circuit 2: 2 Rounds for Time</b>			
Burpees: 20 reps			
Hollow Hold: 20 seconds			
KB Swings: 10 reps			

Circuit 1 Time:

Circuit 2 Time:

## Day 6

**REST DAY**

## Day 7

Exercises	Set #1	Set #2	Set #3
Front Squat: 3 sets of 12 reps			
<b>Circuit 1: AMRAP 12 minutes</b>			
Bosu Ball Split Squat: 10 reps per leg			
Kettlebell Swing: 12 reps			
Triceps Dips: 8 reps			
Goblet Squat: 20 reps			

Number of Rounds Completed:

## Day 8

Exercises	Set #1	Set #2	Set #3
Bench Press: 3 sets of 10 reps			
<b>Circuit 1: 4 Rounds for Time</b>			
Dumbbell Incline Bench Press: 10 reps			
Jumping Jacks: 30 reps			
DB Military Press: 8 reps			
Mountain Climber: 20 reps			
<b>Circuit 2: 3 Rounds for Time</b>			
Bicycle Crunch: 10 reps per side			
Plank: 30 seconds			
Swimmer: 30 seconds			

Circuit 1 Time:

Circuit 2 Time:

## Day 9

**REST DAY**

## Day 10

<b>Exercises</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
<b>Deadlift: 3 sets of 10 reps</b>			
<b>Circuit 1: AMRAP 15 Minutes</b>			
<b>Single Leg Still Leg Deadlift: 8 reps per leg</b>			
<b>Bodyweight Squat: 15 reps</b>			
<b>Push-Up: 8 reps</b>			
<b>Burpee: 5 reps</b>			

**Number of Rounds Completed:**

## Day 11

Exercises	Set #1	Set #2	Set #3
Push Press: 3 sets of 10 reps			
<b>Circuit 1: 3 Rounds for Time</b>			
Dumbbell Lateral Raise: 10 reps			
Dumbbell Front Raise: 10 reps			
Dumbbell Rear Delt Raise: 10 reps			
Kettlebell Swing: 20 reps			
<b>Circuit 2: 4 Rounds for Time</b>			
Lying Leg Raises: 10 reps			
Crunch: 10 reps			
Bicycle Crunch: 10 reps			
Russian Twist: 10 reps			

Circuit 1 Time:

Circuit 2 Time:

## Day 12

**REST DAY**



## Day 13

Exercises	Set #1	Set #2	Set #3
Squat: 3 sets of 10 reps			
<b>Circuit 1: 5 Rounds for Time</b>			
Box Jumps: 10 reps			
Single Leg KB Deadlift: 8 reps per leg			
Surrenders: 3 reps per side			
<b>Circuit 2: 2 Rounds for Time</b>			
Jump Rope: 20 Reps			
Hanging Knee Raises: 8 reps			

Circuit 1 Time:

Circuit 2 Time:

## Day 14

Exercises	Set #1	Set #2	Set #3
Bench Press: 3 sets of 8 reps			
<b>Circuit 1: 4 Rounds for Time</b>			
Dumbbell Pull Over: 10 reps			
Dumbbell Curl: 12 reps			
Overhead Triceps Extension: 8 reps			
Burpee: 10 reps			
<b>Circuit 2: 3 Rounds for Time</b>			
Medicine Ball Russian Twist: 10 reps			
Lateral Raises: 30 seconds			
Mountain Climber: 10 reps			

Circuit 1 Time:

Circuit 2 Time:

## Day 15

**REST DAY**

## Day 16

<b>Exercises</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
<b>Deadlift: 3 sets of 8 reps</b>			
<b>Circuit 1: 4 Rounds for Time</b>			
<b>Stiff Leg Dumbbell Deadlift: 10 reps</b>			
<b>Reverse Lunge: 12 reps each leg</b>			
<b>Triceps Dips: 8 reps</b>			
<b>Box Jumps: 20 reps</b>			
<b>Circuit 2: 3 Rounds for Time</b>			
<b>Oblique Crunch: 10 reps each side</b>			
<b>Side Plank: 20 seconds each side</b>			
<b>Superman: 10 reps</b>			

**Circuit 1 Time:**

**Circuit 2 Time:**

## Day 17

Exercises	Set #1	Set #2	Set #3
Push Press: 3 sets of 8 reps			
<b>Circuit 1: 4 Rounds for Time</b>			
Bent Over Dumbbell Row: 10 reps			
Jump Squats: 12 reps			
Push-Up: 8 reps			
<b>Circuit 2: 2 Rounds for Time</b>			
Burpees: 20 reps			
Hollow Hold: 20 seconds			
KB Swings: 10 reps			

Circuit 1 Time:

Circuit 2 Time:

