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# SUPREME 90 DAY SYSTEM

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## 90 DAY SUCCESS CHART

The names of the workouts on the chart below correspond to the workouts on the DVDs.  
Just choose the matching DVD to start your workout for the day.

### DAYS 1-30

|                         |                          |                           |                           |                         |                          |                        |                           |                          |                           |
|-------------------------|--------------------------|---------------------------|---------------------------|-------------------------|--------------------------|------------------------|---------------------------|--------------------------|---------------------------|
| 1<br>Chest/<br>Back     | 2<br>Ultimate<br>Ball    | 3<br>Rest                 | 4<br>Tabata<br>Inferno    | 5<br>Shoulders/<br>Arms | 6<br>Cardio<br>Challenge | 7<br>Legs              | 8<br>Chest/<br>Back       | 9<br>Ultimate<br>Ball    | 10<br>Rest                |
| 11<br>Tabata<br>Inferno | 12<br>Shoulders/<br>Arms | 13<br>Cardio<br>Challenge | 14<br>Legs                | 15<br>Chest/<br>Back    | 16<br>Ultimate<br>Ball   | 17<br>Rest             | 18<br>Tabata<br>Inferno   | 19<br>Shoulders/<br>Arms | 20<br>Cardio<br>Challenge |
| 21<br>Legs              | 22<br>Total<br>Body      | 23<br>Core<br>Dynamics    | 24<br>Cardio<br>Challenge | 25<br>Rest              | 26<br>Total<br>Body      | 27<br>Core<br>Dynamics | 28<br>Cardio<br>Challenge | 29<br>Legs               | 30<br>Cardio<br>Challenge |

### DAYS 31-60

|                                    |                           |                         |                                    |                           |                        |                           |                                    |                        |                         |
|------------------------------------|---------------------------|-------------------------|------------------------------------|---------------------------|------------------------|---------------------------|------------------------------------|------------------------|-------------------------|
| 31<br>Back/<br>Bi's                | 32<br>Ultimate<br>Ball    | 33<br>Tabata<br>Inferno | 34<br>Chest/<br>Shoulders<br>Tri's | 35<br>Rest                | 36<br>Legs             | 37<br>Cardio<br>Challenge | 38<br>Back/<br>Bi's                | 39<br>Ultimate<br>Ball | 40<br>Tabata<br>Inferno |
| 41<br>Chest/<br>Shoulders<br>Tri's | 42<br>Rest                | 43<br>Legs              | 44<br>Cardio<br>Challenge          | 45<br>Back/<br>Bi's       | 46<br>Ultimate<br>Ball | 47<br>Tabata<br>Inferno   | 48<br>Chest/<br>Shoulders<br>Tri's | 49<br>Rest             | 50<br>Total<br>Body     |
| 51<br>Core<br>Dynamics             | 52<br>Cardio<br>Challenge | 53<br>Total<br>Body     | 54<br>Core<br>Dynamics             | 55<br>Cardio<br>Challenge | 56<br>Rest             | 57<br>Shoulders/<br>Arms  | 58<br>Ultimate<br>Ball             | 59<br>Rest             | 60<br>Tabata<br>Inferno |

### DAYS 61-90

|                          |                           |                        |                           |                        |                           |                           |                      |                           |                           |
|--------------------------|---------------------------|------------------------|---------------------------|------------------------|---------------------------|---------------------------|----------------------|---------------------------|---------------------------|
| 61<br>Chest/<br>Back     | 62<br>Cardio<br>Challenge | 63<br>Legs             | 64<br>Shoulders/<br>Arms  | 65<br>Ultimate<br>Ball | 66<br>Rest                | 67<br>Tabata<br>Inferno   | 68<br>Chest/<br>Back | 69<br>Cardio<br>Challenge | 70<br>Legs                |
| 71<br>Shoulders/<br>Arms | 72<br>Ultimate<br>Ball    | 73<br>Rest             | 74<br>Tabata<br>Inferno   | 75<br>Chest/<br>Back   | 76<br>Cardio<br>Challenge | 77<br>Legs                | 78<br>Total<br>Body  | 79<br>Core<br>Dynamics    | 80<br>Cardio<br>Challenge |
| 81<br>Rest               | 82<br>Total<br>Body       | 83<br>Core<br>Dynamics | 84<br>Cardio<br>Challenge | 85<br>Total<br>Body    | 86<br>Core<br>Dynamics    | 87<br>Cardio<br>Challenge | 88<br>Total<br>Body  | 89<br>Core<br>Dynamics    | 90<br>Cardio<br>Challenge |

## Congratulations on your new body!

**WARNING:** Consult your physician prior to starting this or any exercise program. You will need hand weights and an exercise ball for some exercises. Use a fitness mat if exercising on a hard surface.

