



jolly bodies proprietor: M. M. M.

meet your trainers.

Lee Ann Jolly, Ph.D., NASM CPT

Director of training + format development

Lee Ann holds a Ph.D. in human physiology and biophysics and has been an AFAA Group exercise instructor (GFI) and NASM certified personal trainer (CPT) since 2005. She leads the development of the JB curriculum, which consists of distinct cardiovascular, muscular, and restorative conditioning methods. Lee Ann has been dreaming of launching a no impact, high intensity personal training program for the last 5 years - and the time has come to bring it to life with JB strong. According to the Wizarding world of Harry Potter, Lee Ann is classified as a Slytherin and isn't raw about that at all.



Burke Jolly, M.A., AFAA GFI

Director of staff development + training








Burke has a masters degree in family and youth counseling and has been an AFAA certified fitness instructor since 2014. He puts the "Jolly" in JB, and works with Lee Ann directly on program design and development. JB strong is his favorite, which is why he's so damn giddy about this program. Burke is also the director of JB staff development and training for JB. According to the Wizarding world of Harry Potter, Burke is 100% Hufflepuff and is v, v, proud of that.



Hold on to your butts.

JB strong is focused on the transformative power of resistance training. JB strong is making its debut as a 90-day program, which you are about to embark upon, in the Jolly Bodies Digital Studio. Over the next 12 weeks, you're going to work your entire musculature in a 100% mapped out method that is planned for you in sequential order. You don't have to do any driving, but you do have to show up. We'll take it from there.

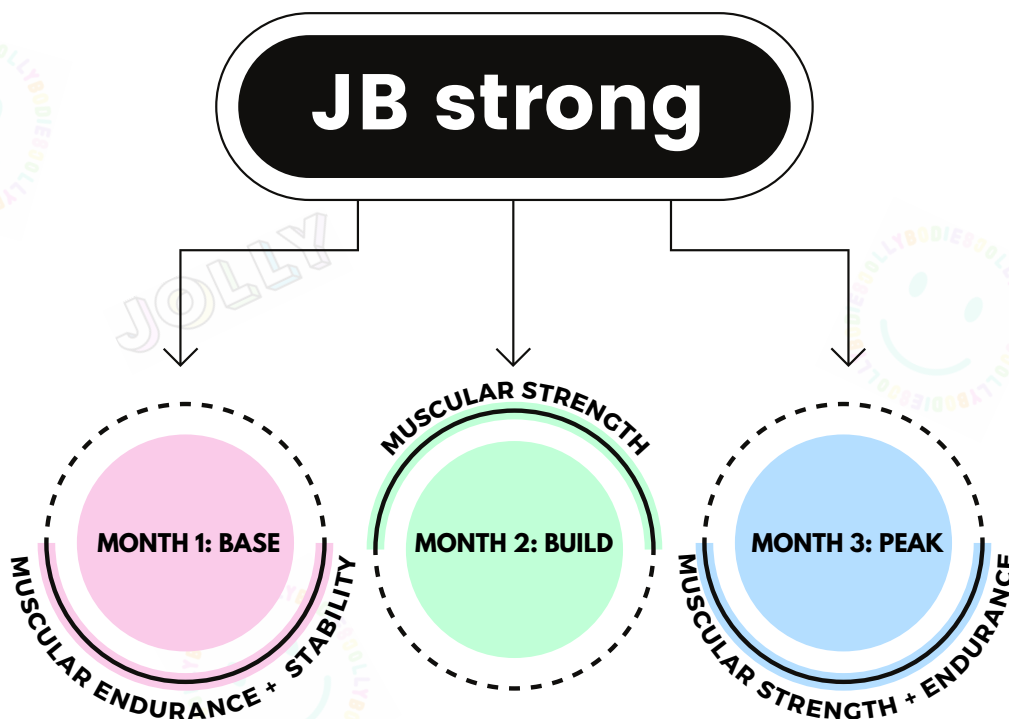
how it works:

-  The timeline of JB strong
-  Logging your workouts and tracking progress
-  Benchmarks
-  Equipment
-  FAQ's
-  Logs and tracking sheets
-  JB strong 3 month calendar

The timeline.

Originally developed as a group exercise format, JB strong is now making its debut as a 90-day, at home program which you are about to embark upon in the Jolly Bodies Digital Studio.

