TEAM BEACHBODY®

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FranklyFit-FB

BACK TO BASIC PHYSICAL TRAINING

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Introduction

In 1982, at the age of 18, I reported to beautiful Ft. McClellan, Alabama for Basic Training and Military Police school. I attended them together as part of One Station Unit Training (OSUT) and was there until I graduated March 16, 1983. All total, I spent 20 weeks there. The first week was processing in. The last week was prepping for graduation and finalizing paperwork. I spent, essentially, 18 weeks in training. I graduated, 19 years old, in the best physical condition I've ever been in.

For that 18 weeks of training, I exercised/worked out six days per week, with a "rest" day (just exercises focusing on flexibility with a shorter run or a march afterward) each Sunday. I ate three meals per day with no snacks allowed (although we found ways to sneak them occasionally). I had no alcohol, didn't smoke and chewed exactly one pack (20 sticks) of Big Red chewing gum in that 18 week time frame. I started that training at 152 pounds and about 15% body fat. I graduated from MP school at 162 pounds and under 10% body fat.

As I look back in preparation for this new program launch, I realize I'm far from that age or physical condition. I'm NOT convinced that I'm physically incapable of attaining it again. Yes, I'll be a "senior citizen" soon (that magic age of 55) and my body has been through 35+ years of abuse as a Military Policeman and then as a police man in the civilian world. But I have no serious arthritis issues, nor any other serious health issues. All that's stopping me from being in that same physical condition is eating clean and doing the work. SO…

I'm launching this Back to Basic Physical Training (PT) program. It is NOT the military's program and does not meet the requirements for the military's soon to be implemented Combat Fitness Test. It DOES use existing strength, flexibility and cardiovascular training systems, coached by well-known and highly respected trainers, to get in peak fitness. It is comprised of five workouts per week with two rest days and on those rest days there is a cardio component – albeit, not as stringent as the workout days. The schedule breaks down as:

Monday, Tuesday, Wednesday – strenuous workout.

Thursday – rest day comprised of stretch and then 20+ minutes of YOUR choice of cardio (multiple options for this rest day) Goal is a total of 40 minutes combined exercise time.

Friday, Saturday – strenuous workout

Sunday – rest day comprised of stretch and "relaxed" cardio: walk, golf, etc – just do it for a half hour or more. (again, several options available for the day) Goal is 18-20 minutes of stretch time and then 30+ minutes of additional movement.

The program is built to mimic, as best I can remember, the schedule we had for physical training in Basic Training and Military Police School, but using weights and High Intensity Interval Training (HIIT) cardio instead of purely body weight exercises and running as the only cardio. There is always the option of adding extra cardio to the days where the workouts are circuit (no HIIT component) but it's wise to give your body a chance to recover and rebuild in accordance with the scheduled program.

First launch of program is February 18th and, although my goal was to build an 18-week program, the reality is that it's a 9-week cycle. My intention is to do two rotations of the 9-week program and then assessing where to go from there. Working on the 9-week cycle, each of the following is a launch date for 2019:

- February 18th
- April 22nd
- June 24th
- August 26th
- October 28th (this 9-week cycle ENDS Christmas week!)

That's FIVE 9-week cycles in the year starting February 18th. How many can you get through? How many will you commit to?

Warning statements

I am not a medical doctor, a certified personal trainer, a nutritionist, etc. I do not have or hold a certification in expertise to build an exercise program. What I have done is build a schedule using the exercise programs from certified trainers and incorporating nutritional information from those who hold such expertise.

Always check with your physician before starting any exercise program. In this case, you can take the program schedule with you (it's included later in this document) to make sure you're cleared to perform all the motions and exercises.

Be aware of, and keep in mind, any allergies or nutritional concerns you have and adjust where necessary to maintain yourself. (i.e. I am borderline hypoglycemic and have a family history of diabetes. Those circumstances prevent me from using a ketogenic-goal diet.)

If you feel pain during an exercise, stop immediately and assess the cause. Using weights to develop strength and build muscle mass puts pressure on the joints in your body. Pay attention to the guidance of the trainers in the various programs and adjust the weight you're using according to their statements and your body's performance.

What is Required

To participate in this program, there are a few things **required**. Included with each item is a link as applicable.

