



# THE RUST BUSTER CHALLENGE 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>0</b>			<input type="checkbox"/> PRINT CALENDAR <input type="checkbox"/> PRINT GOALS WORKSHEET <input type="checkbox"/> CREATE BINDER <input type="checkbox"/> INSTALL TRACKING APP	<input type="checkbox"/> READ SUCCESS GUIDE <input type="checkbox"/> READ PROBLEMS TO FIX <input type="checkbox"/> <b>BODY ASSESSMENT #1</b> <input type="checkbox"/> <b>FITNESS TEST #1</b>	<input type="checkbox"/> CHOOSE BF% TARGET <input type="checkbox"/> SET, WRITE, POST GOALS <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> READ 2 PRINCIPLES <input type="checkbox"/> CREATE MEAL PLAN <input type="checkbox"/> GO SHOPPING <input type="checkbox"/> EQUIPMENT CHECK	<input type="checkbox"/> PREPARE 3 DAYS OF MEALS <input type="checkbox"/> CHOOSE WORKOUT TRACK <input type="checkbox"/> WATCH GTG VIDEO <input type="checkbox"/> PREPARE WORKOUT AREA
<b>1</b>	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT A / INTERVAL A <input type="checkbox"/> GTG: PUTTING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> PRACTICE #1	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> GTG: PUTTING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> PRACTICE #2	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT A / INTERVAL A <input type="checkbox"/> GTG: PUTTING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 20 MINUTE WALK <input type="checkbox"/> PUTTING: DRAWBACK GAME	<input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL / GOALS <input type="checkbox"/> CHEAT MEAL
<b>2</b>	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> GTG: CHIPPING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 25 MINUTE WALK <input type="checkbox"/> PRACTICE #3	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT A / INTERVAL A <input type="checkbox"/> GTG: CHIPPING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> 25 MINUTE WALK <input type="checkbox"/> PRACTICE #4	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> GTG: CHIPPING SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 25 MINUTE WALK <input type="checkbox"/> CHIPPING: 3 HOLE CHALLENGE	<input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL / GOALS <input type="checkbox"/> <b>BODY ASSESSMENT #2</b> <input type="checkbox"/> <b>FITNESS TEST #2</b>
<b>3</b>	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT A / INTERVAL A <input type="checkbox"/> GTG: SHORT IRON SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> PRACTICE #5	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> GTG: SHORT IRON SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> PRACTICE #6	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT A / INTERVAL A <input type="checkbox"/> GTG: SHORT IRON SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 30 MINUTE WALK <input type="checkbox"/> REDZONE: 3 HOLE CHALLENGE	<input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> REVIEW JOURNAL / GOALS <input type="checkbox"/> CHEAT MEAL
<b>4</b>	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> GTG: DRIVER SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 35 MINUTE WALK <input type="checkbox"/> PRACTICE #7	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT A / INTERVAL A <input type="checkbox"/> GTG: DRIVER SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> PREP 3 DAYS OF MEALS <input type="checkbox"/> 35 MINUTE WALK <input type="checkbox"/> PRACTICE #8	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> WORKOUT B / INTERVAL B <input type="checkbox"/> GTG: DRIVER SETUP <input type="checkbox"/> REGAIN TOUCH RITUAL	<input type="checkbox"/> 20 FLEX MMR <input type="checkbox"/> 35 MINUTE WALK <input type="checkbox"/> DRIVING: CROSS THE LINE	<input type="checkbox"/> <b>BODY ASSESSMENT #3</b> <input type="checkbox"/> <b>FITNESS TEST #3</b> <input type="checkbox"/> COMPLETE JOURNAL

