

BP56

YOUR PLAN

- Design your weekly AZ sessions; workout days, time, and type (Walk and or Run (recommended), Ride, Swim, Machines, etc.).
- Tick off your three meals and sleep compliance.
- Tally up your weekly minutes in AZ (Minimum: 120 minutes).
- Bring this planner to the final testing date.

Me:		Starting Date:			Finishing Date:			Re-Testing Date:	
Day	AZ Workout	Time	Strength Set	Completed	Breakfast	Lunch	Dinner	Sleep	
1				✓	✓	✓	✓	✓	
2									
3									
4									
5									
6									
7									
Weekly Total Minutes in AZ:									
8									
9									
10									
11									
12									
13									
14									
Weekly Total Minutes in AZ:									
15									
16									
17									
18									
19									
20									
21									
Weekly Total Minutes in AZ:									
22									
23									

24								
25								
26								
27								
28								

Weekly Total Minutes in AZ:

29								
30								
31								
32								
33								
34								
35								

Weekly Total Minutes in AZ:

36								
37								
38								
39								
40								
41								
42								

Weekly Total Minutes in AZ:

43								
44								
45								
46								
47								
48								
49								

Weekly Total Minutes in AZ:

50								
51								
52								
53								
54								
55								
56								

Weekly Total Minutes in AZ:

Next: 1) Full Health re-Assessment, and, 2) Your Questionnaire Score.

Spinal Strength Sets – see video for a demonstration.

BP56 Spinal Strength Set One Rotate through this set x 2		
1	DB Squat Press	10 Reps
2	DB Push-Ups (feet of knees)	10 Reps
3	DB Lying Rotations	16 Reps
BP56 Spinal Strength Set Two Rotate through this set x 2		
1	DB Squatted Arm Curls	10 Reps
2	Kneeling Shoulder Press	10 Reps
3	DB Crunching Press	12 Reps
BP56 Spinal Strength Set Three Rotate through this set x 2		
1	DB One-Legged Push Ups (feet of knees)	10 Reps
2	DB Lying Alternate Ladders	16 Reps
3	Back Arches	10 Reps
BP56 Spinal Strength Set Four Rotate through this set x 2		
1	DB Straight Arm Forward Extensions	10 Reps
2	DB Side Dips	5/5 Reps
3	DB Standing Rotations	16 Reps