Start Date:					The U	timate 9	0 Day B	odyweig	ht Traini	ing Plan				
Month 1: The El Diablo Month	Week 1:				Week 2:				Week 3:				Week 4:	
Exercise: 3x per week = Mon/Wed/Fri or Tues/Thurs/Sat	Day 1	Day 2	Day 3		Day 1	Day 2	Day 3		Day 1	Day 2	Day 3		Active Rest	Period
Upper Body:														
Spider Push Up														
Leaping Frog Exercise Hindu Push Up														
Helicopter Exercise														
Heart Push Up														
Lower Body:														
Wide Bodyweight Squat														
Karate Squat														
Hindu Squat														
Bear Squat														
Catcher's Squat Core Exercises:														
Side Plank (Left Side)														
Side Plank (Right Side)														
Flutter Kicks														
Whole Body Exercises: Grass Hoppers														
Gracie Drill														
MONTH 2- The Shredder Month	Week 1:				Week 2:				Week 3:				Week 4:	
Exercise: 3x per week = Mon/Wed/Fri or Tues/Thurs/Sat	Day 1	Day 2	Day 3		Day 1	Day 2	Day 3		Day 1	Day 2	Day 3		Active I	Rest Period
Upper Body:														
X Push Up														
Spider Push Up	-													
Leaping Frog Exercise														
Stretch Walk Push Up	-													
Wide Arm Push Up Helicopter Exercise														
Lower Body:														
Pistol Squat														
Duck Walks (Max Time)														
Wide Bodyweight Squat														
Karate Squat														
Hindu Squat														
Catcher's Squat							1							
Catcher's Squat Core Exercises:														
Core Exercises: V Up														
Core Exercises: V Up Lunge Sit Up														
Core Exercises: V Up Lunge Sit Up Jackknife Exercise (Left)														
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)														
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:														
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers														
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill														
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month	Week 1:				Week 2:				Week 3:				Week 4:	
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =	Week 1:	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4	Week 3: Day 1	Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat  Karate Squat	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat  Karate Squat  Hindu Squat	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat  Catcher's Squat	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat  Catcher's Squat  Karate Squat	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises: V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises: Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body: Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body: Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat  Catcher's Squat  Karate Squat  Karate Squat  Karate Squat  Catcher's Squat  Karate Squat  Catcher's Squat  Karate Squat  Duck Walks (Max Time)	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises: V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises: Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body: Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body: Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat  Catcher's Squat  Karate Squat  Duck Walks (Max Time)  Core Exercises: Static V Pulses  V Up	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat  Catcher's Squat  Karate Squat  Duck Walks (Max Time)  Core Exercises:  Static V Pulses  V Up  Side Plank with Leg Lift (Right)	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises: V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises: Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body: Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat  Catcher's Squat  Karate Squat  Duck Walks (Max Time)  Core Exercises:  Static V Pulses  V Up  Side Plank with Leg Lift (Right)  Side Plank with Leg Lift (Left)	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat  Catcher's Squat  Karate Squat  Duck Walks (Max Time)  Core Exercises:  Static V Pulses  V Up  Side Plank with Leg Lift (Left)  Flutter Kicks	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat  Catcher's Squat  Karate Squat  Catcher's Squat  Karate Squat  Catcher's Squat  Karate Squat  Duck Walks (Max Time)  Core Exercises:  Static V Pulses  V Up  Side Plank with Leg Lift (Right)  Side Plank with Leg Lift (Left)  Flutter Kicks  Whole Body Exercises:	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises: V Up Lunge Sit Up Jackknife Exercise (Left) Jackknife Exercise (Right) Whole Body Exercises: Grass Hoppers Gracie Drill Spider Push Up on Chair MONTH 3- The Total Annihilator Month Exercise: 4x per week = Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat Upper Body: Stretch Push Up Decline Push Up Diamond Kiss Push Up Deep Push Up Barbwire Push Up Three Pronged Push Up X Push Up Lower Body: Wide Bodyweight Squat Karate Squat Hindu Squat Bear Squat Catcher's Squat Karate Squat Duck Walks (Max Time) Core Exercises: Static V Pulses V Up Side Plank with Leg Lift (Right) Side Plank with Leg Lift (Left) Flutter Kicks Whole Body Exercises: Wall Walks	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat  Catcher's Squat  Karate Squat  Karate Squat  Catcher's Squat  Karate Squat  Duck Walks (Max Time)  Core Exercises:  Static V Pulses  V Up  Side Plank with Leg Lift (Right)  Side Plank with Leg Lift (Left)  Flutter Kicks  Whole Body Exercises:  Wall Walks  Spider Crawl Exercise	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period
Core Exercises:  V Up  Lunge Sit Up  Jackknife Exercise (Left)  Jackknife Exercise (Right)  Whole Body Exercises:  Grass Hoppers  Gracie Drill  Spider Push Up on Chair  MONTH 3- The Total Annihilator Month  Exercise: 4x per week =  Mon/Tues/Thur/Fri or Tues/Wed/Fri/Sat  Upper Body:  Stretch Push Up  Decline Push Up  Diamond Kiss Push Up  Deep Push Up  Barbwire Push Up  Three Pronged Push Up  X Push Up  Lower Body:  Wide Bodyweight Squat  Karate Squat  Hindu Squat  Bear Squat  Catcher's Squat  Karate Squat  Catcher's Squat  Karate Squat  Duck Walks (Max Time)  Core Exercises:  Static V Pulses  V Up  Side Plank with Leg Lift (Right)  Side Plank with Leg Lift (Left)  Flutter Kicks  Whole Body Exercises:  Wall Walks	i e	Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Day 2	Day 3	Day 4		Rest Period