REQUIRED: The workout programs are all led via Beachbody on Demand. Beachbody on Demand (BoD) makes available over 700 workouts including strength training, guided by some of the biggest names in the fitness industry. To participate in this program using the workouts specified, you will have to have a subscription to Beachbody on Demand – cost is $99 annually (if subscribed to for the year; cost increases if subscribed month to month or quarterly).

REQUIRED: To perform many of the exercises in this program you will either need dumbbells or several sets of resistance bands. You can use any quality dumbbells or resistance bands and there are several other items that can make your workouts more comfortable or easier to manage. Here is a list of items with links for your convenience (**you are NOT required to buy any or all of this; it is merely a resource for you to explore and find what works for you**):

B-LINES Resistance Band Kit

B-LINES Resistance Band Upgrade Kit

Core Comfort Mat (this is great if you're working out on a hard surface)

LIIFT4™ Accessories Bundle

LIIFT4™ Deluxe Accessories Bundle

LIIFT4™ Mega Accessories Bundle

PT Sandbag (either this or dumbbells **required** for Hardcore 22 Battle Buddy workouts)

21 Day Fix Kit (great for educating yourself on nutritional changes and portion control)

For dumbbells, while you can buy them online, shipping gets expensive because they have so much weight. Check out Second Hand Sports (if there's one near you) for better prices on dumbbells. If you get the PT Sandbag, check out your local scuba shop (or check it out online) for "shot bags." They are nylon bags of lead shot that range in weight (usually) from one pound to five pounds. They are perfect for putting in the PT Sandbag to adjust its weight and give you control over exactly what it weighs.

REQUIRED: You will need some type of app for your computer, tablet or smart phone, that tracks what you eat (you have to input it) and saves the info daily as well as breaking down your nutrition into the various macros (protein, fat, carbs) and other nutrients (sugar, sodium, potassium, etc). It should also track your exercise time and

calories. My recommendation is MyFitnessPal.com. Although there is a paid premium version, the free version works just fine and has one of the most expansive food data bases available as well as the ability to scan a barcode to input information and build your own recipes / meals.

What is NOT Required

There is no gym membership required and you don't have to pay extra for a personal trainer. If you choose to go through this challenge with me, I'll be your coach and our team of personal trainers will be those who built the workout programs. (see farther down for more info on them.)

You don't have to eat a special diet. There is no requirement to purchase special frozen meals, diet meal replacement bars, cut your carbs to nil, eat lots of fat, etc. It only makes sense that if you're going to invest in your health and wellness, you should eat less junk food, less sodium and less sugar… more healthy foods like fruits and vegetables and lean meats. Beyond that, what you eat is up to you. If you're using a nutritional diary / tracker, you'll see what you're putting in your body day to day and soon understand the impact it has. The relationship between what we put in our mouth, what the scale says, how we feel, and how we perform becomes readily apparent.

There is no fasting required. Many programs require you to skip a meal regularly or to just drink water (and eat nothing) for a whole day. None of that here. In fact, I'd prefer to you to eat between three and six meals per day. Your goal net calorie intake is (most likely) about 1500 calories per day. (See this blog titled "The Math of Weight Loss" to understand what I mean by "net calories.")

Recommendations

Based on my own experiences with the products, I recommend the Shakeology products. I once believed that "Shakeology" was only chocolate protein powder but have since come to learn just how varied the Shakeology nutrition line of products is. At a bare minimum I recommend you integrate the use of Shakeology into your nutritional plan and I find the Beachbars to be a delicious and convenient mid-morning or mid-afternoon snack (or both). Here are links for various Shakeology products (**you are NOT required to buy any or all of this; it is merely a resource for you to explore and find what works for you**):

Shakeology page – With both whey protein and vegan versions, Shakeology is available in chocolate, vanilla, strawberry, café latte and green berry. You can buy a single flavor, 30-day supply or you can buy mixed flavors packaged for individual use (24 packets per box).

Beachbar – Available in two flavors and sold in boxes of 15, the Beachbar reminds me of a crispy rice treat with flavor… and they're quite delicious. Most protein or health food snack bars taste like paste. These surprised me with how good they are. Flavors are Chocolate Cherry Almond and Peanut Butter Chocolate.

