

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BACK SQUAT 3 X 10		LUNGES 3 X 12E		DB SQUAT 3 X 10	
	LEG CURLS 3 X 12	STADIUM OR HILL RUNNING X 10	HYPERS 2 X 20		DB RDL 3 X 12	
	BENCH PRESS 3 X 10		DB SHOULDER PRESS 3 X 10		INCLINE PRESS 3 X 10	
	LAT PULLDOWN 3 X 20		DB BENT RAISE 3 X 12		DB BENT ROW 3 X 10E	
	LAT RAISE 3 X 12		DB SHRUGS 3 X 20		DB FRONT RAISE 3 X 12	
	TRICEP EXERCISE 3 X 20		BICEP EXERCISE 3 X 20		TRICEP EXERCISE 3 X 20	
	AB CIRCUIT X 2		ABS: SIDE BENDS 4 X 10E		AB CIRCUIT X 2	

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BACK SQUAT 3 X 10		LUNGES 3 X 12E		DB SQUAT 3 X 10	
	LEG CURLS 3 X 12	STADIUM OR HILL RUNNING X 12	HYPERS 2 X 20		DB RDL 3 X 12	
	BENCH PRESS 3 X 10		DB SHOULDER PRESS 3 X 10		INCLINE PRESS 3 X 10	
	LAT PULLDOWN 3 X 20		DB BENT RAISE 3 X 12		DB BENT ROW 3 X 10E	
	LAT RAISE 3 X 12		DB SHRUGS 3 X 20		DB FRONT RAISE 3 X 12	
	TRICEP EXERCISE 3 X 20		BICEP EXERCISE 3 X 20		TRICEP EXERCISE 3 X 20	
	AB CIRCUIT X 2		ABS: SIDE BENDS 4 X 10E		AB CIRCUIT X 2	

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BACK SQUAT 3 X 8		LUNGES 3 X 10E		D BSQUAT 3 X 10	
	LEG CURLS 3 X 12		HYPERS 3 X 15		DB RDL 3 X 10	
	BENCH PRESS 3 X 8	STADIUM OR HILL RUNNING X 12	DB SHOULDER PRESS 3 X 8		INCLINE PRESS 3 X 8	
	LAT PULLDOWN 3 X 15		DB BENT RAISE 3 X 10		DB BENT ROW 3 X 8E	
	LAT RAISE 3 X 10		DB SHRUGS 3 X 20		DB FRONT RAISE 3 X 10	
	TRICEP EXERCISE 3 X 20		BICEP EXERCISE 3 X 20		TRICEP EXERCISE 3 X 20	
	AB CIRCUIT X 3		ABS: SIDE BENDS 5 X 10E		AB CIRCUIT X 3	

WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BACK SQUAT 3 X 8		LUNGES 3 X 10E		DB SQUAT 3 X 10	
	LEG CURLS 3 X 12		HYPERS 3 X 15		DB RDL 3 X 10	
	BENCH PRESS 3 X 8	STADIUM OR HILL RUNNING X 14	DB SHOULDER PRESS 3 X 8		INCLINE PRESS 3 X 8	
	LAT PULLDOWN 3 X 15		DB BENT RAISE 3 X 10		DB BENT ROW 3 X 8E	
	LAT RAISE 3 X 10		DB SHRUGS 3 X 20		DB FRONT RAISE 3 X 10	
	TRICEP EXERCISE 3 X 20		BICEP EXERCISE 3 X 20		TRICEP EXERCISE 3 X 20	
	AB CIRCUIT X 3		ABS: SIDE BENDS 5 X 10E		AB CIRCUIT X 3	

WEEK 5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BACK SQUAT 4 X 6		STEP UPS 3 X 8E		DB SQUAT 3 X 8	
	ALT. LEG CURLS 3 X 10E		REVERSE HYPERS 3 X 12		DB RDL 3 X 8	
	BENCH PRESS 4 X 6	STADIUM OR HILL RUNNING X 15	DB SHOULDER PRESS 4 X 6		INCLINE PRESS 4 X 6	
	LAT PULLDOWN 3 X 12		DB BENT RAISE 3 X 10		DB BENT ROW 3 X 8E	
	LAT RAISE 3 X 10		DB SHRUGS 3 X 25		DB FRONT RAISE 3 X 10	
	TRICEP EXERCISE 3 X 20		BICEP EXERCISE 3 X 20		TRICEP EXERCISE 3 X 20	
	AB CIRCUIT X 3		ABS: WTD RSSN TWIST 4 X 30		AB CIRCUIT X 3	
	CARDIO 15 MINUTES U CHOOSE		CARDIO 20 MINUTES U CHOOSE		CARDIO 15 MINUTES U CHOOSE	