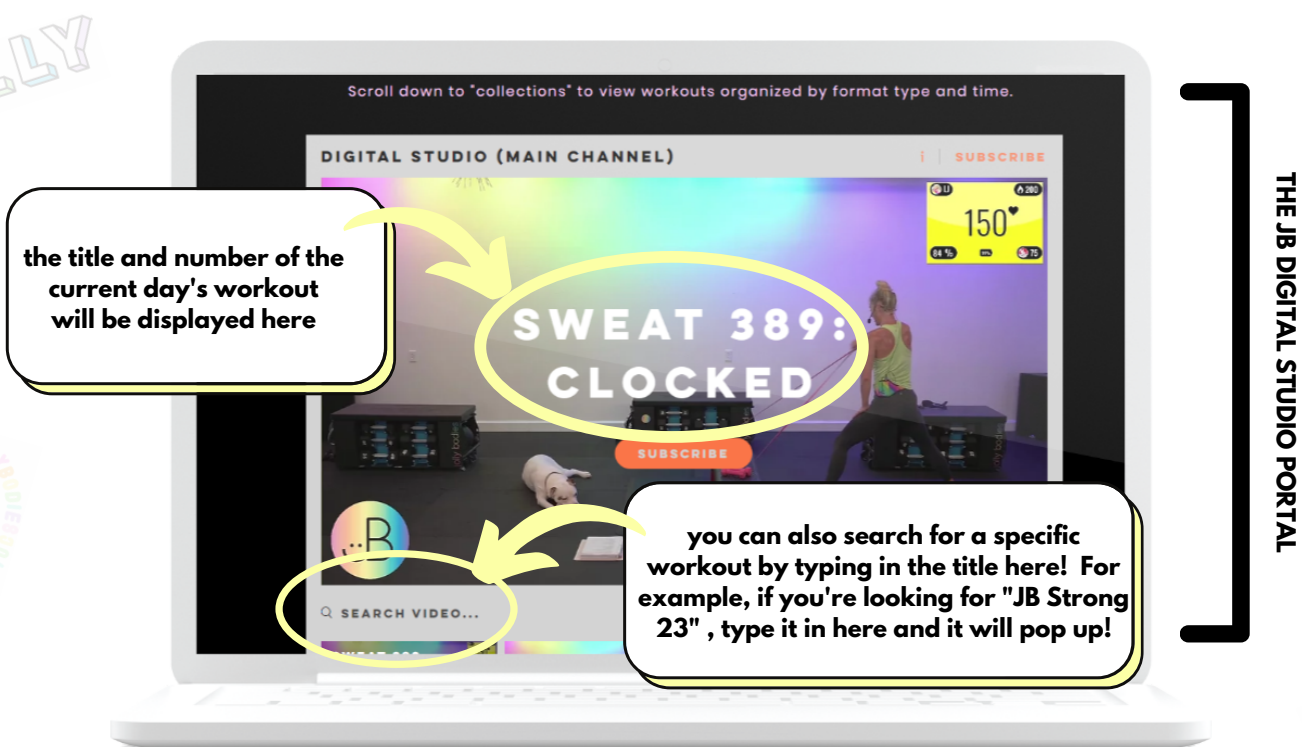
Why 90 days? 5, 30-min sessions per week for 12 weeks (90 days) is the amount of time you'll need to allow for proper muscular growth and development in this program. You'll be able to track your progress with the calendars we designed for you (more on that later).



JB Strong is organized into 3 stages of training, each lasting for 4 weeks. We call each of these stages a "mesocycle", which is a form of periodized training in which we will focus in on a specific goal for that training period. **In phase 1**, we will focus on muscular endurance and core stability. Expect lots of isometrics (holds and pulses), teeny-but-"burny" movements, and elements of Pilates combined with resistance training using bands and weights. Our endurance and stability work will serve as the foundation for **phase 2, strength**. This is where we build. We'll be tracking weights and reps on this 100% strength focused month. This is where you will start to notice your strength increasing. Finally, we will reach our peak in **phase 3 - muscular strength AND endurance**. This will be the most intensive phase, focusing on your ability to push heavier loads for more reps. This is where you'll peak in the program, and you'll know it because you'll be tracking your work with us.

Each JB strong workout will have its own video led by me (Lee Ann) and Burke. That's right, we're doing this with you.

