

| Date   | Activity  |                         |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
|--|---|-------------------------|------------|--|--|----------|--------|------|-------|------------------------------------|-----|---|--|-------------|---|----|--|----------------|---|----|--|----------------------|---|----|--|--|---|----|--|--------|-----|---|--|----------------------------|-----|---|--|-----------|---|----|--|-----------------|---|----|--|-----------------|---|----|--|--------------------|---|----|--|--------------|-----|---|--|----------------------------|-----|-------|--|-----------------|---|----|--|---------------|---|----|--|-----------|---|-------|--|------|-----|----|------------|-------------------|-----|-------|--|
| 02-16-2008                                   | 20-minute walk (no weight, not that brisk)<br>P90 Phase I-II: Cardio Abs<br>- I seemed to be better at maintaining my balance with the side stretches<br>- I realized why I kept stumbling when doing crescent or warrior: I wasn't dropping my heel from the runner's pose<br>- Knees Up, I did same format as team<br>- Knees out – I did alternative   |                         |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| 02-15-2008                                   | None  |                         |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| 02-14-2008                                   | P90 Phase I-II Circuit<br><table border="1" data-bbox="346 406 1285 997"> <thead> <tr> <th colspan="4" data-bbox="346 406 1285 433">P90: Phase I-II Circuit</th> </tr> <tr> <th data-bbox="346 433 646 461">Exercise</th> <th data-bbox="646 433 766 461">Weight</th> <th data-bbox="766 433 865 461">Reps</th> <th data-bbox="865 433 1285 461">Notes</th> </tr> </thead> <tbody> <tr> <td data-bbox="346 461 646 513">Regular Push-ups<br/>(aka Standard)</td> <td data-bbox="646 461 766 513">---</td> <td data-bbox="766 461 865 513">6</td> <td data-bbox="865 461 1285 513"></td> </tr> <tr> <td data-bbox="346 513 646 540">Heavy Pants</td> <td data-bbox="646 513 766 540">5</td> <td data-bbox="766 513 865 540">15</td> <td data-bbox="865 513 1285 540"></td> </tr> <tr> <td data-bbox="346 540 646 568">Military Press</td> <td data-bbox="646 540 766 568">5</td> <td data-bbox="766 540 865 568">13</td> <td data-bbox="865 540 1285 568"></td> </tr> <tr> <td data-bbox="346 568 646 596">Standard Bicep Curls</td> <td data-bbox="646 568 766 596">5</td> <td data-bbox="766 568 865 596">12</td> <td data-bbox="865 568 1285 596"></td> </tr> <tr> <td data-bbox="346 596 646 647">One Arm Tricep Raise<br/>(aka Back Scratches)</td> <td data-bbox="646 596 766 647">3</td> <td data-bbox="766 596 865 647">10</td> <td data-bbox="865 596 1285 647"></td> </tr> <tr> <td data-bbox="346 647 646 675">Lunges</td> <td data-bbox="646 647 766 675">---</td> <td data-bbox="766 647 865 675">5</td> <td data-bbox="865 647 1285 675"></td> </tr> <tr> <td data-bbox="346 675 646 703">Fly Push-ups</td> <td data-bbox="646 675 766 703">---</td> <td data-bbox="766 675 865 703">5</td> <td data-bbox="865 675 1285 703"></td> </tr> <tr> <td data-bbox="346 703 646 730">Back Flys</td> <td data-bbox="646 703 766 730">5</td> <td data-bbox="766 703 865 730">14</td> <td data-bbox="865 703 1285 730"></td> </tr> <tr> <td data-bbox="346 730 646 758">Swimmer's Press</td> <td data-bbox="646 730 766 758">5</td> <td data-bbox="766 730 865 758">12</td> <td data-bbox="865 730 1285 758"></td> </tr> <tr> <td data-bbox="346 758 646 786">Wide Open Curls</td> <td data-bbox="646 758 766 786">5</td> <td data-bbox="766 758 865 786">12</td> <td data-bbox="865 758 1285 786"></td> </tr> <tr> <td data-bbox="346 786 646 813">Two Arm Kick-Backs</td> <td data-bbox="646 786 766 813">5</td> <td data-bbox="766 786 865 813">15</td> <td data-bbox="865 786 1285 813"></td> </tr> <tr> <td data-bbox="346 813 646 841">Lunge/Squats</td> <td data-bbox="646 813 766 841">---</td> <td data-bbox="766 813 865 841">5</td> <td data-bbox="865 813 1285 841"></td> </tr> <tr> <td data-bbox="346 841 646 868">Wide/Tri/Standard Push-ups</td> <td data-bbox="646 841 766 868">---</td> <td data-bbox="766 841 865 868">5/0/2</td> <td data-bbox="865 841 1285 868"></td> </tr> <tr> <td data-bbox="346 868 646 896">Lawnmower Start</td> <td data-bbox="646 868 766 896">5</td> <td data-bbox="766 868 865 896">12</td> <td data-bbox="865 868 1285 896"></td> </tr> <tr> <td data-bbox="346 896 646 924">Shoulder Flys</td> <td data-bbox="646 896 766 924">5</td> <td data-bbox="766 896 865 924">10</td> <td data-bbox="865 896 1285 924"></td> </tr> <tr> <td data-bbox="346 924 646 951">Bicep 21s</td> <td data-bbox="646 924 766 951">5</td> <td data-bbox="766 924 865 951">7/7/7</td> <td data-bbox="865 924 1285 951"></td> </tr> <tr> <td data-bbox="346 951 646 979">Dips</td> <td data-bbox="646 951 766 979">---</td> <td data-bbox="766 951 865 979">10</td> <td data-bbox="865 951 1285 979">Knees bent</td> </tr> <tr> <td data-bbox="346 979 646 997">Three Part Squats</td> <td data-bbox="646 