

TBM WORKOUT PLANNER (Plan your workouts by checking off planned exercise for each day of the week.)

Date:	Cardio	TBM Home Workouts	Boot Camp Class	Flexibility / Relaxation	Extras	OFF
MON	___ Planned Time: _____ Intensity: / 10 Notes:	___ Planned Video Name: _____ Intensity: /10 Notes:	___ Planned Intensity: /10 Notes:	___ Planned • Stretch all major muscles after each workout. • Spend extra time stretching or doing exercises designed to improve flexibility like Yoga. • Visualization and Relaxation	___ Planned Activity: _____ Intensity: /10 Notes:	___ Planned Rest!
TUES	___ Planned Time: _____ Intensity: / 10 Notes:	___ Planned Video Name: _____ Intensity: /10 Notes:	___ Planned Intensity: /10 Notes:	___ Planned • Stretch all major muscles after each workout. • Spend extra time stretching or doing exercises designed to improve flexibility like Yoga. • Visualization and Relaxation	___ Planned Activity: _____ Intensity: /10 Notes:	___ Planned Rest!
WED	___ Planned Time: _____ Intensity: / 10 Notes:	___ Planned Video Name: _____ Intensity: /10 Notes:	___ Planned Intensity: /10 Notes:	___ Planned • Stretch all major muscles after each workout. • Spend extra time stretching or doing exercises designed to improve flexibility like Yoga. • Visualization and Relaxation	___ Planned Activity: _____ Intensity: /10 Notes:	___ Planned Rest!
THURS	___ Planned Time: _____ Intensity: / 10 Notes:	___ Planned Video Name: _____ Intensity: /10 Notes:	___ Planned Intensity: /10 Notes:	___ Planned • Stretch all major muscles after each workout. • Spend extra time stretching or doing exercises designed to improve flexibility like Yoga. • Visualization and Relaxation	___ Planned Activity: _____ Intensity: /10 Notes:	___ Planned Rest!
FRI	___ Planned Time: _____ Intensity: / 10 Notes:	___ Planned Video Name: _____ Intensity: /10 Notes:	___ Planned Intensity: /10 Notes:	___ Planned • Stretch all major muscles after each workout. • Spend extra time stretching or doing exercises designed to improve flexibility like Yoga. • Visualization and Relaxation	___ Planned Activity: _____ Intensity: /10 Notes:	___ Planned Rest!
SAT	___ Planned Time: _____ Intensity: / 10 Notes:	___ Planned Video Name: _____ Intensity: /10 Notes:	___ Planned Intensity: /10 Notes:	___ Planned • Stretch all major muscles after each workout. • Spend extra time stretching or doing exercises designed to improve flexibility like Yoga. • Visualization and Relaxation	___ Planned Activity: _____ Intensity: /10 Notes:	___ Planned Rest!
SUN	___ Planned Time: _____ Intensity: / 10 Notes:	___ Planned Video Name: _____ Intensity: /10 Notes:	___ Planned Intensity: /10 Notes:	___ Planned • Stretch all major muscles after each workout. • Spend extra time stretching or doing exercises designed to improve flexibility like Yoga. • Visualization and Relaxation	___ Planned Activity: _____ Intensity: /10 Notes:	___ Planned Rest!

GUIDELINES:

CARDIO: ___ ___ ___
(2 TO 3 TIMES A WEEK)

RESISTANCE TRAINING (TBM WORKOUTS): ___ ___ ___ ___
(3 TO 4 TIMES A WEEK)

FLEXIBILITY: (STRETCH ALL MAJOR MUSCLES AFTER WORKOUTS)