Beachbody also has a Performance line of supplements. These include everything from preworkout to recovery, hydration, Creatine and others. A Beachbody Performance Trial Pack is available.

I recommend you purchase and wear a fitness tracker of some sort. My wife and I have Apple watches which have a fitness / activity tracker app built in. It tracks our exercise minutes, active minutes and standing hours per day. It pairs with the app on iPhones. There is a plethora of other activity trackers on the market and I recommend you find what works best for you. Short of having an activity tracker that you wear, using MyFitnessPal.com (as mentioned earlier) allows you to put in minutes performed of a given exercise / activity and it estimates your calorie burn based on your previously entered personal data (height, weight, gender). I have found the MFP calorie credits to be quite generous and usually have to reduce them by up to 33% if I'm not using calorie counts from a worn tracker source.

I recommend you use a quality weight scale to track your weight BUT, unless you're weighing daily as part of an educational / nutritional measurement program, I'd only recommend weighing either weekly or every other week. There are too many things that can alter our weight day to day and it's easy to get disillusioned by seeing weight gain. And that's unnecessary. Weight loss is only one measure of fitness increase or maintenance.

I recommend you invest in a home blood pressure automated cuff. They are available for about $30-$45 at almost all drug stores or pharmacy stores. Just like you track your weight, you should also track your blood pressure, checking it at least weekly if not twice per week and keeping record. What you'll probably see is a reduction in your blood pressure as you eat cleaner and exercise more.

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.

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.

Workout Calendar - February 2019						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
					1	2
3	**4**	**5**	**6**	**7**	**8**	9
10	**11**	**12**	**13**	**14**	**15**	16
17	**18** **HC22BB +** **20 min cardio**	**19** HC22BB + 20 min cardio	**20** HC22BB + 20 min cardio	**21** HC22BB + 20 min cardio	**22** HC22BB + 20 min cardio	23 HC22BB + 20 min cardio
24 Stretch choice + Walk, etc	**25** L4 W1 D1 Chest/Triceps LIIFT 50/50	**26** L4 W1 D2 Back/Biceps circuit	**27** L4 W1 D3 Shoulders LIIFT Intervals	**28** Stretch choice + 20m cardio		

March 2019						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
					1 L4 W1 D4 Legs LIIFT 50/50	2 L4 W2 D1 Chest/Triceps Circuit
3 Stretch choice + Walk, etc	**4** L4 W2 D2 Back/Biceps LIIFT 50/50	**5** L4 W2 D3 Shoulders LIIFT Intervals	**6** L4 W2 D4 Legs HIIT	**7** Stretch choice + 20m cardio	**8** L4 W3 D1 Chest/Triceps LIIFT 50/50	9 L4 W3 D2 Back/Biceps Circuit
10 Stretch choice + Walk, etc	**11** L4 W3 D3 Shoulders LIIFT intervals	**12** L4 W3 D4 Legs LIIFT 50/50	**13** L4 W4 D1 Chest/Triceps Circuit	**14** Stretch choice + 20m cardio	**15** L4 W4 D2 Back/Biceps LIIFT 50/50	16 L4 W4 D3 Shoulders LIIFT Intervals
17 Stretch choice + Walk, etc	**18** L4 W4 D4 Legs HIIT	**19** L4 W5 D1 Chest/Triceps LIIFT 50/50	**20** L4 W5 D2 Back/Biceps Circuit	**21** Stretch choice + 20m cardio	**22** L4 W5 D3 Shoulders LIIFT Intervals	23 L4 W5 D4 Legs LIIFT 50/50
24 Stretch choice + Walk, etc	**25** HC22BB + 20 min cardio	**26** HC22BB + 20 min cardio	**27** HC22BB + 20 min cardio	**28** Stretch choice + 20m cardio	**29** HC22BB + 20 min cardio	30 HC22BB + 20 min cardio
31 Stretch choice + Walk, etc						

