



## Calendar

Just put an X through each day as you complete it.  
Workout

You are AWESOME So You Also Get!

### MY BONUSES

**FREE 1 DAY MEAL PLAN DOWNLOAD – [>>>CLICK HERE <<](#)**

& Don't **FORGET!**

**FREE 24 Min Metabolism Boost Workout! - [>>>CLICK HERE<<](#)**

+

**Read Up On The 30 DAY FF30X Workout For Men Over 40!**

[>>>CLICK HERE<<](#)

**CALENDAR & FIT TEST GUIDE BELOW**



## MONTH 1

1	2	3	4	5	6	7
Fit Test	Plyometric Cardio Circuit	Cardio Power & Resistance	Cardio Recovery	Pure Cardio	Plyometric Cardio Circuit	Rest
8	9	10	11	12	13	14
Cardio Power & Resistance	Pure Cardio	Plyometric Cardio Circuit	Cardio Recovery	Cardio Power & Resistance	Pure Cardio & Cardio Abs	Rest
15	16	17	18	19	20	21
Fit Test	Plyometric Cardio Circuit	Pure Cardio and Cardio Abs	Cardio Recovery	Cardio Power & Resistance	Plyometric Cardio Circuit	Rest
22	23	24	25	26	27	28
Pure Cardio & Cardio Abs	Cardio Power & Resistance	Plyometric Cardio Circuit	Cardio Recovery	Pure Cardio & Cardio Abs	Plyometric Cardio Circuit	Rest

## RECOVERY WEEK

29	30	31	32	33	34	35
Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Core Cardio & Balance	Rest

## MONTH 2

36	37	38	39	40	41	42
Fit Test & Max Interval Circuit	Max Interval Plyo	Max Cardio Conditioning	Max Recovery	Max Interval Circuit	Max Interval Plyo	Rest
43	44	45	46	47	48	49
Max Cardio Conditioning	Max Interval Circuit	Max Interval Plyo	Max Recovery	Max Cardio Conditioning & Cardio Abs*	Core Cardio and Balance*	Rest
50	51	52	53	54	55	56
Fit Test & Max Interval Circuit	Max Interval Plyo	Max Cardio Conditioning & Cardio Abs*	Max Recovery	Max Interval Circuit	Core Cardio and Balance*	Rest
57	58	59	60	61	62	63
Max Interval Plyo	Max Cardio Conditioning & Cardio Abs*	Max Interval Circuit	Core Cardio and Balance*	Max Interval Plyo	Max Cardio Conditioning & Cardio Abs*	Fit Test

**FIT TEST GUIDE BELOW ON PAGE 4**



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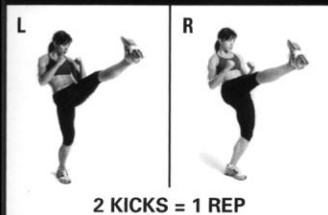
**+**

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HERE<<](#)**

# FIT TEST

You can also find this Fit Test on the DIG DEEPER DVD. Perform each of the exercises listed below for one minute. Do as many reps as you can in one minute and record below. Rest when needed. Be sure to warm up first.

## SWITCH KICKS



## POWER JACKS



## POWER KNEES



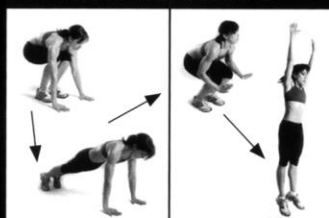
## POWER JUMPS



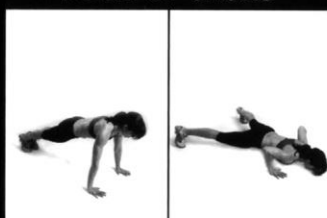
## GLOBE JUMPS



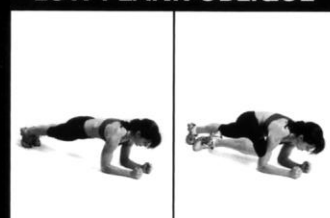
## SUICIDE JUMPS



## PUSH-UP JACKS



## LOW PLANK OBLIQUE



## MOVE

## FIT TEST 1 (DAY 1)

## FIT TEST 2 (DAY 15)

## FIT TEST 3 (DAY 36)

## FIT TEST 4 (DAY 50)

## FIT TEST 5 (DAY 63)

1. SWITCH KICKS					
2. POWER JACKS					
3. POWER KNEES					
4. POWER JUMPS					
5. GLOBE JUMPS					
6. SUICIDE JUMPS					
7. PUSH-UP JACKS					
8. LOW PLANK OBLIQUE					

DATE

## MEASUREMENTS

CHEST					
L BICEP					
R BICEP					
WAIST					
HIPS					
L THIGH					
R THIGH					
L CALF					
R CALF					
WEIGHT					
BODY FAT %					