BP DTI TRAINING MODEL

www.bp40plus.com.au/training-the-right-way/

1. Weigh yourself early in the morning – Day 1 & 35.
2. Tape measure your widest girth (M: belly button, F: Hips) – Day 1 & 35.
3. Perform your DTI TT on Day 1, 35, and 'weekly' (1/7) when your schedule allows (recording your time).
4. List your daily DTI time in minutes.
5. Tick your Strength Set commitment.

Name:			Start Date:			Finish Date:		
Weight	Start:	Finish:	Girth	Start:	Finish:	DTI TT	First:	Last:

Week 1	DTI		DTI		DTI		DTI		DTI		DTI		DTI	
	STR		STR		STR		STR		STR		STR		STR	
	DTI TT		DTI TT		DTI TT		DTI TT		DTI TT		DTI TT		DTI TT	
Week 2	DTI		DTI		DTI		DTI		DTI		DTI		DTI	
	STR		STR		STR		STR		STR		STR		STR	
	DTI TT		DTI TT		DTI TT		DTI TT		DTI TT		DTI TT		DTI TT	
Week 3	DTI		DTI		DTI		DTI		DTI		DTI		DTI	
	STR		STR		STR		STR		STR		STR		STR	
	DTI TT		DTI TT		DTI TT		DTI TT		DTI TT		DTI TT		DTI TT	
Week 4	DTI		DTI		DTI		DTI		DTI		DTI		DTI	
	STR		STR		STR		STR		STR		STR		STR	
	DTI TT		DTI TT		DTI TT		DTI TT		DTI TT		DTI TT		DTI TT	
Week 5	DTI		DTI		DTI		DTI		DTI		DTI		DTI	
	STR		STR		STR		STR		STR		STR		STR	
	DTI TT		DTI TT		DTI TT		DTI TT		DTI TT		DTI TT		DTI TT	