Using your calendar and tracking logs, you'll be following along with us on the video each day as we track our progress together. All you need to do is print out your calendars and logs (more to come on that) and bring them with you to each workout session. We will have moments in each video to pause and write down the data as we go. No need to worry about having to stop a video to write something down; we're going to be doing it with you and giving you instructions the whole way through.



The JB strong videos will be numbered 1-60. This will correlate with the number on your Strong calendar. For example, on day 23, you'll do the JB strong video workout labeled "JB strong 23".

By signing up for the JB strong program, you'll have access to the entire JB digital studio, which has over 350+ workouts already uploaded. These workouts are our additional formats and include Clocked, Cheeky, Rise, and JB. JB strong is the format that you'll be focused on over the next 90 days, but that doesn't mean you can't do other workouts during this time (see the FAQ section for more about combining workouts).

Familiarize yourself with the Digital Studio portal by logging in using your e-mail and password combination on the Jolly Bodies site.

Logging your workouts.

Because 60 workouts (20 per month for 3 months) is a lot to track and keep up with, we've created tracking logs for you to measure your progress. You will find these logs in the "logs and tracking" section. **Go ahead and print these sheets off and put them in a folder. This is going to save you a lot of headaches as you begin. You need to have these materials with you at each workout.**

"If JB strong is a 90 day program, why are there only 60 workouts scheduled?"

5, 30-minute JB strong sessions per week (150 minutes) is MORE than enough to accomplish the goals of this program and reap the benefits physically and mentally. When the programming is designed intelligently and intentionally, 150 minutes per week of focused lifting is more than enough to develop your muscular structure.

We purposefully give 2 days per week off (Saturday and Sunday) for you to recover, catch up on a missed workout during the week, or do your own thing. **If you are planning on doing additional workouts in combination with the JB strong program, please scroll down to the FAQ section and carefully read the prescription recommendations. This is going to be critical for you if you want to make progress with JB strong.**

Benchmarks.

We've also created a benchmark assessment tracker for you. This is the assessment you'll perform on Day 1, 30, and 60 of the program to measure progress (in addition to the tracking you'll be doing during months 2 and 3).

We will be doing the benchmarks together on video on days 1, 30, and 60.

Equipment

- [A set of latex resistance loops](#)
- [A set of pull up bands](#)
- [A step or bench](#)
- [3, 5, 10, 15, 20, 25, and 30 lb dumbbells](#)
- [Ankle weights \(1.5 pounds for beginners, 3lb for advanced\)](#)
- Your tracking sheets and calendars (printed off in a folder)
- Something to write with

Click on each item to view it . We do not receive commissions on any Amazon purchases, the links are for you to view the items so you know what they look like! You may be able to find them for more affordable costs from other venders.

Everyone will need a set of 3 and 5-lb dumbbells, but it's okay if your other weights (10, 15, 20, 25, and 30) vary slightly from these numbers. The goal is that based on YOUR current level of strength, you have the weights you need that in order to grow. For example, if you can do a bicep curl with a 10lb dumbbell at the beginning of the program, plan on doubling this by the end of the program. Therefore, you know you need to have access to a set of 20lb dumbbells. You'll be able to figure out what weight changes, if any, you need to make as you progress through the program. You can always order more as you go!

FAQ

Can I play these workouts on my T.V.?

Yes! We give specific directions inside the JB digital studio on how to cast your workout videos to your T.V. using a number of device combinations.

How long are the workouts?

25-30 minutes.

Is it okay if I don't do the workouts in the order they are listed every week?

The JB strong program is designed for the workouts to be done in consecutive order. Please do the workouts in the order they are listed. This is to keep you as balanced and safe as possible during the program.

Do I HAVE to do all 5 scheduled workouts every week to see a difference in my body?

The JB strong program is designed so that if you follow the schedule and have a balanced diet, you're going to feel and see differences.

However, that does NOT mean that if you miss a workout you'll lose your progress.

What if I miss a day?

If you miss a day, pick up where you left off on your calendar. If you miss Wednesday, pick back up on Thursday by doing Wednesday's workout. Then, you'd do Thursday's workout on Friday, and on Saturday or Sunday, you'd do Friday's workout! This is why we built in Saturday and Sunday as days for you to catch up in case things get crazy during the week.

Can I do other workouts in combination with my JB strong workouts?

It depends.

