



FOR THE NEXT 8 WEEKS - FOLLOW THE ACTION PLAN LISTED BELOW.

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--------------|-------------------------|-----------|-------------------------|-----------|-------------------------|-------------------------|
| 1 | ASSESSMENT 1 | EMF 1 | WORKOUT A | WALK 1 MILE EMF 1 | WORKOUT B | WALK 1 MILE EMF 1 | OFF DAY PLAY 18 |
| 2 | WORKOUT A | WALK 1 MILE EMF 1 | WORKOUT B | WALK 1 MILE EMF 1 | WORKOUT A | WALK 1 MILE EMF 1 | ASSESSMENT 2 PLAY 18 |
| 3 | WORKOUT B | WALK 1 MILES EMF 1 | WORKOUT A | WALK 1 MILE EMF 1 | WORKOUT B | WALK 1 MILE EMF 1 | OFF DAY PLAY 18 |
| 4 | WORKOUT A | WALK 2 MILES EMF 1 | WORKOUT B | WALK 2 MILES EMF 1 | WORKOUT C | WALK 2 MILES EMF 1 | ASSESSMENT 3 PLAY 18 |
| 5 | WORKOUT D | WALK 2 MILES HIP EMF | WORKOUT C | WALK 2 MILES HIP EMF | WORKOUT D | WALK 2 MILES HIP EMF | OFF DAY PLAY 18 |
| 6 | WORKOUT C | WALK 2 MILES HIP EMF | WORKOUT D | WALK 2 MILES HIP EMF | WORKOUT C | WALK 2 MILES HIP EMF | ASSESSMENT 4 PLAY 18 |
| 7 | WORKOUT D | WALK 3 MILES HIP EMF | WORKOUT C | WALK 3 MILES HIP EMF | WORKOUT B | WALK 3 MILES HIP EMF | OFF DAY PLAY 18 |
| 8 | WORKOUT A | WALK 3 MILES HIP EMF | WORKOUT C | WALK 3 MILES HIP EMF | WORKOUT D | WALK 3 MILES HIP EMF | FINAL ASSESSMENT |

NEXT: START CORE TO SCORE TO KEEP PROGRESSING.



CONSULT YOUR PHYSICIAN AND FOLLOW ALL SAFETY INSTRUCTIONS BEFORE BEGINNING THIS HIGH INTENSITY AND PHYSICALLY DEMANDING EXERCISE PROGRAM AND NUTRITION PLAN.

© 2017 Golf Aggressive Publishing LLP. All rights reserved. Distributed by Golf Aggressive Publishing, LLP, Oklahoma City, OK 73120. Golf Aggressive Publishing, LLP is the owner of the Rust Buster Challenge, Golf Aggressive Publishing, LLP trademarks, and all related designs, trademarks, copyrights, and other intellectual property.

Get Golf Fit.com