April 2019						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
	1 L4 W6 D1 Chest/Triceps Circuit	**2** L4 W6 D2 Back/Biceps LIIFT 50/50	**3** L4 W6 D3 Shoulders LIIFT Intervals	**4** Stretch choice + 20m cardio	**5** L4 W6 D4 Legs HIIT	6 HC22BB + 20 min cardio
7 Stretch choice + Walk, etc	**8** L4 W7 D1 Chest/Back Circuit	**9** L4 W7 D2 Legs LIIFT 50/50	**10** L4 W7 D3 Shoulders/ Arms Circuit	**11** Stretch choice + 20m cardio	**12** L4 W7 D4 Full Body HIIT	13 HC22BB + 20 min cardio
14 Stretch choice + Walk, etc	**15** L4 W8 D1 Chest/Back Circuit	**16** L4 W8 D2 Legs LIIFT 50/50	**17** L4 W8 D3 Shoulders/ Arms Circuit	**18** Stretch choice + 20m cardio	**19** L4 W8 D4 Full Body HIIT	20 HC22BB + 20 min cardio
21 Stretch choice + Walk, etc	**22** **HC22BB +** **20 min cardio**	**23** HC22BB + 20 min cardio	**24** HC22BB + 20 min cardio	**25** Stretch choice + 20m cardio	**26** HC22BB + 20 min cardio	27 HC22BB + 20 min cardio
28 Stretch choice + Walk, etc	**29** L4 W1 D1 Chest/Triceps LIIFT 50/50	**30** L4 W1 D2 Back/Biceps Circuit				

May 2019						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
			1 L4 W1 D3 Shoulders LIIFT Intervals	**2** Stretch choice + 20m cardio	**3** L4 W1 D4 Legs LIIFT 50/50	4 L4 W2 D1 Chest/Triceps Circuit
5 Stretch choice + Walk, etc	**6** L4 W2 D2 Back/Biceps LIIFT 50/50	**7** L4 W2 D3 Shoulders LIIFT Intervals	**8** L4 W2 D4 Legs HIIT	**9** Stretch choice + 20m cardio	**10** L4 W3 D1 Chest/Triceps LIIFT 50/50	11 L3 W3 D2 Back/Biceps Circuit
12 Stretch choice + Walk, etc	**13** L4 W3 D3 Shoulders LIIFT Intervals	**14** L4 W3 D4 Legs LIIFT 50/50	**15** L4 W4 D1 Chest/Triceps Circuit	**16** Stretch choice + 20m cardio	**17** L4 W4 D2 Back/Biceps LIIFT 50/50	18 L4 W4 D3 Shoulders LIIFT Intervals
19 Stretch choice + Walk, etc	**20** L4 W4 D4 Legs HIIT	**21** L4 W5 D1 Chest/Triceps LIIFT 50/50	**22** L4 W5 D2 Back/Biceps Circuit	**23** Stretch choice + 20m cardio	**24** L4 W5 D3 Shoulders LIIFT Intervals	25 L4 W5 D4 Legs LIIFT 50/50
26 Stretch choice + Walk, etc	**27** HC22BB + 20 min cardio	**28** HC22BB + 20 min cardio	**29** HC22BB + 20 min cardio	**30** Stretch choice + 20m cardio	**31** HC22BB + 20 min cardio	

June 2019						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
						1 HC22BB + 20 min cardio
2 Stretch choice + Walk, etc	**3** L4 W6 D1 Chest/Triceps Circuit	**4** L4 W6 D2 Back/Biceps LIIFT 50/50	**5** L4 W6 D3 Shoulders LIIFT Intervals	**6** Stretch choice + 20m cardio	**7** L4 W6 D4 Legs HIIT	8 HC22BB + 20 min cardio
9 Stretch choice + Walk, etc	**10** L4 W7 D1 Chest/Back Circuit	**11** L4 W7 D2 Legs LIIFT 50/50	**12** L4 W7 D3 Shoulders/ Arms Circuit	**13** Stretch choice + 20m cardio	**14** L4 W7 D4 Full Body HIIT	15 HC22BB + 20 min cardio
16 Stretch choice + Walk, etc	**17** L4 W8 D1 Chest/Back Circuit	**18** L4 W8 D2 Legs LIIFT 50/50	**19** L4 W8 D3 Shoulders/ Arms Circuit	**20** Stretch choice + 20m cardio	**21** L4 W8 D4 Full Body HIIT	22 HC22BB + 20 min cardio
23 Stretch choice + Walk, etc	**24** **HC22BB +** **20 min cardio**	**25** HC22BB + 20 min cardio	**26** HC22BB + 20 min cardio	**27** Stretch choice + 20m cardio	**28** HC22BB + 20 min cardio	29 HC22BB + 20 min cardio
30 Stretch choice + Walk, etc						

