

Sample Week – Stage 1

LIFETIME PHYSIQUE

Exercise Log

Exercise	Previous Workout			Current Workout Goals			Current Workout Results			
	Date	Start Time	End Time	Date	Start Time	End Time	Date	Start Time	End Time	
	Weight	Reps	Intensity	Weight	Reps	Intensity	Weight	Reps	Intensity	
Legs										
1	Lunges			%		12	60%			%
	Lunges			%		10	70%			%
2	Leg Extensions			%		12	60%			%
	Leg Extensions			%		10	70%			%
3	Leg Curl			%		12	60%			%
	Leg Curl			%		10	70%			%
Back										
4	Pull-Downs			%		12	60%			%
	Pull-Downs			%		10	70%			%
5	Rows			%		12	60%			%
	Rows			%		10	70%			%
Chest										
6	Bench Press			%		12	60%			%
	Bench Press			%		10	70%			%
7	Dumbbell Flys			%		12	60%			%
	Dumbbell Flys			%		10	70%			%
Triceps										
8	Bench Dips			%		12	60%			%
	Bench Dips			%		10	70%			%
9	Press Downs			%		12	60%			%
	Press Downs			%		10	70%			%
Biceps										
10	Dumbbell Curls			%		12	60%			%
	Dubmbell Curls			%		10	70%			%

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LIFETIME PHYSIQUE

Exercise Log

Exercise	Date			Date			Date			
	Start Time			Start Time			Start Time			
	End Time			End Time			End Time			
Exercise	Previous Workout			Current Workout Goals			Current Workout Results			
	Weight	Reps	Intensity	Weight	Reps	Intensity	Weight	Reps	Intensity	
Legs										
1	Lunges			%		12	60%			%
	Lunges			%		10	70%			%
2	Leg Extensions			%		12	60%			%
	Leg Extensions			%		10	70%			%
3	Leg Curl			%		12	60%			%
	Leg Curl			%		10	70%			%
Back										
4	Pull-Downs			%		12	60%			%
	Pull-Downs			%		10	70%			%
5	Rows			%		12	60%			%
	Rows			%		10	70%			%
Chest										
6	Bench Press			%		12	60%			%
	Bench Press			%		10	70%			%
7	Dumbbell Flys			%		12	60%			%
	Dumbbell Flys			%		10	70%			%
Triceps										
8	Bench Dips			%		12	60%			%
	Bench Dips			%		10	70%			%
9	Press Downs			%		12	60%			%
	Press Downs			%		10	70%			%
Biceps										
10	Dumbbell Curls			%		12	60%			%
	Dubmbell Curls			%		10	70%			%

Sample Week – Stage 1

LIFETIME PHYSIQUE

Exercise Log

Exercise	Date			Date			Date		
	Start Time			Start Time			Start Time		
	End Time			End Time			End Time		
Exercise	Previous Workout			Current Workout Goals			Current Workout Results		
	Weight	Reps	Intensity	Weight	Reps	Intensity	Weight	Reps	Intensity
Legs									
1	Lunges			%		12	60%		%
	Lunges			%		10	70%		%
2	Leg Extensions			%		12	60%		%
	Leg Extensions			%		10	70%		%
3	Leg Curl			%		12	60%		%
	Leg Curl			%		10	70%		%
Back									
4	Pull-Downs			%		12	60%		%
	Pull-Downs			%		10	70%		%
5	Rows			%		12	60%		%
	Rows			%		10	70%		%
Chest									
6	Bench Press			%		12	60%		%
	Bench Press			%		10	70%		%
7	Dumbbell Flys			%		12	60%		%
	Dumbbell Flys			%		10	70%		%
Triceps									
8	Bench Dips			%		12	60%		%
	Bench Dips			%		10	70%		%
9	Press Downs			%		12	60%		%
	Press Downs			%		10	70%		%
Biceps									
10	Dumbbell Curls			%		12	60%		%
	Dubmbell Curls			%		10	70%		%