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BACK SQUAT 4 X 6	STADIUM 20 MINUTES	STEP UPS 3 X 8E	100 YD X 4 60 SEC REST	DB SQUAT 3 X 8
ALT. LEG CURLS 3 X 10E		REVERSE HYPERS 3 X 12	60 YD X 6 45 SEC REST	DB RDL 3 X 8
BENCH PRESS 4 X 6		DB SHOULDER PRESS 4 X 6	40 YD X 8 30 SEC REST	INCLINE PRESS 4 X 6
LAT PULLDOWN 3 X 12		DB BENT RAISE 3 X 10		DB BENT ROW 3 X 8E
LAT RAISE 3 X 10		DB SHRUGS 3 X 25		DB FRONT RAISE 3 X 10
TRICEP EXERCISE 3 X 20		BICEP EXERCISE 3 X 20		TRICEP EXERCISE 3 X 20
AB CIRCUIT X 3		ABS: WTD RSSN TWIST 4 X 30		AB CIRCUIT X 3
CARDIO 15 MINUTES U CHOOSE		CARDIO 20 MINUTES U CHOOSE		CARDIO 15 MINUTES U CHOOSE

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BACK SQUAT 4 X 6		STEP UPS 3 X 8E		DB SQUAT 3 X 8
ALT. LEG CURLS 3 X 10E		REVERSE HYPERS 3 X 12		DB RDL 3 X 8
BENCH PRESS 4 X 6		DB SHOULDER PRESS 4 X 6	100 YD X 6 60 SEC REST	INCLINE PRESS 4 X 6
LAT PULLDOWN 3 X 12	STADIUM 25 MINUTES	DB BENT RAISE 3 X 10	60 YD X 8 45 SEC REST	DB BENT ROW 3 X 8E
LAT RAISE 3 X 10		DB SHRUGS 3 X 25	40 YD X 10 30 SEC REST	DB FRONT RAISE 3 X 10
TRICEP EXERCISE 4 X 12		BICEP EXERCISE 4 X 12		TRICEP EXERCISE 4 X 12
AB CIRCUIT X 3		ABS: WTD RSSN TWIST 4 X 30		FAVOREK AB PROGRAM X 1
CARDIO 20 MIN U CHOOSE		CARDIO 25 MIN U CHOOSE		CARDIO 20 MIN U CHOOSE

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BACK SQUAT 4 X 5	STADIUM 25 MINUTES	STEP UPS 4 X 5E	SMALL TEMPO	DB SUMO SQUAT 4 X 5
ALT. LEG CURLS 3 X 10E	AB CIRCUIT X 3	REVERSE HYPERS 4 X 10	AB CIRCUIT X 3	SINGLE LEG RDL 3 X 6E
BENCH PRESS 4 X 6		DB SHOULDER PRESS 5 X 5		INCLINE PRESS 4 X 5
LAT PULLDOWN 3 X 10		DB BENT RAISE 3 X 8		DB BENT ROW 3 X 8E
LAT RAISE 3 X 8		DB SHRUGS 3 X 25		DB FRONT RAISE 3 X 8
TRICEP EXERCISE 4 X 12		BICEP EXERCISE 4 X 12		TRICEP EXERCISE 4 X 12
ABS: WTD SIT UPS 4 X 10		ABS: WTD RSSN TWIST 4 X 30		FAVOREK AB PROGRAM X 1
CARDIO 20 MIN U CHOOSE		CARDIO 25 MIN U CHOOSE		CARDIO 20 MIN U CHOOSE

