



FOR THE NEXT 6 WEEKS - FOLLOW THE ACTION PLAN LISTED BELOW.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Assessment Tests (#1)	Fitness Test #1 Body Comp #1	Regain Touch Ritual Watch: GTG Video GTG: Setup	HIP EMF Regain Touch Ritual GTG: Setup	Walk Challenge: 1 Mile Regain Touch Ritual GTG: Setup	HIP EMF Range: GOLO Range: GOTO GTG: Setup	OFF DAY PLAY 18 MEAL PREP
2	WORKOUT A / SilverFox A LESSON: 1 or 3? GTG: 7 to 7	HIP EMF Walk Challenge: 1 Mile RANGE: Weight GTG: 7 to 7	WORKOUT B / SilverFox B RANGE: Looking Up GTG: 7 to 7	HIP EMF Walk Challenge: 1 Mile Range: Weight GTG: 7 to 7	Workout C / SilverFox C Range: Looking Up GTG: 7 to 7	HIP EMF Walk Challenge: 1 Mile Range: Weight GTG: 7 to 7	OFF DAY PLAY 18 MEAL PREP
3	WORKOUT A / SilverFox A LESSON: Poor Tempo GTG: 8 to 8	HIP EMF Walk Challenge: 1 Mile RANGE: All Arms GTG: 8 to 8	WORKOUT B / SilverFox B RANGE: Tick Tock GTG: 8 to 8	HIP EMF Walk Challenge: 1 Mile RANGE: All Arms GTG: 8 to 8	Workout C / SilverFox C LESSON: Tick Tock GTG: 8 to 8	HIP EMF Walk Challenge: 1 Mile RANGE: Pendulum GTG: 8 to 8	Assessment Test #2 Fitness Test #2 Body Comp Test #2 MEAL PREP
4	WORKOUT A / SilverFox A LESSON: Floppy Wrists GTG: 9 to 9	HIP EMF Walk Challenge: 2 Miles RANGE: PCR GTG: 9 to 9	WORKOUT B / SilverFox B RANGE: Punisher RANGE: PCR GTG: 9 to 9	HIP EMF Walk Challenge: 2 Miles RANGE: PCR GTG: 9 to 9	Workout C / SilverFox C RANGE: Punisher RANGE: PCR GTG: 9 to 9	HIP EMF Walk Challenge: 2 Miles RANGE: PCR GTG: 9 to 9	OFF DAY PLAY 18 MEAL PREP
5	WORKOUT A / SilverFox A LESSON: Pick LZ GTG: Setup Through Chip	HIP EMF Walk Challenge: 2 Miles RANGE: Pace It Off GTG: Setup Through Chip	WORKOUT B / SilverFox B RANGE: Umbrella RANGE: PCR GTG: Setup Through Chip	HIP EMF Walk Challenge: 2 Miles RANGE: Pendulum GTG: Setup Through Chip	Workout C / SilverFox C RANGE: Umbrella RANGE: PCR GTG: Setup to Chip	HIP EMF Walk Challenge: 2 Miles RANGE: Pendulum GTG: Setup Through Chip	OFF DAY PLAY 18 MEAL PREP
6	WORKOUT A / SilverFox A LESSON: Traj. Grip GTG: Re-Check Setup	HIP EMF Walk Challenge: 2 Miles RANGE: Traj. Grip GTG: Re-Check Setup	WORKOUT B / SilverFox B RANGE: Traj. Clubface GTG: Re-Check Setup to 7	HIP EMF Walk Challenge: 2 Miles RANGE: Traj. Clubface GTG: Re-Check Setup	Workout C / SilverFox C RANGE: Trajectory Mix GTG: Re-Check Setup to 9	HIP EMF Walk Challenge: 2 Miles RANGE: Trajectory Mix GTG: Re-Check Setup	Assessment Test #3 Fitness Test #3 Body Comp Test #3 DONE!

NEXT: MOVE TO THE RED ZONE CHALLENGE TO KEEP PROGRESSING.



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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