Sample Week – Stage 1

LIFETIME PHYSIQUE

Exercise Log

Exercise	Date			Date			Date		
	Start Time			Start Time			Start Time		
	End Time			End Time			End Time		
Exercise	Previous Workout			Current Workout Goals			Current Workout Results		
	Weight	Reps	Intensity	Weight	Reps	Intensity	Weight	Reps	Intensity
Legs									
1	Lunges			%		12	60%		%
	Lunges			%		10	70%		%
2	Leg Extensions			%		12	60%		%
	Leg Extensions			%		10	70%		%
3	Leg Curl			%		12	60%		%
	Leg Curl			%		10	70%		%
Back									
4	Pull-Downs			%		12	60%		%
	Pull-Downs			%		10	70%		%
5	Rows			%		12	60%		%
	Rows			%		10	70%		%
Chest									
6	Bench Press			%		12	60%		%
	Bench Press			%		10	70%		%
7	Dumbbell Flys			%		12	60%		%
	Dumbbell Flys			%		10	70%		%
Triceps									
8	Bench Dips			%		12	60%		%
	Bench Dips			%		10	70%		%
9	Press Downs			%		12	60%		%
	Press Downs			%		10	70%		%
Biceps									
10	Dumbbell Curls			%		12	60%		%
	Dubombell Curls			%		10	70%		%

Sample Week – Stage 2

LIFETIME PHYSIQUE

Exercise Log

Exercise	Date			Date			Date		
	Start Time			Start Time			Start Time		
	End Time			End Time			End Time		
	<i>Previous Workout</i>			<i>Current Workout Goals</i>			<i>Current Workout Results</i>		
	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>
Legs									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%
Calves									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%
Triceps									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%
Biceps									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%

Sample Week – Stage 2

LIFETIME PHYSIQUE

Exercise Log

Exercise	Date			Date			Date		
	Start Time			Start Time			Start Time		
	End Time			End Time			End Time		
	<i>Previous Workout</i>			<i>Current Workout Goals</i>			<i>Current Workout Results</i>		
	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>
Chest									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%
Shoulders									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%
Back									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%
Abs									
A			%		15	60%			%
			%		15	80%			%
			%		12	90%			%
B			%		15	80%			%
			%		12	100%			%

Sample Week – Stage 2

LIFETIME PHYSIQUE

Exercise Log

Exercise	Date			Date			Date		
	Start Time			Start Time			Start Time		
	End Time			End Time			End Time		
	<i>Previous Workout</i>			<i>Current Workout Goals</i>			<i>Current Workout Results</i>		
	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>
Legs									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%
Calves									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%
Triceps									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%
Biceps									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%

Sample Week – Stage 3

Lifetime Physique

1-week Aerobics Log

Exercise Plan		Date		Date		Date	
Minute	Intensity	Exercise		Exercise		Exercise	
0-1	50%						
1-2	50%						
2-3	50%						
3-4	50%						
4-5	80%						
5-6	50%						
6-7	90%						
7-8	50%						
8-9	90%						
9-10	50%						
10-11	90%						
11-12	50%						
12-13	90%						
13-14	50%						
14-15	90%						
15-16	70%						
16-17	60%						
17-18	50%						
18-19	50%						
19-20	50%						

Sample Week – Stage 3

LIFETIME PHYSIQUE

Exercise Log

Exercise	Date				Date				Date			
	Start Time				Start Time				Start Time			
	End Time				End Time				End Time			
	<i>Previous Workout</i>			<i>Current Workout Goals</i>			<i>Current Workout Results</i>					
	Weight	Reps	Intensity	Weight	Reps	Intensity	Weight	Reps	Intensity			
Chest												
A				%		12	60%				%	
				%		10	70%				%	
				%		8	80%				%	
				%		8	90%				%	
B				%		10	70%				%	
				%		10	80%				%	
				%		10	100%				%	
C				%		12	100%				%	
Shoulders												
A				%		12	60%				%	
				%		10	70%				%	
				%		8	80%				%	
				%		8	90%				%	
B				%		10	70%				%	
				%		10	80%				%	
				%		10	100%				%	
C				%		12	100%				%	
Biceps												
A				%		12	60%				%	
				%		10	70%				%	
				%		8	80%				%	
				%		8	90%				%	
B				%		10	70%				%	
				%		10	80%				%	
				%		10	100%				%	
C				%		12	100%				%	

Sample Week – Stage 3

LIFETIME PHYSIQUE

Exercise Log

Exercise	Date				Date				Date			
	Start Time				Start Time				Start Time			
	End Time				End Time				End Time			
	<i>Previous Workout</i>				<i>Current Workout Goals</i>				<i>Current Workout Results</i>			
	Weight	Reps	Intensity		Weight	Reps	Intensity		Weight	Reps	Intensity	

Back											
A				%		12	60%				%
				%		10	70%				%
				%		8	80%				%
				%		8	90%				%
B				%		10	70%				%
				%		10	80%				%
				%		10	100%				%
C				%		12	100%				%

Triceps											
A				%		12	60%				%
				%		10	70%				%
				%		8	80%				%
				%		8	90%				%
B				%		10	70%				%
				%		10	80%				%
				%		10	100%				%
C				%		12	100%				%

