|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BP56  YOUR PLAN   * Design your weekly AZ sessions; workout days, time, and type (Walk and or Run (recommended), Ride, Swim, Machines, etc.). * Tick off your three meals and sleep compliance. * Tally up your weekly minutes in AZ (Minimum: 120 minutes). * Bring this planner to the final testing date. | | | | | | | | | | | |
| Me: | | | Starting Date: | | | Finishing Date: | | | Re-Testing Date: | | |
| Day | AZ Workout | Time | | Strength Set | Completed | | Breakfast | Lunch | | Dinner | Sleep |
| 1 |  |  | |  |  | |  |  | |  |  |
| 2 |  |  | |  |  | |  |  | |  |  |
| 3 |  |  | |  |  | |  |  | |  |  |
| 4 |  |  | |  |  | |  |  | |  |  |
| 5 |  |  | |  |  | |  |  | |  |  |
| 6 |  |  | |  |  | |  |  | |  |  |
| 7 |  |  | |  |  | |  |  | |  |  |
| Weekly Total Minutes in AZ: | | | | | | | | | | | |
| 8 |  |  | |  |  | |  |  | |  |  |
| 9 |  |  | |  |  | |  |  | |  |  |
| 10 |  |  | |  |  | |  |  | |  |  |
| 11 |  |  | |  |  | |  |  | |  |  |
| 12 |  |  | |  |  | |  |  | |  |  |
| 13 |  |  | |  |  | |  |  | |  |  |
| 14 |  |  | |  |  | |  |  | |  |  |
| Weekly Total Minutes in AZ: | | | | | | | | | | | |
| 15 |  |  | |  |  | |  |  | |  |  |
| 16 |  |  | |  |  | |  |  | |  |  |
| 17 |  |  | |  |  | |  |  | |  |  |
| 18 |  |  | |  |  | |  |  | |  |  |
| 19 |  |  | |  |  | |  |  | |  |  |
| 20 |  |  | |  |  | |  |  | |  |  |
| 21 |  |  | |  |  | |  |  | |  |  |
| Weekly Total Minutes in AZ: | | | | | | | | | | | |
| 22 |  |  | |  |  | |  |  | |  |  |
| 23 |  |  | |  |  | |  |  | |  |  |
| 24 |  |  | |  |  | |  |  | |  |  |
| 25 |  |  | |  |  | |  |  | |  |  |
| 26 |  |  | |  |  | |  |  | |  |  |
| 27 |  |  | |  |  | |  |  | |  |  |
| 28 |  |  | |  |  | |  |  | |  |  |
| Weekly Total Minutes in AZ: | | | | | | | | | | | |
| 29 |  |  | |  |  | |  |  | |  |  |
| 30 |  |  | |  |  | |  |  | |  |  |
| 31 |  |  | |  |  | |  |  | |  |  |
| 32 |  |  | |  |  | |  |  | |  |  |
| 33 |  |  | |  |  | |  |  | |  |  |
| 34 |  |  | |  |  | |  |  | |  |  |
| 35 |  |  | |  |  | |  |  | |  |  |
| Weekly Total Minutes in AZ: | | | | | | | | | | | |
| 36 |  |  | |  |  | |  |  | |  |  |
| 37 |  |  | |  |  | |  |  | |  |  |
| 38 |  |  | |  |  | |  |  | |  |  |
| 39 |  |  | |  |  | |  |  | |  |  |
| 40 |  |  | |  |  | |  |  | |  |  |
| 41 |  |  | |  |  | |  |  | |  |  |
| 42 |  |  | |  |  | |  |  | |  |  |
| Weekly Total Minutes in AZ: | | | | | | | | | | | |
| 43 |  |  | |  |  | |  |  | |  |  |
| 44 |  |  | |  |  | |  |  | |  |  |
| 45 |  |  | |  |  | |  |  | |  |  |
| 46 |  |  | |  |  | |  |  | |  |  |
| 47 |  |  | |  |  | |  |  | |  |  |
| 48 |  |  | |  |  | |  |  | |  |  |
| 49 |  |  | |  |  | |  |  | |  |  |
| Weekly Total Minutes in AZ: | | | | | | | | | | | |
| 50 |  |  | |  |  | |  |  | |  |  |
| 51 |  |  | |  |  | |  |  | |  |  |
| 52 |  |  | |  |  | |  |  | |  |  |
| 53 |  |  | |  |  | |  |  | |  |  |
| 54 |  |  | |  |  | |  |  | |  |  |
| 55 |  |  | |  |  | |  |  | |  |  |
| 56 |  |  | |  |  | |  |  | |  |  |
| Weekly Total Minutes in AZ:  Next: 1) Full Health re-Assessment, and, 2) Your Questionnaire Score. | | | | | | | | | | | |

Spinal Strength Sets – see video for a demonstration.

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| --- | --- | --- |
| BP56 Spinal Strength Set One  Rotate through this set x 2 | | |
| 1 | DB Squat Press | 10 Reps |
| 2 | DB Push-Ups (feet of knees) | 10 Reps |
| 3 | DB Lying Rotations | 16 Reps |
| BP56 Spinal Strength Set Two  Rotate through this set x 2 | | |
| 1 | DB Squatted Arm Curls | 10 Reps |
| 2 | Kneeling Shoulder Press | 10 Reps |
| 3 | DB Crunching Press | 12 Reps |
| BP56 Spinal Strength Set Three  Rotate through this set x 2 | | |
| 1 | DB One-Legged Push Ups (feet of knees) | 10 Reps |
| 2 | DB Lying Alternate Ladders | 16 Reps |
| 3 | Back Arches | 10 Reps |
| BP56 Spinal Strength Set Four  Rotate through this set x 2 | | |
| 1 | DB Straight Arm Forward Extensions | 10 Reps |
| 2 | DB Side Dips | 5/5 Reps |
| 3 | DB Standing Rotations | 16 Reps |