979 766 997">---</td> <td data-bbox="766 979 865 997">8/8/8</td> <td data-bbox="865 979 1285 997"></td> </tr> </tbody> </table> | P90: Phase I-II Circuit |            |  |  | Exercise | Weight | Reps | Notes | Regular Push-ups<br>(aka Standard) | --- | 6 |  | Heavy Pants | 5 | 15 |  | Military Press | 5 | 13 |  | Standard Bicep Curls | 5 | 12 |  | One Arm Tricep Raise<br>(aka Back Scratches) | 3 | 10 |  | Lunges | --- | 5 |  | Fly Push-ups               | --- | 5 |  | Back Flys | 5 | 14 |  | Swimmer's Press | 5 | 12 |  | Wide Open Curls | 5 | 12 |  | Two Arm Kick-Backs | 5 | 15 |  | Lunge/Squats | --- | 5 |  | Wide/Tri/Standard Push-ups | --- | 5/0/2 |  | Lawnmower Start | 5 | 12 |  | Shoulder Flys | 5 | 10 |  | Bicep 21s | 5 | 7/7/7 |  | Dips | --- | 10 | Knees bent | Three Part Squats | --- | 8/8/8 |  |
| P90: Phase I-II Circuit                      |   |                         |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Exercise                                     | Weight  | Reps                    | Notes      |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Regular Push-ups<br>(aka Standard)           | ---   | 6                       |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Heavy Pants                                  | 5   | 15                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Military Press                               | 5   | 13                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Standard Bicep Curls                         | 5   | 12                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| One Arm Tricep Raise<br>(aka Back Scratches) | 3   | 10                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Lunges                                       | ---   | 5                       |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Fly Push-ups                                 | ---   | 5                       |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Back Flys                                    | 5   | 14                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Swimmer's Press                              | 5   | 12                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Wide Open Curls                              | 5   | 12                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Two Arm Kick-Backs                           | 5   | 15                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Lunge/Squats                                 | ---   | 5                       |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Wide/Tri/Standard Push-ups                   | ---   | 5/0/2                   |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Lawnmower Start                              | 5   | 12                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Shoulder Flys                                | 5   | 10                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Bicep 21s                                    | 5   | 7/7/7                   |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Dips   | ---   | 10                      | Knees bent |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Three Part Squats                            | ---   | 8/8/8                   |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| 02-13-2008                                   | P90 Phase I-II Cardio/Abs   |                         |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| 02-12-2008                                   | P90 Phase I-II Circuit<br><table border="1" data-bbox="346 1104 1285 1471"> <thead> <tr> <th colspan="4" data-bbox="346 1104 1285 1131">P90: Phase I-II Circuit</th> </tr> <tr> <th data-bbox="346 1131 646 1159">Exercise</th> <th data-bbox="646 1131 766 1159">Weight</th> <th data-bbox="766 1131 865 1159">Reps</th> <th data-bbox="865 1131 1285 1159">Notes</th> </tr> </thead> <tbody> <tr> <td data-bbox="346 1159 646 1211">Regular Push-ups<br/>(aka Standard)</td> <td data-bbox="646 1159 766 1211">---</td> <td data-bbox="766 1159 865 1211">6</td> <td data-bbox="865 1159 1285 1211"></td> </tr> <tr> <td data-bbox="346 1211 646 1239">Heavy Pants</td> <td data-bbox="646 1211 766 1239">5</td> <td data-bbox="766 1211 865 1239">15</td> <td data-bbox="865 1211 1285 1239"></td> </tr> <tr> <td data-bbox="346 1239 646 1266">Military Press</td> <td data-bbox="646 1239 766 1266">5</td> <td data-bbox="766 1239 865 1266">13</td> <td data-bbox="865 1239 1285 1266"></td> </tr> <tr> <td data-bbox="346 1266 646 1294">Standard Bicep Curls</td> <td data-bbox="646 1266 766 1294">5</td> <td data-bbox="766 1266 865 1294">10</td> <td data-bbox="865 1266 1285 1294"></td> </tr> <tr> <td data-bbox="346 1294 646 1346">One Arm Tricep Raise<br/>(aka Back Scratches)</td> <td data-bbox="646 1294 766 1346">3</td> <td data-bbox="766 1294 865 1346">8</td> <td data-bbox="865 1294 1285 1346"></td> </tr> <tr> <td data-bbox="346 1346 646 