The goal of JB strong is to build muscular strength and endurance. If you try to combine these workouts with intense HIIT workouts and/or other types of workouts that really tax the muscles, you're going to significantly limit your potential to grow in strong.

Here's my expert opinion if you want to maximize your results with JB strong:

Option A (this is what I would do) : prioritize your JB strong workouts, and save other workouts for the weekends. If you have the option do this, please do this.

Option B: If that's not an option for you (you have other gym memberships, workouts that you really love and do not want to pause during JB strong), here's what to do:

Do NOT, under any circumstances, perform an explosive, HIIT style workout before any JB strong session. Regardless of how long you've been doing HIIT, sprints, spin, etc., you will NOT have the proper glycogen stores in your muscles for a JB strong workout if you've depleted them in a cardio intensive workout beforehand. Not only would this create a dangerous scenario for lifting form and technique during strong, it also is going to limit the results of the program. If you want to win JB strong, save your energy for the JB strong workouts.

What about doing cardio after a JB strong session?

It's totally do-able, but it depends on the timing and type.

If it's an upper body JB strong day, I would do either steady state cardio (a jog, easy spin class,) or a very short HIIT workout (no longer than 30 minutes) AFTER the JB strong workout.

If it's a lower body JB strong day, I would advise against doing any HIIT style workout on that day. Why? HIIT workouts, whether on a bike, treadmill, or using bodyweight) typically tax the largest muscle groups in your body (this includes the legs). If you do an intense lower body JB strong workout and follow this with a leg dominated HIIT workout, you're not allowing for any recovery whatsoever in the legs and this will absolutely inhibit progress and increase your risk for injury.

Steady state cardio after your lower body JB strong workout is okie dokie, but I would keep it under 40 minutes.

Here's the take home message:

If you're in a season of life where you're having to think really hard about how to manage all of your other workouts to add JB strong into your schedule, it's probably not the right time for JB strong. This program is designed to be prioritized over other types of exercise for a period of 90 days. This does not mean you can't do other workouts during this time. It means you can't do **all** workout types and still experience growth during this time. If you attempt to do it all, something's going to suffer - whether it be progress, strength, or energy. Not to mention, you're significantly increasing your risk of injury by taking the "all in, all the time" approach.

One, dedicated program at a time is all you need to get the results you want. Work smarter, not harder. You got this.

tracking sheets + calendar

JB strong





BENCHMARKS

Your ego is not your amigo!
 Only count reps that you can do with PERFECT form!

PUSH-UPS

Start with the most difficult variation that you can do with PERFECT FORM. Drop down through the 60 seconds if needed. Specify how many of each type of push-ups you do in the 60 seconds.

	Day 1	Day 30	Day 60
↓ LESS RESISTANCE	Full pushups: _____	Full pushups: _____	Full pushups: _____
	Hands elevated, plank position: _____	Hands elevated, plank position: _____	Hands elevated, plank position: _____
	Knee push-ups, hands on floor: _____	Knee push-ups, hands on floor: _____	Knee push-ups, hands on floor: _____
	Knee push-ups, hands elevated: _____	Knee push-ups, hands elevated: _____	Knee push-ups, hands elevated: _____

BUTT TO STEP

Sit all the way down onto your step, and stand back up. Use your hands to assist if needed, and take your time. The goal is to practice getting down and up over and over again. Sit ALL THE WAY DOWN onto the step for each rep.

Butt to step reps: _____	Butt to step reps: _____	Butt to step reps: _____
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COMMANDOS

Start with the most difficult variation that you can do with PERFECT FORM. Drop down through the 60 seconds if needed. Specify how many of each type you do in the 60 seconds.

↓ LESS RESISTANCE	Full commandos: _____	Full commandos: _____	Full commandos: _____
	Hands elevated, plank position: _____	Hands elevated, plank position: _____	Hands elevated, plank position: _____
	Knee commandos, hands on floor: _____	Knee commandos, hands on floor: _____	Knee commandos, hands on floor: _____
	_____	_____	_____