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BACK SQUAT 4 X 5	STADIUM 30 MINUTES	STEP UPS 4 X 5E	SMALL TEMPO	DB SUMO SQUAT 4 X 5
ALT. LEG CURLS 3 X 8E	AB CIRCUIT X 3	REVERSE HYPERS 4 X 10	AB CIRCUIT X 3	SINGLE LEG RDL 3 X 6E
BENCH PRESS 4 X 5		DB SHOULDER PRESS 5 X 5		INCLINE PRESS 4 X 5
LAT PULLDOWN 3 X 8		DB BENT RAISE 3 X 6		BAR BENT ROW 3 X 6
LAT RAISE 3 X 6		DB SHRUGS 3 X 25		PLATE RAISE 3 X 8
TRICEP EXERCISE 4 X 12		BICEP EXERCISE 4 X 12		TRICEP EXERCISE 4 X 12
ABS: WTD SIT UPS 4 X 10		ABS: WTD RSSN TWIST 4 X 30		FAVOREK AB PROGRAM X 1
CARDIO 25 MIN U CHOOSE		CARDIO 30 MIN U CHOOSE		CARDIO 25 MIN U CHOOSE

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BACK SQUAT 4 X 5	STADIUM 30 MINUTES	STEP UPS 4 X 5E	MEDIUM TEMPO	DB SUMO SQUAT 4 X 5
ALT. LEG CURLS 3 X 8E	AB CIRCUIT X 3	REVERSE HYPERS 4 X 10	AB CIRCUIT X 3	SINGLE LEG RDL 3 X 6E
BENCH PRESS 4 X 5		DB SHOULDER PRESS 5 X 5		INCLINE PRESS 4 X 5
LAT PULLDOWN 3 X 8		DB BENT RAISE 3 X 6		BAR BENT ROW 3 X 6
LAT RAISE 3 X 6		DB SHRUGS 3 X 25		PLATE RAISE 3 X 8
TRICEP EXERCISE 4 X 12		BICEP EXERCISE 4 X 12		TRICEP EXERCISE 4 X 12
ABS: WTD SIT UPS 4 X 10		ABS: WTD RSSN TWIST 4 X 30		FAVOREK AB PROGRAM X 1
CARDIO 25 MIN U CHOOSE		CARDIO 30 MIN U CHOOSE		CARDIO 25 MIN U CHOOSE

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BACK SQUAT 5 X 3	STADIUM 30 MINUTES	ONE LEG SQUAT 3 X 4E	MEDIUM TEMPO	DB SUMO SQUAT 3 X 5
GLUTE HAM RAISE 3 X 6 TO 10	AB CIRCUIT X 4	REVERSE HYPERS 4 X 10	AB CIRCUIT X 4	SINGLE LEG RDL 3 X 4E
BENCH PRESS 5 X 3		MILITARY PRESS 5 X 3		INCLINE PRESS 5 X 3
LAT PULLDOWN 3 X 8		DB BENT RAISE 3 X 6		BAR BENT ROW 3 X 6
LAT RAISE 3 X 6		DB SHRUGS 3 X 25		PLATE RAISE 3 X 6
TRICEP EXERCISE 4 X 10		BICEP EXERCISE 4 X 10		TRICEP EXERCISE 4 X 10
ABS: WTD SIT UPS 5 X 10		ABS: TWISTING THROW 3 X 10E		IAVOREK AB PROGRAM X 1
CARDIO 30 MIN U CHOOSE		CARDIO 30 MIN U CHOOSE		CARDIO 20 MIN U CHOOSE

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BACK SQUAT 5 X 3	STADIUM 30 MINUTES	ONE LEG SQUAT 3 X 4E	MEDIUM TEMPO	DB SUMO SQUAT 3 X 5
GLUTE HAM RAISE 3 X 6 TO 10	AB CIRCUIT X 4	REVERSE HYPERS 4 X 10	AB CIRCUIT X 4	SINGLE LEG RDL 3 X 4E
BENCH PRESS 5 X 3		MILITARY PRESS 5 X 3		INCLINE PRESS 5 X 3
LAT PULLDOWN 3 X 8		DB BENT RAISE 3 X 6		BAR BENT ROW 3 X 6
LAT RAISE 3 X 6		DB SHRUGS 3 X 25		PLATE RAISE 3 X 6
TRICEP EXERCISE 4 X 10		BICEP EXERCISE 4 X 10		TRICEP EXERCISE 4 X 10
ABS: WTD SIT UPS 5 X 10		ABS: TWISTING THROW 3 X 10E		IAVOREK AB PROGRAM X 1
CARDIO 30 MIN U CHOOSE		CARDIO 30 MIN U CHOOSE		CARDIO 20 MIN U CHOOSE