July 2019						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
	1 L4 W1 D1 Chest/Triceps LIIFT 50/50	**2** L4 W1 D2 Back/Biceps circuit	**3** L4 W1 D3 Shoulders LIIFT Intervals	**4** Stretch choice + 20m cardio	**5** L4 W1 D4 Legs LIIFT 50/50	6 L4 W2 D1 Chest/Triceps Circuit
7 Stretch choice + Walk, etc	**8** L4 W2 D2 Back/Biceps LIIFT 50/50	**9** L4 W2 D3 Shoulders LIIFT Intervals	**10** L4 W2 D4 Legs HIIT	**11** Stretch choice + 20m cardio	**12** L4 W3 D1 Chest/Triceps LIIFT 50/50	13 L4 W3 D2 Back/Biceps Circuit
14 Stretch choice + Walk, etc	**15** L4 W3 D3 Shoulders LIIFT intervals	**16** L4 W3 D4 Legs LIIFT 50/50	**17** L4 W4 D1 Chest/Triceps Circuit	**18** Stretch choice + 20m cardio	**19** L4 W4 D2 Back/Biceps LIIFT 50/50	20 L4 W4 D3 Shoulders LIIFT Intervals
21 Stretch choice + Walk, etc	**22** L4 W4 D4 Legs HIIT	**23** L4 W5 D1 Chest/Triceps LIIFT 50/50	**24** L4 W5 D2 Back/Biceps Circuit	**25** Stretch choice + 20m cardio	**26** L4 W5 D3 Shoulders LIIFT Intervals	27 L4 W5 D4 Legs LIIFT 50/50
28 Stretch choice + Walk, etc	**29** HC22BB + 20 min cardio	**30** HC22BB + 20 min cardio	**31** HC22BB + 20 min cardio			

August 2019						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
				1 Stretch choice + 20m cardio	**2** HC22BB + 20 min cardio	3 HC22BB + 20 min cardio
4 Stretch choice + Walk, etc	**5** L4 W6 D1 Chest/Triceps Circuit	**6** L4 W6 D2 Back/Biceps LIIFT 50/50	**7** L4 W6 D3 Shoulders LIIFT Intervals	**8** Stretch choice + 20m cardio	**9** L4 W6 D4 Legs HIIT	10 HC22BB + 20 min cardio
11 Stretch choice + Walk, etc	**12** L4 W7 D1 Chest/Back Circuit	**13** L4 W7 D2 Legs LIIFT 50/50	**14** L4 W7 D3 Shoulders/ Arms Circuit	**15** Stretch choice + 20m cardio	**16** L4 W7 D4 Full Body HIIT	17 HC22BB + 20 min cardio
18 Stretch choice + Walk, etc	**19** L4 W8 D1 Chest/Back Circuit	**20** L4 W8 D2 Legs LIIFT 50/50	**21** L4 W8 D3 Shoulders/ Arms Circuit	**22** Stretch choice + 20m cardio	**23** L4 W8 D4 Full Body HIIT	24 HC22BB + 20 min cardio
25 Stretch choice + Walk, etc	**26** **HC22BB + 20 min cardio**	**27** HC22BB + 20 min cardio	**28** HC22BB + 20 min cardio	**29** Stretch choice + 20m cardio	**30** HC22BB + 20 min cardio	31 HC22BB + 20 min cardio