MONTH 2: STRENGTH LOG

Session: Quads and inner thighs

	Week 1		Week 2		Week 3		Week 4	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Goblet squat		5 x 3		5 x 4		5 x 5		5 x 6
R leg BSS		5 x 3		5 x 4		5 x 5		5 x 6
L leg BSS		5 x 3		5 x 4		5 x 5		5 x 6
Heels up squats		12		12		12		12
Heels up squats		10		10		10		10
Heels up squats		8		8		8		8
Heels up squats		10		10		10		10
Heels up squats		12		12		12		12
SS 1: 3 rounds								
L rev. lunge		12		12		12		12
R rev. lunge		12		12		12		12
	HOW MANY REPS DID YOU GET/SECONDS DID YOU HOLD IT?							
F1	R quad extension, 2 o clock							
F2	L quad extension, 10 o clock							
F3	R inner thigh side plank lift							
F4	L inner thigh side plank lift							

MONTH 2: STRENGTH LOG

Session: Shoulders + bi/tri

EXERCISE	Week 1		Week 2		Week 3		Week 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
DB push press		5 x 3		5 x 4		5 x 5		5 x 6
SS 1 : 3 rounds								
A1. Upright rows		12		12		12		12
A2. Power punch		24		26		28		30
SS 2 : 3 rounds								
B1. Rear delt pull (band)		12		12		12		12
B2. Arnold presses		8		8		8		8
DB press seated (3 X 8)		8		8		8		8
SS3: 3 rounds								
C1. Hammer curls		12		12		12		12
C2. Band triceps OH ex		12		13		14		15
SS4: 3 rounds								
D1. Eccentric lateral curl		12		12		12		12
D2. 1-1-2 triceps kickbacks		8		8		8		8
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
F1 Lateral raise		6-1		6-1		6-1		6-1
F2 max out hammer curls								
F3 sphinx presses	BW		BW		BW		BW	

MONTH 2: STRENGTH LOG

Session: Core

	Week 1		Week 2		Week 3		Week 4	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Thursters		5 x 3		5 x 4		5 x 5		5 x 6
SS1: 3 rounds								
squat to rot. press		10		12		14		16
alt. plank drag		12		12		12		12
SS2: 3 rounds								
Soldier press/R OK		12		14		16		18
R oblique tuck		8		10		12		16
SS3: 3 rounds								
R suitcase/R bend		12		12		12		12
R elbow band twist		12		12		12		12
SS4: 3 rounds								
Soldier press/L OK		12		14		16		18
L oblique tuck		8		10		12		16
SS5: 3 rounds								
L suitcase/L bend		12		12		12		12
L elbow band twist		12		12		12		12
	WEIGHT		WEIGHT		WEIGHT		WEIGHT	
F1	Tuck to extend							
F2	Sea turtles							
F3	Russian twist							

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MONTH 2: STRENGTH LOG

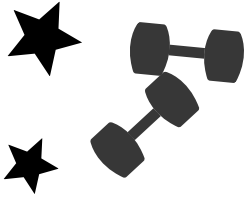
Session: Glutes and hamstrings

EXERCISE	Week 1		Week 2		Week 3		Week 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
DB swings (20/10) X 5								
RDLs (3 X 12)		12		12		12		12
R leg SLDL (3X12)		12		12		12		12
R hamstring press (6,8,10)		6,8,10		8,10,12		10,12,14		14,16,18
L leg SLDL (3X12)		12		12		12		12
L hamstring press (6,8,10)		6,8,10		8,10,12		10,12,14		14,16,18
Sumo DLs (3X12)		12		12		12		12
TS1: 3 rounds								
R leg B stance squat		12		12		12		12
R leg B stance thrust		12		12		12		12
R leg MB donkey		12		12		12		12
TS2: 3 rounds								
L leg B stance squat		12		12		12		12
L leg B stance thrust		12		12		12		12
L leg MB donkey		12		12		12		12
	F1: LIGHTEST WEIGHT. F2: UP WEIGHT. F3: UP WEIGHT AGAIN.							
F1	BW glute thrust + DB swing	21 ea		21 ea		21 ea		21 ea
F2	BW glute thrust + DB swing	15 ea		15 ea		15 ea		15 ea
F3	BW glute thrust + DB swing	9 ea		9 ea		9 ea		9 ea