**NEXT: START THE POWER & DISTANCE CHALLENGE TO IMPROVE CLUBHEAD SPEED AND FLEXIBILITY.**

## SCORECARD

20 FLEX MMR	/ 24	GTG	/ 12	PRACTICE	/ 8	ASSESSMENT	/ 6
WORKOUT	/ 12	INTERVAL	/ 12	RITUAL	/ 12	WALK	/ 12



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

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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<b>Muscle Milk Smoothie</b> with (2) hard boiled eggs. Black coffee.	Poached eggs (2) Whole Grain Bread (1 slice) sunflower butter spread (1 tbsp) Raspberries (1/2 cup)	<b>Muscle Milk Smoothie</b> with (2) hard boiled eggs. Black coffee.	Poached eggs (2) Whole Grain Bread (1 slice) sunflower butter spread (1 tbsp) Raspberries (1/2 cup)	<b>Muscle Milk Smoothie</b> with (2) hard boiled eggs. Black coffee.	Feta, Spinach, Garlic, Tomato, and Basil Omelet (3 eggs)	Poached eggs (2) Whole Grain Bread (1 slice) sunflower butter spread (1 tbsp) Raspberries (1/2 cup)
<b>SNACK</b>	Red Grapes (1 cup) with cashews (1/4 cup)	Almonds (24)	Red Grapes (1 cup) with cashews (1/4 cup)	Almonds (24)	Red Grapes (1 cup) with cashews (1/4 cup)	Almonds (24)	Pumpkin seed (1/4) cup with 2 squares of 80% cocoa chocolate
<b>LUNCH</b>	Tuna Lettuce Wraps with Lentil Soup	Leftover Peppered Steak (1) with baked sweet potato (1) and broccoli (1 cup) sauteed in olive oil with minced garlic	Leftover Baked Haddock (1) over rice with Baked Sweet Potato (1/2 potator) Zuchinni (1) Almond Milk (1 cup) Irish Butter (4 tsp)	Leftover Baked Spaghetti Squash topped with 1 cup Red Wine Bolognese with unlimited steamed broccoli	Leftover Coconut Chicken Stir Fry with spinach salad	Leftover 10-Minute Chicken for a King with Massaged Kale and Avocado Salad	Leftover Simple Baked Salmon with Spicy Cauliflower "popcorn" and 1 cup quinoa
<b>SNACK</b>	Almonds (24)	1 Green Apple with cottage cheese (1 cup)	Almonds (24)	1 Green Apple with cottage cheese (1 cup)	Almonds (24)	1 Green Apple with cottage cheese (1 cup)	15 Black bean based tortilla chips with 1/4 cup guacomole
<b>DINNER</b>	<b>Peppered Steak (1)</b> with baked sweet potato (1) and broccoli (1 cup) sauteed in olive oil with minced garlic	Baked Haddock (1) over rice with Baked Sweet Potato (1/2 potator) Zuchinni (1) Almond Milk (1 cup) Irish Butter (4 tsp)	Unlimited Baked Spaghetti Squash topped with 1 cup <b>Red Wine Bolognese</b> with unlimited steamed broccoli	<b>Coconut Chicken Stir Fry</b> with spinach salad	<b>10-Minute Chicken for a King</b> with Massaged Kale and Avocado Salad	<b>Simple Baked Salmon</b> with Spicy Cauliflower "popcorn" and 1 cup quinoa	<b>CHEAT MEAL</b>



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BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							CHEAT MEAL



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DATE:

**CURRENT SITUATION**

**Where are you currently?**

--

**FUTURE SITUATION**

**Where do you want to go?**

--

**CHANGES REQUIRED OF YOU**

**How are you going to get there?**

--

**WHAT IS IT I NEED TO DO ASAP?**

**List 7 action items that you can do immediately to help you achieve your goal:**

<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>7</b>	

**COMMIT**

- I WILL reach my goal of becoming healthier, playing better, and feeling better!
- I am COMMITTED to working out 3 times per week, eating properly, and developing healthier habits I need to consistently lose fat!
- I DEDICATED the next 28 days to improving my health and feeling better - starting today!

