## **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		
Week 2	300		
Week 3	450		
Week 4	600		



## **Weekly Totals**

Date	Week #	Movement	Reps	Completed

## **Quick Tips**

- Take it slow. I understand there's not a lot of reps but the point here is to start AND stick with a training program
- 2. If you feel obligated to do more, definitely go for it, but realize the form in your movement is more important than rushing to fail with bad reps.
- If you want to repeat this month, I would suggest adding an additional 50-100 reps per week completed. An example of this would be conducted 250 reps for the first week of the repeated month.
- 4. Lastly, relax and have an awesome time with it. If you tell yourselves you're going to workout on a specific day and then your day get's away from you don't worry. Just make it up when you can. I guess what I'm saying is don't beat yourself for missing what you thought you were going to do. That doesn't help anything. Life gets in the way most of the time so please have some patience with yourself and just do your best.

Date	Week #	Movement	Reps	Completed