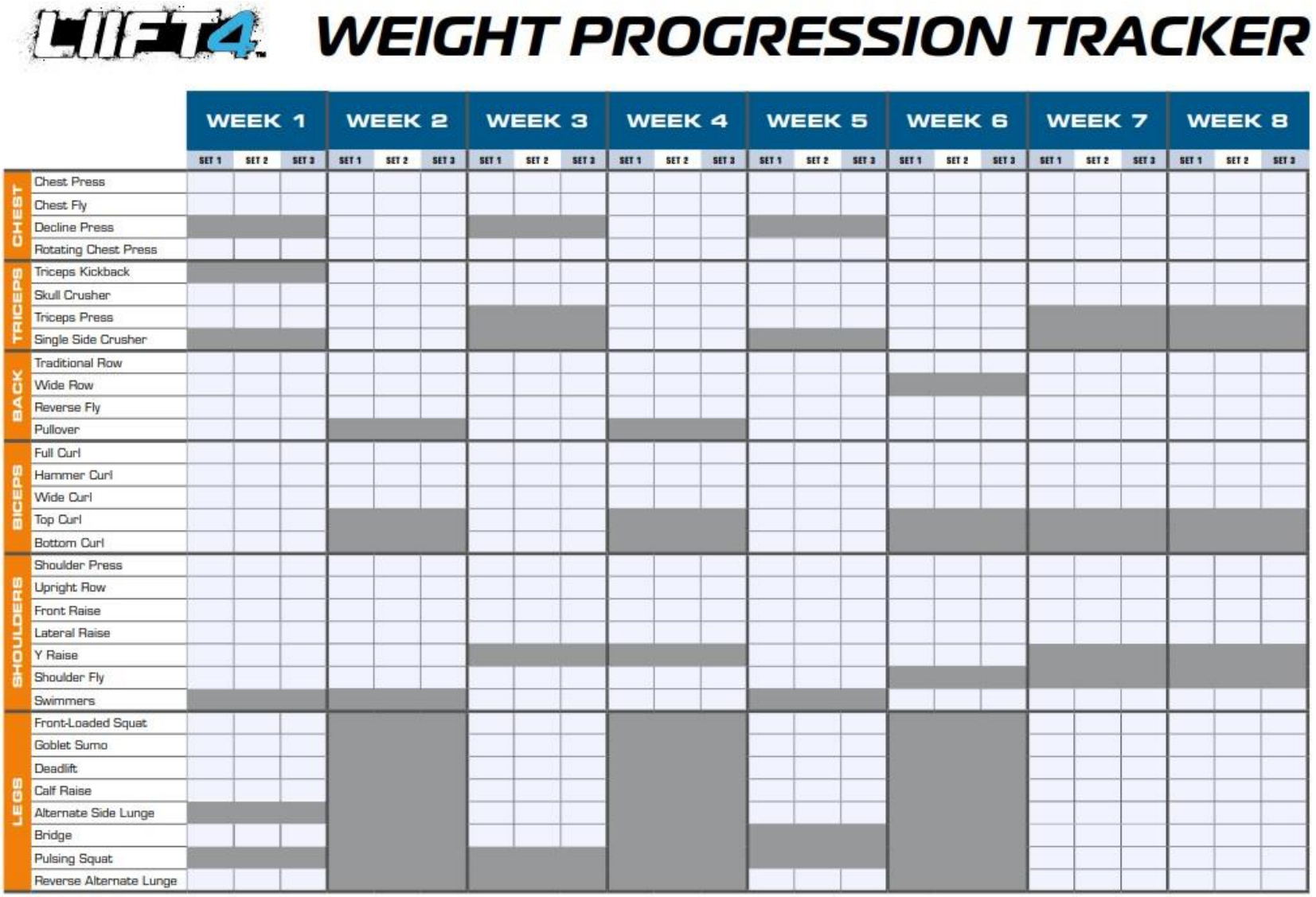
September 2019						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
1 Stretch choice + Walk, etc	**2** L4 W1 D1 Chest/Triceps LIIFT 50/50	**3** L4 W1 D2 Back/Biceps Circuit	**4** L4 W1 D3 Shoulders LIIFT Intervals	**5** Stretch choice + 20m cardio	**6** L4 W1 D4 Legs LIIFT 50/50	7 L4 W2 D1 Chest/Triceps Circuit
8 Stretch choice + Walk, etc	**9** L4 W2 D2 Back/Biceps LIIFT 50/50	**10** L4 W2 D3 Shoulders LIIFT Intervals	**11** L4 W2 D4 Legs HIIT	**12** Stretch choice + 20m cardio	**13** L4 W3 D1 Chest/Triceps LIIFT 50/50	14 L3 W3 D2 Back/Biceps Circuit
15 Stretch choice + Walk, etc	**16** L4 W3 D3 Shoulders LIIFT Intervals	**17** L4 W3 D4 Legs LIIFT 50/50	**18** L4 W4 D1 Chest/Triceps Circuit	**19** Stretch choice + 20m cardio	**20** L4 W4 D2 Back/Biceps LIIFT 50/50	21 L4 W4 D3 Shoulders LIIFT Intervals
22 Stretch choice + Walk, etc	**23** L4 W4 D4 Legs HIIT	**24** L4 W5 D1 Chest/Triceps LIIFT 50/50	**25** L4 W5 D2 Back/Biceps Circuit	**26** Stretch choice + 20m cardio	**27** L4 W5 D3 Shoulders LIIFT Intervals	28 L4 W5 D4 Legs LIIFT 50/50
29 Stretch choice + Walk, etc	**30** HC22BB + 20 min cardio					