MONTH 2: STRENGTH LOG

Session: Chest and back

EXERCISE	Week 1		Week 2		Week 3		Week 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
Power rows R arm		5 x 3		5 x 3		5 x 4		5 x 5
Power rows L arm		5 x 3		5 x 3		5 x 4		5 x 5
SS1: 3 rounds								
DB bench press/hold		6 ea		6 ea		6 ea		6 ea
DB back row/hold		6 ea		6 ea		6 ea		6 ea
SS2: 3 rounds								
Pec fly bridge - inward		10		10		10		10
Seated bent over wide row		8		8		8		8
SS3: 3 rounds								
DB pullover		12		12		12		12
Bench triceps push-ups		6		6		6		6
SS4: 3 rounds								
Seated band face pull		12		12		12		12
Incline DB chest press		8		8		8		8
F1		21s		21s		21s		21s
F2		21s		21s		21s		21s
F3								
F4	BW		BW		BW		BW	



MONTH 3: PEAK

Session: Lower 1, quads + inner thighs

	week 1	week 2	week 3	week 4
CIRCUIT 1	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 1	#REPS _____	#REPS _____	#REPS _____	#REPS _____
CIRCUIT 2	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 2	#REPS _____	#REPS _____	#REPS _____	#REPS _____
CIRCUIT 3	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 3	#REPS _____	#REPS _____	#REPS _____	#REPS _____

**challenge 1: Use the weight you recorded for inner thigh / quads, finisher 1 on month 2, week 4 (page 10)*

weight: resistance band for week 4, standing R quad isolations

**challenge 2: Use weight recorded for inner thigh/quads finisher 2 on month 2, week 4 (page 10)*

weight: resistance band for week 4, standing L quad isolations

**challenge 3: Use weight recorded for inner thigh/quads finisher 3 on month 2, week 4 (page 10)*

weight: body weight duck walks

Remember: this is NOT a test! It's a way for you to measure your growth! Now go kick some ass!



MONTH 3: PEAK



Session: Upper 1, Arms + bi/tri

	week 1	week 2	week 3	week 4
CIRCUIT 1	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 1	#REPS _____	#REPS _____	#REPS _____	#REPS _____
CIRCUIT 2	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 2	#REPS _____	#REPS _____	#REPS _____	#REPS _____
CIRCUIT 3	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 3	#REPS _____	#REPS _____	#REPS _____	#REPS _____

**challenge 1: Use the weight you recorded for arms, finisher 1 on month 2, week 4 (page 11)*

weight: _____

**challenge 2: Use weight recorded for arms, finisher 2 on month 2, week 4 (page 11)*

weight: _____

**challenge 3: Use weight recorded for arms, finisher 3 on month 2, week 4 (page 11)*

weight: _____

If you're ever in doubt, go back and look at those month 2 logs and all the work you've done! You can do it!



MONTH 3: PEAK



Session: Total

	week 1	week 2	week 3	week 4
CIRCUIT 1	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 1	#REPS _____	#REPS _____	#REPS _____	#REPS _____
CIRCUIT 2	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 2	#REPS _____	#REPS _____	#REPS _____	#REPS _____
CIRCUIT 3	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 3	#REPS _____	#REPS _____	#REPS _____	#REPS _____

**challenge 1: Use the weight you recorded for core, finisher 1 on month 2, week 4 (page 12)*

weight: _____

**challenge 2: Use weight recorded for core, finisher 2 on month 2, week 4 (page 12)*

weight: _____

**challenge 3: Use weight recorded for core, finisher 3 on month 2, week 4 (page 12)*

weight: _____

Form over
speed, ALWAYS.



MONTH 3: PEAK

Session: Lower 2, hamstrings + glutes



	week 1	week 2	week 3	week 4
CIRCUIT 1	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 1	#REPS _____	#REPS _____	#REPS _____	#REPS _____
CIRCUIT 2	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 2	#REPS _____	#REPS _____	#REPS _____	#REPS _____
CIRCUIT 3	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 3	#REPS _____	#REPS _____	#REPS _____	#REPS _____

**challenge 1: Use the weight you recorded for glutes and hamstrings, finisher 1 on month 2, week 4 (page 13)*

weight:

**challenge 2: Use weight recorded for glutes and hamstrings, finisher 2 on month 2, week 4 (page 13)*

weight:

**challenge 3: Use weight recorded for glutes and hamstrings, finisher 3 on month 2, week 4 (page 13)*

weight:

Do the best you can do for TODAY.
It's okay if the numbers don't go up
every week - that doesn't mean you
aren't progressing. This is simply
ONE tool to track progress. How are
you FEELING?