Signature: \_\_\_\_\_ DATE \_\_ / \_\_ / \_\_\_\_



**MFR**  
NOTES:

<b>MFR</b>	
<b>DYNAMIC MOBILITY</b>	<b>TIME/REPS</b>
1A) Three Plane Neck	30 Seconds
1B) Shoulder Circles	30 Seconds
1C) Fist Exercise	30 Seconds
1D) Wrist Rotations	30 Seconds
1E) Elbow Circles	30 Seconds
1F) Egyptian	30 Seconds
1G) Arm Circles	30 Seconds
1H) Hula Hoop	30 Seconds
1I) Knee Circles	30 Seconds
1J) Ankle Circles	30 Seconds
1K) Windshield Wipers	30 Seconds
<b>FOAM ROLLING</b>	<b>TOOL</b>
2A) Tennis Ball Foot (Left / Right)	TENNIS BALL
2B) Soleus (Left / Right)	BALL
2C) Calf (Left / Right)	BALL
2D) Quads (Left / Right)	FOAM ROLLER
2E) PSOAS (Left / Right)	BALL
2F) Piriformis (Left / Right)	BALL
2G) Chest (Left / Right)	BALL
2H) Lats (Left / Right)	BALL
2I) Thoracic Spine	BALL



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## FOUNDATIONS WORKOUT A

DATE:

TIME:

WARM UP	TIME/REPS	SET 1	SET 2
1A) W - Y - T	10		
1B) Prisoner Squat	10		
1C) T-Pushup	10 (5 per side)		
1D) Spiderman Climb	10 (5 per side)		
1E) Alternating Scorpion	10 (5 per side)		

WORKOUT A	TIME/REPS	SET 1	SET 2	SET 3
2A) 2-Leg Hip Extension	12			
2B) Pushup Plank	:30 Hold			
2C) Pushup or Kneeling Pushup	AMRAP			
2D) Stick Ups	12			
2E) Stability Ball Leg Curl	12			
2F) Side Plank	:20 Hold / Side			
2G) Stability Ball Hip Extension	12			
2H) Stability Ball Squat	12			

INTERVAL PROGRAM A	TIME	TYPE	INTENSITY
Warm Up	3 Minutes	Warm	3 of 10
Interval 1	2 Minutes	Hard	8 of 10
Rest Interval	2 Minutes	Easy	3 of 10
Interval 2	2 Minutes	Hard	8 of 10
Rest Interval	2 Minutes	Easy	3 of 10
Interval 3	2 Minutes	Hard	8 of 10
Rest Interval	2 Minutes	Easy	3 of 10
Interval 4	2 Minutes	Hard	8 of 10
Rest Interval	2 Minutes	Easy	3 of 10
Interval 5	2 Minutes	Hard	8 of 10
Cool Down	3 Minutes	Cool	3 of 10



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## FOUNDATIONS WORKOUT B

DATE:

TIME:

WARM UP	TIME/REPS	SET 1	SET 2
1A) W - Y - T	10		
1B) Prisoner Squat	10		
1C) T-Pushup	10 (5 per side)		
1D) Spiderman Climb	10 (5 per side)		
1E) Alternating Scorpion	10 (5 per side)		

WORKOUT B	TIME/REPS	SET 1	SET 2	SET 3
2A) Bodyweight Squat	12			
2B) Elbow Plank	:30 Hold			
2C) Incline Pushup	AMRAP			
2D) 1-Leg Hip Extension	6 / Side			
2E) Side Plank	:20 Hold / Side			
2F) Wall Squat Hold	:45 Hold			
2G) Birdie Dog	6 Reps / Side			
2H) Straight Up Situps	12			

INTERVAL PROGRAM B	TIME	TYPE	INTENSITY
Warm Up	3 Minutes	Warm	3 of 10
Interval 1	1 Minute	Hard	8.5 of 10
Rest Interval	90 Seconds	Easy	3 of 10
Interval 2	1 Minute	Hard	8.5 of 10
Rest Interval	90 Seconds	Easy	3 of 10
Interval 3	1 Minute	Hard	8.5 of 10
Rest Interval	90 Seconds	Easy	3 of 10
Interval 4	1 Minute	Hard	8.5 of 10
Rest Interval	90 Seconds	Easy	3 of 10
Interval 5	1 Minute	Hard	8.5 of 10
Cool Down	3 Minutes	Cool	3 of 10



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**STRENGTH AND POWER WORKOUT A**

