

AGE 35

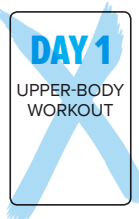
BILL PHILLIPS
BACK TO FIT
 12-WEEK TRAINER



AGE 50

WEEKS 1-4

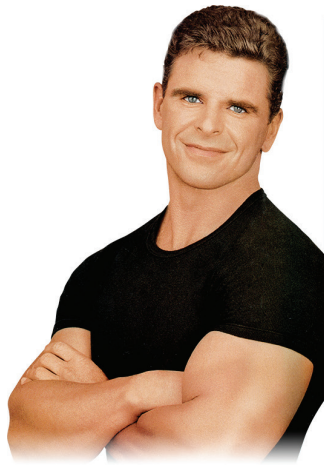
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|-------------------------------------|-------------------------|-------------------------------------|-------------------------------------|-------------------------|-------------------------------------|-----------------------|
| DAY 1 UPPER-BODY WORKOUT | DAY 2 CARDIO | DAY 3 LOWER-BODY WORKOUT | DAY 4 UPPER-BODY WORKOUT | DAY 5 CARDIO | DAY 6 LOWER-BODY WORKOUT | DAY 7 REST |
| DAY 8 UPPER-BODY WORKOUT | DAY 9 CARDIO | DAY 10 LOWER-BODY WORKOUT | DAY 11 UPPER-BODY WORKOUT | DAY 12 CARDIO | DAY 13 LOWER-BODY WORKOUT | DAY 14 REST |
| DAY 15 UPPER-BODY WORKOUT | DAY 16 CARDIO | DAY 17 LOWER-BODY WORKOUT | DAY 18 UPPER-BODY WORKOUT | DAY 19 CARDIO | DAY 20 LOWER-BODY WORKOUT | DAY 21 REST |
| DAY 22 UPPER-BODY WORKOUT | DAY 23 CARDIO | DAY 24 LOWER-BODY WORKOUT | DAY 25 UPPER-BODY WORKOUT | DAY 26 CARDIO | DAY 27 LOWER-BODY WORKOUT | DAY 28 REST |



CROSS OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF YOUR PROGRESS

WHAT'S YOUR GOAL? _____

ACHIEVED YOUR GOAL: YES / NO



BILL PHILLIPS
**BACK
 TO
 FIT**
 12-WEEK TRAINER



WEEKS 5-8

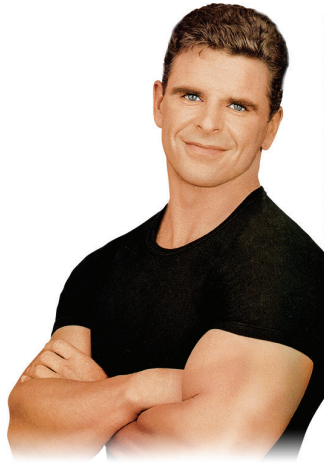
AGE 35

AGE 50

| | | | | | | |
|--|-------------------------|--|--|-------------------------|--|-----------------------|
| DAY 29 UPPER-BODY WORKOUT | DAY 30 CARDIO | DAY 31 LOWER-BODY WORKOUT | DAY 32 UPPER-BODY WORKOUT | DAY 33 CARDIO | DAY 34 LOWER-BODY WORKOUT | DAY 35 REST |
| DAY 36 UPPER-BODY WORKOUT | DAY 37 CARDIO | DAY 38 LOWER-BODY WORKOUT | DAY 39 UPPER-BODY WORKOUT | DAY 40 CARDIO | DAY 41 LOWER-BODY WORKOUT | DAY 42 REST |
| DAY 43 UPPER-BODY WORKOUT | DAY 44 CARDIO | DAY 45 LOWER-BODY WORKOUT | DAY 46 UPPER-BODY WORKOUT | DAY 47 CARDIO | DAY 48 LOWER-BODY WORKOUT | DAY 49 REST |
| DAY 50 UPPER-BODY WORKOUT | DAY 51 CARDIO | DAY 52 LOWER-BODY WORKOUT | DAY 53 UPPER-BODY WORKOUT | DAY 54 CARDIO | DAY 55 LOWER-BODY WORKOUT | DAY 56 REST |

WHAT'S YOUR GOAL? _____

_____ **ACHIEVED YOUR GOAL:** YES / NO



AGE 35

BILL PHILLIPS
**BACK
 TO
 FIT**
 12-WEEK TRAINER



AGE 50

WEEKS 9-12

| | | | | | | |
|--|-------------------------|--|--|-------------------------|--|-----------------------|
| DAY 57 UPPER-BODY WORKOUT | DAY 58 CARDIO | DAY 59 LOWER-BODY WORKOUT | DAY 60 UPPER-BODY WORKOUT | DAY 61 CARDIO | DAY 62 LOWER-BODY WORKOUT | DAY 63 REST |
| DAY 64 UPPER-BODY WORKOUT | DAY 65 CARDIO | DAY 66 LOWER-BODY WORKOUT | DAY 67 UPPER-BODY WORKOUT | DAY 68 CARDIO | DAY 69 LOWER-BODY WORKOUT | DAY 70 REST |
| DAY 71 UPPER-BODY WORKOUT | DAY 72 CARDIO | DAY 73 LOWER-BODY WORKOUT | DAY 74 UPPER-BODY WORKOUT | DAY 75 CARDIO | DAY 76 LOWER-BODY WORKOUT | DAY 77 REST |
| DAY 78 UPPER-BODY WORKOUT | DAY 79 CARDIO | DAY 80 LOWER-BODY WORKOUT | DAY 81 UPPER-BODY WORKOUT | DAY 82 CARDIO | DAY 83 LOWER-BODY WORKOUT | DAY 84 REST |

WHAT'S YOUR GOAL? _____

_____ **ACHIEVED YOUR GOAL:** YES / NO