MONTH 3: PEAK

Session: Upper 2, Chest/Back

	week 1	week 2	week 3	week 4
CIRCUIT 1	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 1	#REPS _____	#REPS _____	#REPS _____	#REPS _____
CIRCUIT 2	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 2	#REPS _____	#REPS _____	#REPS _____	#REPS _____
CIRCUIT 3	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____	# ROUNDS _____
*CHALLENGE 3	#REPS _____	#REPS _____	#REPS _____	#REPS _____

**challenge 1: Use the weight you recorded for chest and back, finisher 1 on month 2, week 4 (page 14)*

weight:

**challenge 2: Use weight recorded for chest and back, finisher 2 on month 2, week 4 (page 14)*

weight:

**challenge 3: Use weight recorded for chest and back, finisher 3 on month 2, week 4 (page 14)*

band size/color:

Take a moment to breathe.
Feel the air going into your lungs,
and imagine the oxygen being
delivered to your muscles as you
work to control your breaths during
your lifts.





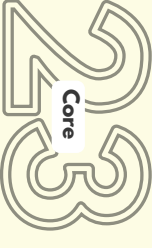




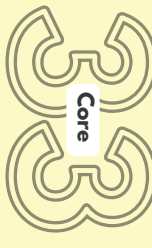




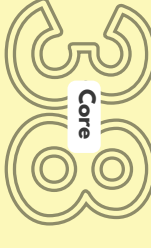


COOLLY BODIES

Month 1: BASE. Muscular endurance and core stability - Isometrics, endurance, and mobility.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Benchmark 1 Legs + Arms 1A</p>	 <p>Glutes + Chest & back 1A</p>	 <p>Legs + Arms 2A</p>	 <p>Glutes + Chest & back 2A</p>	 <p>Total body 1A</p>		
 <p>Legs + Arms 1B</p>	 <p>Glutes + Chest & back 1B</p>	 <p>Legs + Arms 2B</p>	 <p>Glutes + Chest & back 2B</p>	 <p>Total body 1B</p>		
 <p>Legs + Arms 1C</p>	 <p>Glutes + Chest & back 1C</p>	 <p>Legs + Arms 2C</p>	 <p>Glutes + Chest & back 2C</p>	 <p>Total body 1C</p>		
 <p>Legs + Arms 1D</p>	 <p>Glutes + Chest & back 1D</p>	 <p>Legs + Arms 2D</p>	 <p>Glutes + Chest & back 2D</p>	 <p>Total body 1D</p>		<p>Benchmark 2 is tomorrow! Cardio is fine today, but no strength work or HIIT!</p>

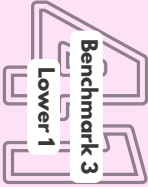

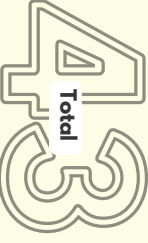




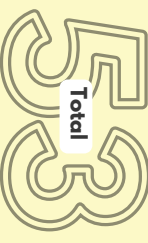







COOLLY BODIES

Month 2: BUILD. Muscular strength - body specific splits

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Benchmark 2 Quads/inner thigh</p>	 <p>Arms</p>	 <p>Core</p>	 <p>Glutes + Hamstrings</p>	 <p>Chest + Back</p>		
 <p>Quads/inner thigh</p>	 <p>Arms</p>	 <p>Core</p>	 <p>Glutes + Hamstrings</p>	 <p>Chest + Back</p>		
 <p>Quads/inner thigh</p>	 <p>Arms</p>	 <p>Core</p>	 <p>Glutes + Hamstrings</p>	 <p>Chest + Back</p>	<p>Review your strength progress using your month 2 tracker. Then, fill in the weight sets on your month 3 tracker based on these results.</p>	<p>Benchmark 3 is tomorrow! Cardio is fine today, but no strength work or HIIT!</p>

GO LILLY BODIES

Month 3: PEAK. Now that you've built up your strength, it's time to combine endurance and strength!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Benchmark 3 Lower 1</p>	 <p>Upper 1</p>	 <p>Total</p>	 <p>Lower 2</p>	 <p>Upper 2</p>		
 <p>Lower 1</p>	 <p>Upper 1</p>	 <p>Total</p>	 <p>Lower 2</p>	 <p>Upper 2</p>		
 <p>Lower 1</p>	 <p>Upper 1</p>	 <p>Total</p>	 <p>Lower 2</p>	 <p>Upper 2</p>		