

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Vary your workouts. Don't let boredom set in. Maintain the same focus and intensity in your training by switching things up.</p>
FOOD DIARY								<p>2. Drink Lots Of Water. If you're dehydrated your body tends to slow down leaving you feeling low and lethargic.</p>
WEEKLY GOALS								<p>3. Want that six pack? Doing crunches or other ab exercises will increase and form your muscles. However ab exercises alone will NOT do anything for the layer of fat over the muscle. The only way to truly get your six pack to show is to clean up your diet!</p>



WEEK 1 MODERN MAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Vary your workouts. Don't let boredom set in. Maintain the same focus and intensity in your training by switching things up.</p>
FOOD DIARY								<p>2. Drink Lots Of Water. If you're dehydrated your body tends to slow down leaving you feeling low and lethargic.</p>
WEEKLY GOALS								<p>3. Want that six pack? Doing crunches or other ab exercises will increase and form your muscles. However ab exercises alone will NOT do anything for the layer of fat over the muscle. The only way to truly get your six pack to show is to clean up your diet!</p>



WEEK 2 MODERN MAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Vary your workouts. Don't let boredom set in. Maintain the same focus and intensity in your training by switching things up.</p>
FOOD DIARY								<p>2. Drink Lots Of Water. If you're dehydrated your body tends to slow down leaving you feeling low and lethargic.</p>
WEEKLY GOALS								<p>3. Want that six pack? Doing crunches or other ab exercises will increase and form your muscles. However ab exercises alone will NOT do anything for the layer of fat over the muscle. The only way to truly get your six pack to show is to clean up your diet!</p>



WEEK 3 MODERN MAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Vary your workouts. Don't let boredom set in. Maintain the same focus and intensity in your training by switching things up.</p>
FOOD DIARY								<p>2. Drink Lots Of Water. If you're dehydrated your body tends to slow down leaving you feeling low and lethargic.</p>
WEEKLY GOALS								<p>3. Want that six pack? Doing crunches or other ab exercises will increase and form your muscles. However ab exercises alone will NOT do anything for the layer of fat over the muscle. The only way to truly get your six pack to show is to clean up your diet!</p>



WEEK 4 MODERN MAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Vary your workouts. Don't let boredom set in. Maintain the same focus and intensity in your training by switching things up.</p>
FOOD DIARY								<p>2. Drink Lots Of Water. If you're dehydrated your body tends to slow down leaving you feeling low and lethargic.</p>
WEEKLY GOALS								<p>3. Want that six pack? Doing crunches or other ab exercises will increase and form your muscles. However ab exercises alone will NOT do anything for the layer of fat over the muscle. The only way to truly get your six pack to show is to clean up your diet!</p>



WEEK 5 MODERN MAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Vary your workouts. Don't let boredom set in. Maintain the same focus and intensity in your training by switching things up.</p>
FOOD DIARY								<p>2. Drink Lots Of Water. If you're dehydrated your body tends to slow down leaving you feeling low and lethargic.</p>
WEEKLY GOALS								<p>3. Want that six pack? Doing crunches or other ab exercises will increase and form your muscles. However ab exercises alone will NOT do anything for the layer of fat over the muscle. The only way to truly get your six pack to show is to clean up your diet!</p>



WEEK 6 MODERN MAN

