

BACK TO BASIC PHYSICAL TRAINING PROGRAM

FRANKLY FIT W/ FB

Acronyms & Abbreviations - with introductions

W - Week

D - Day

FB - Frank Borelli (that's me!) As a military and law enforcement veteran, fitness has been an important part of my career. Now that I'm getting closer to retirement but looking forward to living and loving life for a much longer time, I have to find a new way to focus on fitness. Nutrition is an important part of that and Beachbody brings them both together!! My partner in this is my wife, Debbie. We've been married well over 20 years and have agreed we don't want to "grow old," we just have to age! Age is but a number and if we stay fit, we can enjoy all the world's exploration together. "Move it or lose it" applies so we're going to motivate each other (and you!) to move it! Let me know how I can support, assist, mentor and coach you to reach your fitness and nutrition goals! As your Coach, I would love to work with you to help you achieve your health and fitness goals. If you'd like to connect or have any questions, please reach out – I'm here to help and my three self-help / motivation books are available on [Amazon.com](https://www.amazon.com).

L4 - LIIFT4 – One of the Beachbody workout programs created by Joel Freeman. A Beachbody Celebrity Trainer, [Joel Freeman's](#) career in the health and fitness industry spans over 15 years. From running day-to-day operations in a Washington gym to directing Group X programming at Gold's Gym® SoCal and becoming an International Certified Fitness Trainer, he's done it all. In 2016, he teamed up with fellow Super Trainer, Jericho McMatthews and Beachbody to create [Core de Force](#). When he's not working out, Freeman enjoys spending time with his wife and two furry Bengals, golfing and being a mentor in the Big Brothers Big Sisters program.

(example seen frequently in the calendar of workouts: L4 W3 D2 = LIIFT4 Week 3 Day 2)

CdF - [Core de Force](#) – The Beachbody workout program created by Joel Freeman and Jericho McMatthews. Jericho McMatthews holds degrees in psychology and physical education and kinesiology, as well as personal training certifications with the National Academy of Sports Medicine (NASM) and the American Council on

Exercise (ACE). She's spent the past decade traveling the globe as an international trainer and presenter, educating thousands of new instructors and presenting at esteemed fitness industry conferences. As a Beachbody Super Trainer, McMatthews is the co-creator of the mixed martial arts-style program, [Core de Force™](#), and other workouts available on [Beachbody On Demand](#). A mother and wife, McMatthews spends her free time traveling and adventuring with her family.

HC22BB – [22 Minute Hard Corps](#) Battle Buddy workout – Created by the same creator of [P90X](#), Tony Horton. **Tony Horton** is the wildly popular creator of the best-selling fitness series: [P90X®](#), [P90X2®](#), [P90X3®](#), and [Ten Minute Trainer®](#), and most recently his 22-Minute military inspired workout, [22 Minute Hard Corps®](#). Tony is a **world-class motivational speaker** and the **author** of top-selling books “Bring It”, “Crush It!” and his latest motivational book, “The Big Picture” 11 Laws that will change your life. He has appeared on countless television programs as a **fitness and lifestyle expert** to promote healthy living through exercise and proper nutrition.

21DF - [21 Day Fix Yoga](#) – Created by Autumn Calabrese. Autumn Calabrese is a celebrity trainer, best-selling author, and working mom who revolutionized the Beachbody® fitness model with her simple approach to portion control. Her breakthrough hit workout, [21 Day Fix®](#), and follow-up [21 Day Fix EXTREME®](#), have been [Beachbody's top-selling franchise](#) for the past two years, while her cookbook [FIXATE™](#) has sold more than 400,000 copies.