1373">Lunges</td> <td data-bbox="646 1346 766 1373">---</td> <td data-bbox="766 1346 865 1373">5</td> <td data-bbox="865 1346 1285 1373"></td> </tr> <tr> <td data-bbox="346 1373 646 1425">Fly Push-ups<br/>(aka Wide)</td> <td data-bbox="646 1373 766 1425">---</td> <td data-bbox="766 1373 865 1425">6</td> <td data-bbox="865 1373 1285 1425"></td> </tr> <tr> <td data-bbox="346 1425 646 1453">Back Flys</td> <td data-bbox="646 1425 766 1453">5</td> <td data-bbox="766 1425 865 1453">14</td> <td data-bbox="865 1425 1285 1453"></td> </tr> <tr> <td data-bbox="346 1453 646 1471">Swimmer's Press</td> <td data-bbox="646 1453 766 1471">5</td> <td data-bbox="766 1453 865 1471">10</td> <td data-bbox="865 1453 1285 1471"></td> </tr> </tbody> </table>   | P90: Phase I-II Circuit |            |  |  | Exercise | Weight | Reps | Notes | Regular Push-ups<br>(aka Standard) | --- | 6 |  | Heavy Pants | 5 | 15 |  | Military Press | 5 | 13 |  | Standard Bicep Curls | 5 | 10 |  | One Arm Tricep Raise<br>(aka Back Scratches) | 3 | 8  |  | Lunges | --- | 5 |  | Fly Push-ups<br>(aka Wide) | --- | 6 |  | Back Flys | 5 | 14 |  | Swimmer's Press | 5 | 10 |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| P90: Phase I-II Circuit                      |   |                         |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Exercise                                     | Weight  | Reps                    | Notes      |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Regular Push-ups<br>(aka Standard)           | ---   | 6                       |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Heavy Pants                                  | 5   | 15                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Military Press                               | 5   | 13                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Standard Bicep Curls                         | 5   | 10                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| One Arm Tricep Raise<br>(aka Back Scratches) | 3   | 8                       |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Lunges                                       | ---   | 5                       |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Fly Push-ups<br>(aka Wide)                   | ---   | 6                       |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Back Flys                                    | 5   | 14                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |
| Swimmer's Press                              | 5   | 10                      |            |  |  |          |        |      |       |                                    |     |   |  |             |   |    |  |                |   |    |  |                      |   |    |  |  |   |    |  |        |     |   |  |                            |     |   |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |    |  |           |   |       |  |      |     |    |            |                   |     |       |  |

|   | <table border="1"> <tr><td>Wide Open Curls</td><td>5</td><td>12</td><td></td></tr> <tr><td>Two Arm Kick-Backs</td><td>5</td><td>15</td><td></td></tr> <tr><td>Lunge/Squats</td><td>---</td><td>5</td><td></td></tr> <tr><td>Wide/Tri/Standard Push-ups</td><td>---</td><td>5/1/2</td><td></td></tr> <tr><td>Lawnmower Start</td><td>5</td><td>10</td><td></td></tr> <tr><td>Shoulder Flys</td><td>5</td><td>8</td><td></td></tr> <tr><td>Bicep 21s</td><td>5</td><td>7/7/7</td><td></td></tr> <tr><td>Dips</td><td>---</td><td>10</td><td>Knees bent; sitting position</td></tr> <tr><td>Three Part Squats</td><td>---</td><td>8/8/8</td><td></td></tr> </table> <p>- I used the perfect push up for all push ups.</p>  | Wide Open Curls         | 5   | 12 |  | Two Arm Kick-Backs | 5      | 15   |       | Lunge/Squats                    | --- | 5 |  | Wide/Tri/Standard Push-ups | --- | 5/1/2 |  | Lawnmower Start | 5 | 10 |  | Shoulder Flys        | 5 | 8  |  | Bicep 21s                                 | 5 | 7/7/7 |   | Dips   | --- | 10 | Knees bent; sitting position | Three Part Squats       | --- | 8/8/8 |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
|---|---|-------------------------|---|----|--|--------------------|--------|------|-------|---------------------------------|-----|---|--|----------------------------|-----|-------|--|-----------------|---|----|--|----------------------|---|----|--|---|---|-------|---|--------|-----|----|------------------------------|-------------------------|-----|-------|--|-----------|---|----|--|-----------------|---|----|--|-----------------|---|----|--|--------------------|---|----|--|--------------|-----|---|--|----------------------------|-----|-------|--|-----------------|---|----|--|---------------|---|---|--|-----------|---|-------|--|------|-----|----|------------------------------|-------------------|-----|-------|--|