Abs											
A				%		12	60%				%
				%		10	70%				%
				%		8	80%				%
				%		8	90%				%
B				%		10	70%				%
				%		10	80%				%
				%		10	100%				%
C				%		12	100%				%

Sample Week – Stage 3

LIFETIME PHYSIQUE

Exercise Log

Exercise	Date				Date				Date			
	Start Time				Start Time				Start Time			
	End Time				End Time				End Time			
	<i>Previous Workout</i>			<i>Current Workout Goals</i>			<i>Current Workout Results</i>					
	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>	<i>Weight</i>	<i>Reps</i>	<i>Intensity</i>
Quads												
A				%		12	60%					%
				%		10	70%					%
				%		8	80%					%
				%		8	90%					%
B				%		10	70%					%
				%		10	80%					%
				%		10	100%					%
C				%		12	100%					%
Hamstrings												
A				%		12	60%					%
				%		10	70%					%
				%		8	80%					%
				%		8	90%					%
B				%		10	70%					%
				%		10	80%					%
				%		10	100%					%
C				%		12	100%					%
Calves												
A				%		12	60%					%
				%		10	70%					%
				%		8	80%					%
				%		8	90%					%
B				%		10	70%					%
				%		10	80%					%
				%		10	100%					%
C				%		12	100%					%

Beginner 16-week Schedule

Week 1	Stage 1	Interval Training	Stage 1	Interval Training	Stage 1	Interval Training	Off
Week 2	Stage 1	Interval Training	Stage 1	Interval Training	Stage 1	Interval Training	Off
Week 3	Stage 1	Interval Training	Stage 1	Interval Training	Stage 1	Interval Training	Off
Week 4 Stage 2	Upper Body	Interval Training	Lower Body	Interval Training	Upper Body	Interval Training	Off
Week 5 Stage 2	Lower Body	Interval Training	Upper Body	Interval Training	Lower Body	Interval Training	Off
Week 6 Stage 2	Upper Body	Interval Training	Lower Body	Interval Training	Upper Body	Interval Training	Off
Week 7 Stage 2	Lower Body	Interval Training	Upper Body	Interval Training	Lower Body	Interval Training	Off
Week 8 Stage 2	Upper Body	Interval Training	Lower Body	Interval Training	Upper Body	Interval Training	Off
Week 9 Stage 2	Lower Body	Interval Training	Upper Body	Interval Training	Lower Body	Interval Training	Off
Week 10	Rest	Interval Training	Rest	Interval Training	Rest	Interval Training	Off
Week 11 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 12 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 13 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 14 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 15 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 16 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off

Advanced 16-Week Schedule

Week 1	Stage 1	Interval Training	Stage 1	Interval Training	Stage 1	Interval Training	Off
Week 2 Stage 2	Upper Body	Interval Training	Lower Body	Interval Training	Upper Body	Interval Training	Off
Week 3 Stage 2	Lower Body	Interval Training	Upper Body	Interval Training	Lower Body	Interval Training	Off
Week 4 Stage 2	Upper Body	Interval Training	Lower Body	Interval Training	Upper Body	Interval Training	Off
Week 5 Stage 2	Lower Body	Interval Training	Upper Body	Interval Training	Lower Body	Interval Training	Off
Week 6 Stage 2	Upper Body	Interval Training	Lower Body	Interval Training	Upper Body	Interval Training	Off
Week 7 Stage 2	Lower Body	Interval Training	Upper Body	Interval Training	Lower Body	Interval Training	Off
Week 8 Stage 2	Rest	Interval Training	Rest	Interval Training	Rest	Interval Training	Off
Week 9 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 10 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 11 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 12 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 13 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 14 Stage 3	Rest	Rest	Rest	Rest	Rest	Rest	Off
Week 15 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 16 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off

Advanced 16-Week Schedule

Week 1 Stage 2	Upper Body	Interval Training	Lower Body	Interval Training	Upper Body	Interval Training	Off
Week 2 Stage 2	Lower Body	Interval Training	Upper Body	Interval Training	Lower Body	Interval Training	Off
Week 3 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 4 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 5 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 6 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 7 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 8 Stage 3	Rest	Interval Training	Rest	Interval Training	Rest	Interval Training	Off
Week 9 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 10 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 11 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 12 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 13 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Interval Training	Off
Week 14 Stage 3	Rest	Rest	Rest	Rest	Rest	Rest	Off
Week 15 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Rest	Off
Week 16 Stage 3	Chest Shoulders Triceps	Interval Training	Back Biceps Abs	Interval Training	Legs	Rest	Off