



SUMMARY

PLANS

CALENDAR



Monday

7 Nov +



Phase 1: Home Full Body

Scheduled. Tap to check-in.



1325 Calories Eaten

Protein 88g, Carbs 177g, Fat 35g

Tuesday

8 Nov +



Phase 1: Home Abs & Cardio

Tracked



1527 Calories Eaten

Protein 91g, Carbs 209g, Fat 42g

Wednesday

9 Nov +



General

Tracked



1580 Calories Eaten

Protein 98g, Carbs 206g, Fat 47g

Thursday

10 Nov +



Phase 1: Home Full Body

Tracked



1576 Calories Eaten

Protein 95g, Carbs 209g, Fat 48g

Friday

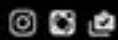
11 Nov +



Phase 1: Home Abs &

Tracked





Phase I: Legs, Back & Bicep

Regular

Phase I Stabilization: Legs, Back & Bicep
This is designed to be for those intermediate or advanced. It will strengthen legs, back and biceps while improving stabilization and balance.

Superset of 1 round



Walking

5-10 Minutes Walking or



Foam Rolling

Superset of 2 rounds



Single Leg Glute Bridge on B

15 Reps each leg



Stability Ball Plank with Rear

15 Reps each leg



CHECK IN

TRACK





MEAL PLAN

View

Build Lean Muscle

Calories	Protein	Carbs	Fat
1698	98g	234g	42g
	23%	55%	22%

TRAINING PLAN

Custom Phase 1 Advanced

4 weeks (3 Nov 2016 - 30 Nov 2016)

+ Add new workout



20 Min Abs
8 exercises



Phase 1: Chest, Triceps & Shoulders
20 exercises



Phase I: Legs, Back & Bicep
21 exercises