| Wide Open Curls                           | 5   | 12                      |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Two Arm Kick-Backs                        | 5   | 15                      |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Lunge/Squats                              | ---   | 5                       |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Wide/Tri/Standard Push-ups                | ---   | 5/1/2                   |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Lawnmower Start                           | 5   | 10                      |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Shoulder Flys                             | 5   | 8                       |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Bicep 21s                                 | 5   | 7/7/7                   |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Dips                                      | ---   | 10                      | Knees bent; sitting position                                  |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Three Part Squats                         | ---   | 8/8/8                   |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| 02-11-2008                                | None  |                         |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| 02-10-2008                                | None  |                         |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| 02-09-2008                                | 15-minute walk (no weight, not that brisk)  |                         |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| 02-08-2008                                | None  |                         |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| 02-07-2008                                | P90 Phase I-II Cardio/Abs   |                         |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| 02-06-2008                                | None  |                         |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| 02-05-2008                                | <p>20-minute brisk walk (no weight)<br/>P90 Phase I-II Circuit</p> <table border="1"> <thead> <tr> <th colspan="4">P90: Phase I-II Circuit</th> </tr> <tr> <th>Exercise</th> <th>Weight</th> <th>Reps</th> <th>Notes</th> </tr> </thead> <tbody> <tr><td>Regular Push-ups (aka Standard)</td><td>---</td><td>4</td><td></td></tr> <tr><td>Heavy Pants</td><td>5</td><td>15</td><td></td></tr> <tr><td>Military Press</td><td>5</td><td>13</td><td></td></tr> <tr><td>Standard Bicep Curls</td><td>5</td><td>10</td><td></td></tr> <tr><td>One Arm Tricep Raise (aka Back Scratches)</td><td>5</td><td>8</td><td>Realized after the fact that I was not using the correct form</td></tr> <tr><td>Lunges</td><td>---</td><td>5</td><td></td></tr> <tr><td>Fly Push-ups (aka Wide)</td><td>---</td><td>7</td><td></td></tr> <tr><td>Back Flys</td><td>5</td><td>14</td><td></td></tr> <tr><td>Swimmer's Press</td><td>5</td><td>10</td><td></td></tr> <tr><td>Wide Open Curls</td><td>5</td><td>12</td><td></td></tr> <tr><td>Two Arm Kick-Backs</td><td>5</td><td>15</td><td></td></tr> <tr><td>Lunge/Squats</td><td>---</td><td>5</td><td></td></tr> <tr><td>Wide/Tri/Standard Push-ups</td><td>---</td><td>5/1/2</td><td></td></tr> <tr><td>Lawnmower Start</td><td>5</td><td>10</td><td></td></tr> <tr><td>Shoulder Flys</td><td>5</td><td>8</td><td></td></tr> <tr><td>Bicep 21s</td><td>5</td><td>7/7/7</td><td></td></tr> <tr><td>Dips</td><td>---</td><td>10</td><td>Knees bent; sitting position</td></tr> <tr><td>Three Part Squats</td><td>---</td><td>8/8/8</td><td></td></tr> </tbody> </table> <p>- I used the perfect push up for all push ups.</p> | P90: Phase I-II Circuit |   |    |  | Exercise           | Weight | Reps | Notes | Regular Push-ups (aka Standard) | --- | 4 |  | Heavy Pants                | 5   | 15    |  | Military Press  | 5 | 13 |  | Standard Bicep Curls | 5 | 10 |  | One Arm Tricep Raise (aka Back Scratches) | 5 | 8     | Realized after the fact that I was not using the correct form | Lunges | --- | 5  |                              | Fly Push-ups (aka Wide) | --- | 7     |  | Back Flys | 5 | 14 |  | Swimmer's Press | 5 | 10 |  | Wide Open Curls | 5 | 12 |  | Two Arm Kick-Backs | 5 | 15 |  | Lunge/Squats | --- | 5 |  | Wide/Tri/Standard Push-ups | --- | 5/1/2 |  | Lawnmower Start | 5 | 10 |  | Shoulder Flys | 5 | 8 |  | Bicep 21s | 5 | 7/7/7 |  | Dips | --- | 10 | Knees bent; sitting position | Three Part Squats | --- | 8/8/8 |  |