DATE:

TIME:

<b>WARM UP PHASE</b>			
<b>Exercise</b>	<b>TIME/REPS</b>	<b>SET 1</b>	<b>SET 2</b>
1A) Ass to Grass Squat	:30 Hold		
1B) Prone Knee to Chest (Knee Pull)	:30 / Side		
1C) Crucifix	:30 / Side		
1D) Backswing Angel	:30		
1E) Alternating Scorpion	5 / Side		
1F) Birdie Dogs	10		
1G) Spiderman Climb	5 / Side		
1H) Bodyweight Squat	10		

<b>STRENGTH AND POWER PHASE</b>				
<b>EXERCISE</b>	<b>TIME/REPS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>
2A) DB or KB Split Squat Drops	8 / Side			
2B) DB or KB Rotating Push Press	12/ Side			
3A) DB or KB Ass to Grass Squat	8 / Side			
3B) Stability Ball Rollout	12			
4A) DB or KB RDL	8			
4B) Sit Out	8			
4C) Rotating Plank	:60			

<b>CONDITIONING PHASE (INTERVAL A-II)</b>			
<b>MINUTE BY MINUTE (17 Minutes Total)</b>	<b>TIME</b>	<b>TYPE</b>	<b>INTENSITY</b>
Warm Up	5 Minutes	Warm	4 of 10
Interval 1	:20	Hard	9 of 10
Rest Interval	:40	Easy	3 of 10
Interval 2	:20	Hard	9 of 10
Rest Interval	:40	Easy	3 of 10
Interval 3	:20	Hard	9 of 10
Rest Interval	:40	Easy	3 of 10
Interval 4	:20	Hard	9 of 10
Rest Interval	:40	Easy	3 of 10
Interval 5	:20	Hard	9 of 10
Rest Interval	:40	Easy	3 of 10
Interval 6	:20	Hard	9 of 10
Rest Interval	:40	Easy	3 of 10
Interval 7	:20	Hard	9 of 10
Rest Interval	:40	Easy	3 of 10
Interval 8	:20	Hard	9 of 10
Rest Interval	:40	Easy	3 of 10
Cool Down	4 Minutes	Easy	3 of 10



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## STRENGTH AND POWER WORKOUT B

DATE:

TIME:

WARM UP PHASE			
Exercise	TIME/REPS	SET 1	SET 2
1A) Ass to Grass Squat	:30 Hold		
1B) Prone Knee to Chest (Knee Pull)	:30 / Side		
1C) Crucifix	:30 / Side		
1D) Backswing Angel	:30		
1E) Alternating Scorpion	5 / Side		
1F) Birdie Dogs	10		
1G) Spiderman Climb	5 / Side		
1H) Bodyweight Squat	10		

STRENGTH AND POWER PHASE				
EXERCISE	TIME/REPS	SET 1	SET 2	SET 3
2A) DB or KB Single Arm Row	12 / Side			
2B) DB or KB Single Arm Chest Press	12 / Side			
3A) DB or KB Swing	12 / Side			
3B) DB or BB V Scaption	8 / Side			
4A) DB or KB Baggage Claim	20 Steps x 10			
4B) DB or KB Figure 8	12			
4C) External Rotation (using band or bb weight)	12			

CONDITIONING PHASE (INTERVAL B-II)			
MINUTE BY MINUTE (17 Minutes Total)	TIME	TYPE	INTENSITY
Warm Up	3 Minutes	Warm	4 of 10
Interval 1	:45	Hard	8 of 10
Rest Interval	:90	Easy	3 of 10
Interval 2	:45	Hard	8 of 10
Rest Interval	:90	Easy	3 of 10
Interval 3	:45	Hard	8 of 10
Rest Interval	:90	Easy	3 of 10
Interval 4	:45	Hard	8 of 10
Rest Interval	:90	Easy	3 of 10
Interval 5	:45	Hard	8 of 10
Rest Interval	:90	Easy	3 of 10
Interval 6	:45	Hard	8 of 10
Cool Down	4 Minutes	Easy	3 of 10



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