

# Customize Your Program: Tier 2

HOW TO USE: The second tier has Plank Push-Ups, Push-Ups, Wall-Sits\* and Burpees. The focus of this group is building determination. This group is great for someone who has already been working out or someone who wants to be challenged.

This second tier has a week one goal of 100 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 20 reps a day for five days with taking two days off.

The reps increase by 100 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 400 reps. Remember - you can break up the work anyway you want to. An example of this would be you choosing only one movement like the Burpees and doing all 100 reps for the week in the first week of this program. If you want a more detailed outline please click on our 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](mailto: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.

I hope you have fun with whatever you choose and remember that *you're the work you want to be.*

\*Wall-Sits = 10 reps per 30 sec conducted

## Weekly Requirements

Week #	Goal Reps	Reps Accomplished	Completed
Week 1	100		<input type="checkbox"/>
Week 2	200		<input type="checkbox"/>
Week 3	300		<input type="checkbox"/>
Week 4	400		<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"/>

