



## "MAX OUT" WORKOUT CALENDAR

FOR THE NEXT TWO MONTHS, FOLLOW THE DAILY WORKOUTS LISTED BELOW. BE SURE TO NOTE THE TIME YOU **MAX OUT** EACH DAY.

IF YOU'VE GOT A BIT OF EXTRA TIME IN YOUR DAY AND WANT TO FOCUS MORE ON YOUR CORE, THEN CHECK OUT THE **AB MAXIMIZER** WORKOUT CALENDAR.

MONTH 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO CHALLENGE Take your "Day 1" pics & stats 	TABATA POWER 	SWEAT INTERVALS* 	TABATA POWER 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST
WEEK 2	CARDIO CHALLENGE 	TABATA POWER 	SWEAT INTERVALS* 	TABATA POWER 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST
WEEK 3	CARDIO CHALLENGE 	TABATA STRENGTH 	SWEAT INTERVALS* 	TABATA STRENGTH 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST
WEEK 4	CARDIO CHALLENGE 	TABATA STRENGTH 	SWEAT INTERVALS* 	TABATA STRENGTH 	FRIDAY FIGHT: ROUND 1 	REST or PULSE (optional) 	REST Take your "Day 30" pics & stats

\*IF YOU HAVE THE SWEAT FEST DVD, YOU CAN USE IT IN PLACE OF SWEAT INTERVALS ANYWHERE IT APPEARS ON THE CALENDAR.

MONTH 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	REST
WEEK 2	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	REST
WEEK 3	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	REST
WEEK 4	MAX OUT CARDIO 	MAX OUT POWER 	MAX OUT SWEAT 	MAX OUT STRENGTH 	FRIDAY FIGHT: ROUND 2 	REST or PULSE (optional) 	CHALLENGE COMPLETE! Take your "Day 60" pics & stats

# Max Workouts 9day Fitness Program

**Human Resources Research  
Organization**



## **Max Workouts 9day Fitness Program:**

Twelve Week Fitness and Nutrition Programme for Women Gavin Morey, 2015-01-19 Based on a real life challenge these books demonstrate how you can achieve your dream body in just 12 weeks The book shows you exactly how you can change your body and lifestyle for the better illustrated by non airbrushed photos showing progression of a real woman over the 12 week period Covering fitness health and nutrition the book contains workouts with different exercises to choose from explaining their purpose and technique With the basics of training explained the book also contains info on what health and fitness tests are used and the training routine followed and a training diary for the reader to keep track of their programme and progress Want to eat healthily There is also a guide to having a daily balanced diet with easy to follow recipes detailed weekly shopping lists along with a daily food diary for the reader to keep a log of their own nutritional intake Want real results Experience the difference with this 12 week programme *Fitness Walking For Dummies* Liz Neporent, 2000 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it s a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day *Fitness Walking For Dummies* is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you re already a walking fanatic you ll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout *Fitness Walking For Dummies* also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of all of the great things a regular walking program can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about yourself or all of the above walking can help you get to where you want to go This book can help you do that by showing you everything you need to know about starting and maintaining a walking program **Transportation Corps Professional Bulletin** ,1992

*National Longitudinal Surveys: Man: age 14-24, 1966-1969 surveys* ,1974 *Exercise as an Osteogenic Stimulus* Ari Heinonen, 1997 *Tiivistelm* *Dive Training* ,1999 **Sports Coach** ,1989 *Lectures Presented at the Inservice Training Course in Radiological Health* University of Michigan. School of Public Health, 1951 *Scholastic Coach* ,1978 *Athletics for Life* Kenneth Forsythe, Neil Feineman, 1985 *Instructional Strategies for Secondary School Physical Education* Marilyn

M. Buck, 2007 Comprehensive overview of secondary level physical education teaching methods and program and curriculum design with a strong theoretical background and focus on extensive applications and examples     *Federation Proceedings*  
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