WEEK 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BACK SQUAT 5 X 3	STADIUM 30 MINUTES	ONE LEG SQUAT 3 X 4E	LARGE TEMPO	DB SUMO SQUAT 3 X 5
GLUTE HAM RAISE 3 X 6 TO 10	AB CIRCUIT X 4	REVERSE HYPERS 4 X 10	AB CIRCUIT X 4	SINGLE LEG RDL 3 X 4E
BENCH PRESS 5 X 3		MILITARY PRESS 5 X 3		INCLINE PRESS 5 X 3
LAT PULLDOWN 3 X 8		DB BENT RAISE 3 X 6		BAR BENT ROW 3 X 6
LAT RAISE 3 X 6		DB SHRUGS 3 X 25		PLATE RAISE 3 X 6
TRICEP EXERCISE 4 X 10		BICEP EXERCISE 4 X 10		TRICEP EXERCISE 4 X 10
ABS: WTD SIT UPS 5 X 10		ABS: TWISTING THROW 3 X 10E		IAVOREK AB PROGRAM X 1
CARDIO 30 MIN U CHOOSE		CARDIO 30 MIN U CHOOSE		CARDIO 20 MIN U CHOOSE

WEEK 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BACK SQUAT 5 X 3	STADIUM 30 MINUTES	ONE LEG SQUAT 3 X 4E	LARGE TEMPO	DB SUMO SQUAT 3 X 5
GLUTE HAM RAISE 3 X 6 TO 10	AB CIRCUIT X 4	REVERSE HYPERS 4 X 10	AB CIRCUIT X 4	SINGLE LEG RDL 3 X 4E
BENCH PRESS 5 X 3		MILITARY PRESS 5 X 3		INCLINE PRESS 5 X 3
LAT PULLDOWN 3 X 8		DB BENT RAISE 3 X 6		BAR BENT ROW 3 X 6
LAT RAISE 3 X 6		DB SHRUGS 3 X 25		PLATE RAISE 3 X 6
TRICEP EXERCISE 4 X 10		BICEP EXERCISE 4 X 10		TRICEP EXERCISE 4 X 10
ABS: WTD SIT UPS 5 X 10		ABS: TWISTING THROW 3 X 10E		IAVOREK AB PROGRAM X 1
CARDIO 30 MIN U CHOOSE		CARDIO 30 MIN U CHOOSE		CARDIO 20 MIN U CHOOSE

JAVOREK AB PRORGAM #1

KNEE HUGS	15
CRUNCHES	20
LEG RAISES	14
CRUNCHES	10
JACK KNIVES	10
CRUNCHES	10
TWISTING SIT UPS	20
CRUNCHES	10
JACK KNIVES	10
SIT UPS	20
CRUNCHES	10
TWISTING SIT UPS	20
CRUNCHES	10
JACK KNIVES	10
STATIC ABS	30 SEC
JACK KNIVES	10
CRUNCHES	10
JACK KNIVES	10
STATIC ABS	30 SEC
CRUNCHES	15

JAVOREK AB PRORGAM #2

KNEE HUGS	15
CRUNCHES	20
LEG RAISES	14
CRUNCHES	20
1/2 JACK KNIVES	20
CRUNCHES	10
TWISTING SIT UPS	20
CRUNCHES	10
1/2 JACK KNIVES	20
HEAVY DB SIT UPS	20
CRUNCHES	20
TWISTING SIT UPS	20
TWISTING CRUNCHES	20
1/2 JACK KNIVES	10
STATIC ABS	2X20SEC
1/2 JACK KNIVES	20
CRUNCHES	10
SIDE SIT UPS	10E
1/2 JACK KNIVES	10
STATIC ABS	2X30SEC
TWISTING CRUNCHES	20
HEAVY DB SIT UPS	20

JAVOREK BASIC PROGRAM #1

BENT KNEE SIT UPS	10
UP & UP SIT UPS	10
1/2 JACK KNIVES	10
UP & DOWN SIT UPS	10
1/2 JACK KNIVES	10
DOWN & UP SIT UPS	10
JACK KNIVES	10

JAVOREK BASIC PROGRAM #2

BENT KNEE SIT UPS	10
UP & UP SIT UPS	10
MEB BALL OVERHEAD PASS	10
1/2 JACK KNIVES	10
UP & DOWN SIT UPS	10
MED BALL CHEST PASS	10
1/2 JACK KNIVES	10
DOWN & UP SIT UPS	10
MED BALL OVERHEAD PASS	10
MED BALL CHEST PASS	10
JACK KNIVES	10