| P90: Phase I-II Circuit                   |   |                         |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Exercise                                  | Weight  | Reps                    | Notes   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Regular Push-ups (aka Standard)           | ---   | 4                       |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Heavy Pants                               | 5   | 15                      |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Military Press                            | 5   | 13                      |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Standard Bicep Curls                      | 5   | 10                      |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| One Arm Tricep Raise (aka Back Scratches) | 5   | 8                       | Realized after the fact that I was not using the correct form |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Lunges                                    | ---   | 5                       |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Fly Push-ups (aka Wide)                   | ---   | 7                       |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Back Flys                                 | 5   | 14                      |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Swimmer's Press                           | 5   | 10                      |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Wide Open Curls                           | 5   | 12                      |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Two Arm Kick-Backs                        | 5   | 15                      |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Lunge/Squats                              | ---   | 5                       |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Wide/Tri/Standard Push-ups                | ---   | 5/1/2                   |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Lawnmower Start                           | 5   | 10                      |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Shoulder Flys                             | 5   | 8                       |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Bicep 21s                                 | 5   | 7/7/7                   |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Dips                                      | ---   | 10                      | Knees bent; sitting position                                  |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| Three Part Squats                         | ---   | 8/8/8                   |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| 02-04-2008                                | None  |                         |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| 02-03-2008                                | None  |                         |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |
| 02-02-2008                                | 20-minute brisk walk (no weight)  |                         |   |    |  |                    |        |      |       |                                 |     |   |  |                            |     |       |  |                 |   |    |  |                      |   |    |  |   |   |       |   |        |     |    |                              |                         |     |       |  |           |   |    |  |                 |   |    |  |                 |   |    |  |                    |   |    |  |              |     |   |  |                            |     |       |  |                 |   |    |  |               |   |   |  |           |   |       |  |      |     |    |                              |                   |     |       |  |

|            |   |
|------------|---|
| 02-01-2008 | 15-minute walk (no weight, not that brisk)            |
| 01-31-2008 | None  |
| 01-30-2008 | P90 Phase I-II Circuit (I didn't record weights/reps) |
| 01-29-2008 | P90 Phase I-II Cardio                                 |
| 01-28-2008 | P90 Phase I-II Cardio/Abs                             |

| P90: Phase I-II Circuit                      |        |      |       |
|--|--------|------|-------|
| Exercise                                     | Weight | Reps | Notes |
| Regular Push-ups<br>(aka Standard)           | ---    |      |       |
| Heavy Pants                                  |        |      |       |
| Military Press                               |        |      |       |
| Standard Bicep Curls                         |        |      |       |
| One Arm Tricep Raise<br>(aka Back Scratches) |        |      |       |
| Lunges                                       | ---    |      |       |
| Fly Push-ups                                 | ---    |      |       |
| Back Flys                                    |        |      |       |
| Swimmer's Press                              |        |      |       |
| Wide Open Curls                              |        |      |       |
| Two Arm Kick-Backs                           |        |      |       |
| Lunge/Squats                                 | ---    |      |       |
| Wide/Tri/Standard Push-ups                   | ---    |      |       |
| Lawnmower Start                              |        |      |       |
| Shoulder Flys                                |        |      |       |
| Bicep 21s                                    |        |      |       |
| Dips   | ---    |      |       |
| Three Part Squats                            | ---    |      |       |