

Customize Your Program: Tier 1

HOW TO USE: The first tier includes Jumping Jacks, Mountain Climbers, Air Squats and Sit-Ups. The focus of this group is building a solid base to work from and this is great for beginners!

This first tier has a Week one goal of 150 total reps. That means you can complete the reps per the exercises you choose whenever you want. An example of this would be choosing to do 30 reps a day for five days with taking two days off. That would give you the 150.

The reps also increase by 150 total reps to complete within each week. So by the end of the month you'll be ready to rock with Week 4 ending at a count of 600 reps. Remember - you can break up the work anyway you want to. An example of this would be you completing 75 Air Squats and 75 Jumping Jacks in the first week of this program. If you want a more detailed outline please click on this Tier 2 PDF, so you can plan out your exercises for the upcoming weeks and months. Also remember - if you ever feel like you can do more reps throughout the week - go for it! This process is all about you forming the habit so as long as you're conducting the movements correctly, you can definitely bump up the reps and do more. You can also email me at joedonar@gmail.com with any questions you may have before you get started or even questions you may develop as you move through this program.

And remember - *you are the work you want to be.*

Weekly Requirements

Week #	Goal Reps	Reps Accomplished	Completed
Week 1	150		<input type="checkbox"/>
Week 2	300		<input type="checkbox"/>
Week 3	450		<input type="checkbox"/>
Week 4	600		<input type="checkbox"/>



Weekly Totals

Date	Week #	Movement	Reps	Completed
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