JAVOREK BASIC PROGRAM #3

BENT KNEE SIT UPS	10
UP & UP SIT UPS	10
JACK KNIVES	10
1/2 JACK KNIVES	10
UP & DOWN SIT UPS	10
JACK KNIVES	10
1/2 JACK KNIVES	10
DOWN & UP SIT UPS	10
JACK KNIVES	10
UP & UP SIT UPS	10
JACK KNIVES	10

CRUNCH	30
BICYCLE	20E
HIP RAISE	20
RUSSIAN TWIST	20E
BALL TO TOE CRUNCH	30
LEG RAISE	20

SEATED SOLO TWIST	10E
KNEE HUGS	20
TWISTING CRUNCH	20E
SCISSOR KICKS	40
HAND TO TOE CRUNCH	30
SIDE CRUNCH	15E

CRUNCH W/ HIP RAISE	20
LYING TWIST	15E
JACK KNIVES	20
SANDBAG CRUNCH	20
6IN SIDE TO SIDE	20E
LEG FIGURE EIGHTS	15

FIGURE EIGHT	15
ELBOW TO KNEE	20E
SUPERMAN	20
SANDBAG CRUNCH	30
SCISSOR KICKS	40
JACK KNIVES	15

HIP RAISE	20
SIDE CRUNCH	40
RUSSIAN TWIST	20E
BALL TO TOE CRUNCH	30
SEATED SOLO TWIST	10E
LYING TWIST	15E

KNEE HUGS	20
TWISTING CRUNCH	20E
LEG RAISE	25
BICYCLE	20E
SCISSOR KICKS	40
HAND TO TOE CRUNCH	30

SIT UPS	20
SINGLE LEG BICYCLES	15E
1/2 JACK KNIVES	20
RUSSIAN TWIST	40
SUIT CASES	25
TOE TOUCHES	30

REVERSE CRUNCHES	25
KNEE HUGS	20
WEIGHTED RUNNERS	8E
SCISSOR KICKS	40
SEATED SOLO TWIST	10E
STATIC ABS	30 SEC

HAND TO TOE CRUNCH	30
45 DEGREE SCISSOR KICKS	60
JACK KNIVES	20
SANDBAG CRUNCH	20
RUSSIAN TWIST	40
ELBOW TO KNEE	20E

RUSSIAN TWIST	40
ROCKY SOLIS	10E
SIDE CRUNCH	20E
6IN SIDE TO SIDE	10E
TWISTING CRUNCH	20E
LEG RAISE	25

OLYMPIC AB ROUTINE

FEET ON WALL TOE TOUCHES	25
LEG SPREAD ON WALL CRUNCH TO R. FOOT	25
LEG SPREAD ON WALL CRUNCH TO L. FOOT	25
LEG SPREAD ON WALL CRUNCH TO MIDDLE	25
R. FOOT FLAT ON WALL, L KNEE BENT CRUNCH	25
L. FOOT FLAT ON WALL, R KNEE BENT CRUNCH	25
LEG RAISES	25

WEIGHTED AB ROUTINE #1

CRUNCHES	30
RUSSIAN TWIST	40
RUNNERS	8E
TOE TOUCHES	20

WEIGHTED AB ROUTINE #2

SPREAD EAGLE SIT UPS	20
REVERSE CRUNCHES	20
LEG RAISES	20
ROCKY SOLIS	10E

WEIGHTED AB ROUTINE #3

WEIGHT OVERHEAD SIT UPS	10
TWISTING THROW	15E
LEG RAISES	20
MED BALL SIT UPS TO PASS	20

WEIGHTED AB ROUTINE #4

SIDE THROWS	15E
SPREAD EAGLE SIT UPS	20
ROCKY SOLIS	10E
LEG RAISES	20
1/2 JACK KNIVES	20

WEIGHTED AB ROUTINE #5

6IN SIDE TO SIDE	15E
WEIGHT OVERHEAD SIT UPS	20
RUSSIAN TWIST	15E
LEG RAISES	20
ROCKY SOLIS	10E
1/2 JACK KNIVES	20
REVERSE CRUNCHES	20
SPREAD EAGLE SIT UPS	10