October 2019						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
		1 HC22BB + 20 min cardio	**2** HC22BB + 20 min cardio	**3** Stretch choice + 20m cardio	**4** HC22BB + 20 min cardio	5 HC22BB + 20 min cardio
6 Stretch choice + Walk, etc	**7** L4 W6 D1 Chest/Triceps Circuit	**8** L4 W6 D2 Back/Biceps LIIFT 50/50	**9** L4 W6 D3 Shoulders LIIFT Intervals	**10** Stretch choice + 20m cardio	**11** L4 W6 D4 Legs HIIT	12 HC22BB + 20 min cardio
13 Stretch choice + Walk, etc	**14** L4 W7 D1 Chest/Back Circuit	**15** L4 W7 D2 Legs LIIFT 50/50	**16** L4 W7 D3 Shoulders/ Arms Circuit	**17** Stretch choice + 20m cardio	**18** L4 W7 D4 Full Body HIIT	19 HC22BB + 20 min cardio
20 Stretch choice + Walk, etc	**21** L4 W8 D1 Chest/Back Circuit	**22** L4 W8 D2 Legs LIIFT 50/50	**23** L4 W8 D3 Shoulders/ Arms Circuit	**24** Stretch choice + 20m cardio	**25** L4 W8 D4 Full Body HIIT	26 HC22BB + 20 min cardio
27 Stretch choice + Walk, etc	**28** **HC22BB +** **20 min cardio**	**29** HC22BB + 20 min cardio	**30** HC22BB + 20 min cardio	**31** Stretch choice + 20m cardio		

November 2019						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
					1 HC22BB + 20 min cardio	2 HC22BB + 20 min cardio
3 Stretch choice + Walk, etc	**4** L4 W1 D1 Chest/Triceps LIIFT 50/50	**5** L4 W1 D2 Back/Biceps circuit	**6** L4 W1 D3 Shoulders LIIFT Intervals	**7** Stretch choice + 20m cardio	**8** L4 W1 D4 Legs LIIFT 50/50	9 L4 W2 D1 Chest/Triceps Circuit
10 Stretch choice + Walk, etc	**11** L4 W2 D2 Back/Biceps LIIFT 50/50	**12** L4 W2 D3 Shoulders LIIFT Intervals	**13** L4 W2 D4 Legs HIIT	**14** Stretch choice + 20m cardio	**15** L4 W3 D1 Chest/Triceps LIIFT 50/50	16 L4 W3 D2 Back/Biceps Circuit
17 Stretch choice + Walk, etc	**18** L4 W3 D3 Shoulders LIIFT intervals	**19** L4 W3 D4 Legs LIIFT 50/50	**20** L4 W4 D1 Chest/Triceps Circuit	**21** Stretch choice + 20m cardio	**22** L4 W4 D2 Back/Biceps LIIFT 50/50	23 L4 W4 D3 Shoulders LIIFT Intervals
24 Stretch choice + Walk, etc	**25** L4 W4 D4 Legs HIIT	**26** L4 W5 D1 Chest/Triceps LIIFT 50/50	**27** L4 W5 D2 Back/Biceps Circuit	**28** Stretch choice + 20m cardio	**29** L4 W5 D3 Shoulders LIIFT Intervals	30 L4 W5 D4 Legs LIIFT 50/50