## Day 18

**REST DAY**

## Day 19

Exercises	Set #1	Set #2	Set #3
Front Squat: 3 sets of 8 reps			
<b>Circuit 1: AMRAP 12 minutes</b>			
Bosu Ball Split Squat: 10 reps per leg			
Kettlebell Swing: 12 reps			
Triceps Dips: 8 reps			
Goblet Squat: 20 reps			

Number of Rounds Completed

## Day 20

Exercises	Set #1	Set #2	Set #3
Bench Press: 3 sets of 6 reps			
<b>Circuit 1: 4 Rounds for Time</b>			
Dumbbell Incline Bench Press: 10 reps			
Jumping Jacks: 30 reps			
DB Military Press: 8 reps			
Mountain Climber: 20 reps			
<b>Circuit 2: 3 Rounds for Time</b>			
Bicycle Crunch: 10 reps per side			
Plank: 30 seconds			
Swimmer: 30 seconds			

Circuit 1 Time:

Circuit 2 Time:

## Day 21

**REST DAY**

## Day 22

Exercises	Set #1	Set #2	Set #3
Deadlift: 3 sets of 6 reps			
<b>Circuit 1: AMRAP 15 Minutes</b>			
Single Leg Still Leg Deadlift: 8 reps per leg			
Bodyweight Squat: 15 reps			
Push-Up: 8 reps			
Burpee: 5 reps			

Number of Rounds Completed:

## Day 23

Exercises	Set #1	Set #2	Set #3
Push Press: 3 sets of 6 reps			
<b>Circuit 1: 3 Rounds for Time</b>			
Dumbbell Lateral Raise: 10 reps			
Dumbbell Front Raise: 10 reps			
Dumbbell Rear Delt Raise: 10 reps			
Kettlebell Swing: 20 reps			
<b>Circuit 2: 4 Rounds for Time</b>			
Lying Leg Raises: 10 reps			
Crunch: 10 reps			
Bicycle Crunch: 10 reps			
Russian Twist: 10 reps			

Circuit 1 Time:

Circuit 2 Time:

## Day 24

**REST DAY**



## Day 25

Exercises	Set #1	Set #2	Set #3
Squat: 3 sets of 6 reps			
<b>Circuit 1: 5 Rounds for Time</b>			
Box Jumps: 10 reps			
Single Leg KB Deadlift: 8 reps per leg			
Surrenders: 3 reps per side			
<b>Circuit 2: 2 Rounds for Time</b>			
Jump Rope: 20 Reps			
Hanging Knee Raises: 8 reps			

Circuit 1 Time:

Circuit 2 Time:

**Day 26**

<b>Exercises</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>
<b>Front Squat: 3 sets of 6 reps</b>			
<b>Circuit 1: 4 Rounds for Time</b>			
<b>Bosu Ball Squat: 10 reps</b>			
<b>Kettlebell Swing: 12 reps</b>			
<b>Push-Up: 8 reps</b>			
<b>Jumping Jack: 20 reps</b>			
<b>Circuit 2: 3 Rounds for Time</b>			
<b>Lying Leg Raises: 10 reps</b>			
<b>Plank: 30 seconds</b>			
<b>Crunch: 10 reps</b>			

**Circuit 1 Time:**

**Circuit 2 Time:**

**Day 27**

**REST DAY**

**Day 28**

**As Many As You Can Do in ONE MINUTE of:**

**Burpees**

**Sit-Ups**

**Push-Ups**

**Bosu Squats**

CARBOHYDRATES	PROTEIN	FAT
Oats	Chicken breast	Avocados
Sweet potatoes	Turkey breast	Almonds
Brown rice	Lean lunch meat (chicken, turkey, ham, roast beef)	Walnuts
Wild rice	Pork tenderloin	Sunflower seeds
Quinoa	Ground beef/chicken/turkey (93/7)	Pistachios
Couscous	Low-fat milk	Peanut/almond butter
Whole-grain bread	Low-fat Greek yogurt	Olive oil
Popcorn (ditch the butter)	Egg whites	Canola oil
Beans	Whey protein	Coconut oil
Legumes	Beef Jerky	Flax seed
	Salmon	
	Halibut	
	Sirloin steak	
	Flank steak	

HERBS AND SPICES	FRUITS AND VEGETABLES
Cilantro	Spinach
Parsley	Kale
Basil	Broccoli
Dill	Bell peppers
Mint	Carrots
Oregano	Squash

Chili powder	Zucchini
Cumin	Tomatoes
Turmeric	Berries
Crushed red pepper	Apples
Garlic powder	Oranges
Onion powder	Bananas
	Pineapple
	Mango
	Kiwi

**Starting Weight:**

**Starting Waist:**

**Starting Arms:**

**Starting Thighs:**

**Starting Calves:**

**Starting Chest:**

**Starting Hips:**

**Ending Weight:**

**Ending Waist:**

**Ending Arms:**

**Ending Thighs:**

**Ending Calves:**

**Ending Chest:**

**Ending Hips:**