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# Max Workouts 9day Fitness Program

**United States. Congress. Senate.  
Committee on Foreign Relations**

## **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      **Maximum Interval Training** John Cissik,Jay Dawes,2015-06-02 Are you ready to challenge yourself and turn up the intensity of your workouts Are you ready for a proven program that burns fat increases muscle and sculpts the physique you ve always wanted If so then Maximum Interval Training is for you Maximum Interval Training combines high intensity exercises and nontraditional equipment with a variety of modalities and training options to stimulate muscle growth avoid plateaus and produce results You ll find step by step instructions expert advice and photo depictions of 147 exercises as well as ready to use programs for power strength endurance quickness agility tactical training and total body conditioning But rest assured that it won t be more of the same You ll test your limits with a regimen of sprints medicine balls heavy ropes kettlebells sandbags body weight exercises and suspension training Train with maximum intensity for maximum results      *The Navy SEAL Weight Training Workout* Stewart Smith,2013-11-26 Add weights to your NAVY SEAL Training prep The Navy SEAL Weight Training Workout is an effective weight lifting program designed to maintain muscle growth and avoid over training in high repetition and high mileage running and fitness routines like those used by Navy SEALs Pushing your fitness to the extremes is a necessary part of a rigorous regimen like Navy SEAL training But for maximum results it s crucial to incorporate a periodization program that creates a break from all the elements of your regular routine Fitness is a journey not a destination and Navy SEAL Weight Training is the perfect guide to keeping you on the road to becoming fit and strong Navy SEAL style The Navy SEAL Weight Training Workout has been specially designed for those who have a solid foundation of training under their belts and are looking for new ideas to add or replace their existing routines The workouts incorporate weight training exercises along with running biking or swimming and moderate repetitions of calisthenics for the ultimate recovery program built for boosting results Based on actual Navy SEAL training routines Special Ops Team Coach Stew Smith has developed The Navy SEAL Weight Training Workout to help keep you going strong just like the Navy SEALs      *The New High Intensity Training* Ellington Darden,2004-10-01 Presents the high intensity training philosophy with key training points a specialized two week

course for developing certain areas of the body a nutrition plan for boosting body mass and stories of well known HIT users

**The Triathlete's Training Bible** Joe Friel,2024-01-02 Written by Joe Friel one of the most trusted coaches in the world this proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon In this brand new fifth edition of The Triathlete s Training Bible Joe has made extensive updates to incorporate new training methods especially on workout intensity and the latest methodologies to help athletes train smarter and produce better results than ever The Triathlete s Training Bible equips triathletes of all abilities with every detail they must consider when planning a season lining up a week of workouts or preparing for race day In this new edition Joe will guide you to develop your own personalized triathlon training program and Become A Better Swimmer Cyclist And Runner Train With The Most Effective Intensity And Volume Gain Maximum Fitness From Every Workout Make Up For Missed Workouts And Avoid Overtraining Adapt Your Training Plan Based On Your Progress And Lifestyle Build Muscular Endurance With A Proven Approach To Strength Training Improve Body Composition With Smarter Nutrition

Runner's World ,2008-03 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

The Interval Training Workout Joseph T. Nitti,Kimberlie Nitti,2001-05-18 The Interval Training Workout co written by a doctor and a certified trainer shows how interval training can be done practically anywhere and benefit anyone who wants to get healthy The training has three key components Interval training workouts with brief repetitions of intense exercise alternating with intervals of rest extended workouts longer weekly sessions which allow certain biochemical and muscular adaptations that improve fitness and burn fat and active rest days steady comfortably paced exercises that help the body rest and recover while still burning calories The book also offers specific customizable programs for training and tips for assessing performance and tracking progress

