

WEEK 1 PLANNER

BULLETPROOF BODY
21 Day Challenge

DAY 1: Mobility Training & Cardio

Watch: Getting Started Video

Lower Body Mobility Training: Hip CAR

Cardiovascular Training: 20 minutes steady state cardio

DAY 2: Resistance Training

Lower Body Workout

DAY 3: Mobility Training & Cardio

Upper Body Mobility Training: Shoulder CAR

Cardiovascular Training: 20 minutes steady state cardio

DAY 4: Resistance Training

Upper Body Workout

DAY 5: Mobility Training & Cardio

Total Mobility Training: Spine CAR

Cardiovascular Training: 20 minutes steady state cardio

DAY 6: Resistance Training

Total Body Workout

Day 7: Rest/Catch Up

Take a rest day or catch up on training you may have missed

DAY 1 NOTES

Mobility Training: Hip CAR

Do you feel pain or pinch when doing this? If so, at what point? On which side?

Do you feel any movement restrictions or tightness? On which side?

What differences do you feel between the right and left side?

Cardiovascular Training

What type of cardio did you do?

DAY 2 NOTES: Lower Body Workout

Bands used:

Were there any exercises that you struggled with? If so, consider decreasing the resistance the next time you do this workout so you can focus on your form and building strength.

Were there any exercises that felt too easy? If so, consider increasing the resistance the next time you do this workout.

DAY 3 NOTES

Mobility Training: Shoulder CAR

Do you feel pain or pinch when doing this? If so, at what point? On which side?

Do you feel any movement restrictions or tightness? On which side?

What differences do you feel between the right and left side?

Cardiovascular Training

What type of cardio did you do?

DAY 4 NOTES: Upper Body Workout

Bands used:

Were there any exercises that you struggled with? If so, consider decreasing the resistance the next time you do this workout so you can focus on your form and building strength.

Were there any exercises that felt too easy? If so, consider increasing the resistance the next time you do this workout.

DAY 5 NOTES

Mobility Training: Spine CAR

Do you feel pain or pinch when doing this? If so, at what point?

Do you feel any movement restrictions or tightness? At what point?

What differences do you feel between flexion and extension?

Cardiovascular Training

What type of cardio did you do?

DAY 6 NOTES: Total Body Workout

Bands used:

Were there any exercises that you struggled with? If so, consider decreasing the resistance the next time you do this workout so you can focus on your form and building strength.

Were there any exercises that felt too easy? If so, consider increasing the resistance the next time you do this workout.