December 2019						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
1 Stretch choice + Walk, etc	**2** HC22BB + 20 min cardio	**3** HC22BB + 20 min cardio	**4** HC22BB + 20 min cardio	**5** Stretch choice + 20m cardio	**6** HC22BB + 20 min cardio	7 HC22BB + 20 min cardio
8 Stretch choice + Walk, etc	**9** L4 W6 D1 Chest/Triceps Circuit	**10** L4 W6 D2 Back/Biceps LIIFT 50/50	**11** L4 W6 D3 Shoulders LIIFT Intervals	**12** Stretch choice + 20m cardio	**13** L4 W6 D4 Legs HIIT	14 HC22BB + 20 min cardio
15 Stretch choice + Walk, etc	**16** L4 W7 D1 Chest/Back Circuit	**17** L4 W7 D2 Legs LIIFT 50/50	**18** L4 W7 D3 Shoulders/ Arms Circuit	**19** Stretch choice + 20m cardio	**20** L4 W7 D4 Full Body HIIT	21 HC22BB + 20 min cardio
22 Stretch choice + Walk, etc	**23** L4 W8 D1 Chest/Back Circuit	**24** L4 W8 D2 Legs LIIFT 50/50	**25** Stretch choice + 20m cardio	**26** L4 W8 D3 Shoulders/ Arms Circuit	**27** L4 W8 D4 Full Body HIIT	28 HC22BB + 20 min cardio
29 Stretch choice + Walk, etc	**30** HC22BB + 20 min cardio	**31** HC22BB + 20 min cardio				

LIIFT4 Weight Progression Tracking Sheet



Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.
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Personal Weight & Measurements Tracking Sheet

Be sure to ensure accuracy by weighing and measuring at the same time of day on a weekly or monthly basis. Remember, don't flex.

Date	Weight	Body Fat %	Calves	Thighs	Hips	Stomach	Chest	Arms	Neck
				R: L:				R: L:	
				R: L:				R: L:	
				R: L:				R: L:	
				R: L:				R: L:	
				R: L:				R: L:	
				R: L:				R: L:	
				R: L:				R: L:	
				R: L:				R: L:	
				R: L:				R: L:	
				R: L:				R: L:	
				R: L:				R: L:	

NAME:_____ AGE:_____

"Stretch" Day options:

On the REST days (typically Sunday and Thursday each week) there is a STRETCH component and then some form of cardio – either higher energy (Thursday) or more relaxed (Sunday). Here is a list of the Beachbody on Demand programs that would be suitable for use on those days as the stretch component. Remember, the goal on REST days is an overall movement/exercise time of 30+ minutes with approximately 20 minutes of that time dedicated to stretch and flexibility. If you select an option from the list below (listed in length, shortest to longest) that is less than 20 minutes, either combine it with another or double it up.

Core de Force Relief (5 minutes)

LIIFT4 Recovery Stretch (9 minutes)

LIIFT4 Roll & Recover (10 minutes – requires a foam roller)

Beachbody Yoga Studio Restorative Release the Tension w/ Faith (11 minutes)

Beachbody Yoga Studio Restorative Post-Cardio Stretch w/ Faith (12 minutes)

Core de Force Active Recovery (21 minutes)

SHIFT Shop Mobility (22 minutes)

Clean Week Active Flex (24 minutes)

21 Day Fix Yoga Fix (30 minutes) (and the Extreme version of this as well)

P90X3 X3 Yoga (30 minutes)

3 Week Yoga Retreat (day 2) Stretch (31 minutes)

For the mid-week (Wednesday or Thursday) cardio component, perform an active cardio exercise for 10+ minutes. Examples of such exercises would include running, elliptical, rowing or any other exercise that gets your heart rate up, helps you sweat and works whole body as much as possible.

Important Links:

Facebook page for Back to Basic PT (this program)

Frankly Fit-FB blog page

Frankly Fit Beachbody independent coach page

Beachbody on Demand page

Shakeology page

Beachbody performance supplements page

Link to follow coach on Twitter

Link to follow coach on Instagram

Link to Mentor Frank Borelli page on Facebook