**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

**Fire Your Gym! Simplified High-Intensity Workouts You Can Do At Home** Andy Petranek, Roy Wallack, 2013-07-30 Fire Your Gym Simplified High Intensity Workouts You Can Do At Home by Andy Petranek and Roy Wallack Challenging High Intensity Workouts That Make You Incredibly Strong and Fast Had it with the relentless pace fatigue and sore muscles of Body Beast and P90X Tired of driving to the gym every day or paying a trainer Or do you want a break from your tedious workout routine Dive into Fire Your Gym and you will find a challenging exciting time saving fun and smart program that delivers striking gains in muscle size and strength running speed and endurance fat loss and all round peak fitness developed by two top authorities in the fitness world Best of all it leaves you with a simple highly motivating workout system that ll keep you super fit for life right from your own home Andy Petranek founder of one of the world s most successful CrossFit gyms and Los Angeles Times fitness columnist Roy M Wallack have created a unique science based program that blends high intensity strength training intervals and low intensity recovery cardio Brutally effective without beating you up it is simply the best way to get the best results

**Instructions to Precandidates** United States Air Force Academy, 2002

**The Physiology of Training** Gregory Whyte, 2006-03-22 This title is directed primarily towards health care professionals outside of the United States A title in the Advances in Sport and Exercise Science series it provides valuable current information for those involved in sports science coaching science physical education and health promotion Highly respected researchers and practitioners in the field have come together to produce a text containing a wealth of knowledge and experience in dealing with training at the highest level of athletics Drawing on all available research literature this book offers a significant contribution to training physiology by providing an in depth explanation of coaching science using both theoretical and practical models for training across a wide range of coaching disciplines Presents comprehensive coverage of the physiology of training Outstanding list of contributors including Olympic and World Championship Medallists from a variety of sports Theory presented is underscored by practical examples across a broad range of athletics providing a special blend of information combined with practical application Exclusive chapters address training and medical conditions as well as training and the environment Clearly organized structure allows rapid access to desired information making it a prime resource and practical teaching tool

*Instructions to Applicants*, 1996

*Smart Cycling* Arnie Baker, 1997-03-26 Intended both for experienced racing cyclists who want to improve their skills and technique and for recreational riders who want to cycle for fitness or get into racing this book features a 12 week programme for stationary training There is also advice on topics such as choosing a bike

**Effective Sports Conditioning**

**Programs** IDEA Health & Fitness,1998      **Recruitment and Training for the Foreign Service of the United States** United States. Congress. Senate. Committee on Foreign Relations,1958      *Army Reserve Special Report* United States. Army Reserve,1992      Transportation Corps Professional Bulletin ,1992      Massthetic Muscle - The Complete Guide To Building Lean Mass That Is Aesthetically Pleasing Frank Rich,2021-12-10 Gone are the days of extreme bulking and cutting cycles It is possible to build a world class physique packed with pounds of rock hard muscle without ever having to get fat By utilizing 4 specialized training and programming techniques Precision Hypertrophy Principles Cyclical Training 3 Phase Metabolic Fueling Anabolic Interval Sessions you can boost testosterone other muscle building hormones break down the necessary muscle fiber tissue needed for growth speed up the recovery process and ignite fat burning by boosting the metabolic threshold Add 10 15lbs of rock hard lean mass in under 90 days while getting leaner and revealing abs like never before      **River Training Techniques** R. Blazejewski,K.W. Pilarczyk,B. Przedwojski,1995-01-01 This text covers river training techniques Divided into two parts it discusses properties of rivers and fundamentals of river engineering and flood protection      *Routledge Handbook of Sport and Exercise Systems Genetics* J. Timothy Lightfoot,Monica Hubal,Stephen Roth,2019-03-14 Technological advances over the last two decades have placed genetic research at the forefront of sport and exercise science It provides potential answers to some of contemporary sport and exercise s defining issues and throws up some of the area s most challenging ethical questions but to date it has rested on a fragmented and disparate literature base The Routledge Handbook of Sport and Exercise Systems Genetics constitutes the most authoritative and comprehensive reference in this critical area of study consolidating knowledge and providing a framework for interpreting future research findings Taking an approach which covers single gene variations through genomics epigenetics and proteomics to environmental and dietary influences on genetic mechanisms the book is divided into seven sections It examines state of the art genetic methods applies its approach to physical activity exercise endurance muscle strength and sports performance and discusses the ethical considerations associated with genetic research in sport and exercise Made up of contributions from some of the world s leading sport and exercise scientists and including chapters on important topical issues such as gene doping gender testing predicting sport performance and injury risk and using genetic information to inform physical activity and health debates the handbook is a vital addition to the sport and exercise literature It is an important reference for any upper level student researcher or practitioner working in the genetics of sport and exercise or exercise physiology and crucial reading for any social scientist interested in the ethics of sport

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



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