

PlayerFit Workout Plan



Maximize your results, Enhance your performance

PlayerFit is a workout plan designed to maximize your performance, and enhance your results. Your fitness level will be that of an elite athlete after you eat right, do cardio every day, and follow the full body workouts provided in this packet.

Full Body Workout

In the work out section of this packet, you are given three days of workouts. It is important that you are working out three days a week to maintain your fitness level. As time goes on, you can add weight and reps every one to two weeks of following this workout because you will build up endurance as time goes on.

Cardio

In the cardio section of the packet, you will be given different workouts per day. Remember, when given these workouts, they are designed to make you fit as that of an elite athlete. Once you complete all the workouts given, repeat the chart. As you progress, your times should be getting better and your distance runs should become further. After completing these workouts, you will have foot speed, agility, and endurance.

Note: If necessary, you may substitute a workout given, for a swimming workout, or something less strenuous.

Diet Plan

The Diet plan in this packet is designed specifically for an individual working out whose ultimate goal is to tone and lose weight. It is important that you keep a clean diet, but more importantly you must be sure to balance out the calories you are burning off with that you are eating. It is not required but highly recommended that you purchase UMP (casein) and Muscle Provider (whey), they may be replaced with any other brand. When on this diet, you will be eating every two to three hours, NOT when you are hungry. Missing a meal is much worse than missing a workout—Missing a meal will slow your metabolism, and raise your blood sugars which will make you crave bad food

Anytime you don't have time to prepare a meal, make sure you drink a shake. If you are on the road, a perfect meal if you don't have your shakes with you, is to stop at any gas station and purchase a bag of beef jerky and some almonds (just make sure you only eat a handful of the almonds.

Full Body Workout

Day 1					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Push ups					
Burpees					
Mountain Climbers					
Leg raises					
Toe touches					
Bodyweight Squats					
Lunges					
Diamond Push ups on knees					
Dips off of chair or bench					
"V" ups					
High Knees					
Squat Jumps					
Do every set of 4, 1 min each 2 times					
Day 2					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Squats					
2 arm presses					
Squat throws					
1 kettlebell front squat to front raise					
Lunges					
Jumping Jacks					
Jump rope					
3 Sets of 10 reps, using dumbell or kettle bell					
Day 3					
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Push ups					
Burpees					
Mountain Climbers					
Leg raises					
Toe touches					
Bodyweight Squats					
Lunges					
Diamond Push ups on knees					
Dips off of chair or bench					
"V" ups					
High Knees					
Squat Jumps					
Do every set of 4, 1 min each 2 times					

Cardio

WEEK 1		
	Day 1	15 minute run
	Day 2	1- 800m run, 3- 400m sprints, 5- 100m sprints
	Day 3	Ladders: Lateral 1 foot in, Straight run 2 feet in, lateral forward and backwards, Ali Shuffle, Ickey shuffle
	Day 4	20 minute run
	Day 5	5- 50m sprints, 10- 100m sprints, 5- 40m sprints
WEEK 2		
	Day 1	25 minute run
	Day 2	1- 100m sprint, 10- 80m sprints, 2- 60m sprints
	Day 3	Dot Drills 2 minutes each: Figure 8- 2feet, Figure 8-1 foot (switch feet), Square 1 foot (switch feet), X- forward to backward
	Day 4	30 minute Run
	Day 5	1- 800m run, 3- 400m sprints, 5- 100m sprints
WEEK 3		
	Day 1	35 minute run
	Day 2	5- 50m sprints, 10- 100m sprints, 5- 40m sprints
	Day 3	Line jumping 1:30 2 times each: Forward, Backward, Side to side, High knees.
	Day 4	40 minute run
	Day 5	1- 100m sprint, 10- 80m sprints, 2- 60m sprints

Diet Plan

On your full body work out day, you are recommended a pre-workout meal 30 minutes prior to your workout, and a post workout meal is required within 20 minutes. These meals are an addition to the 6 meals you eat every day. Eat your next scheduled meal and hour and a half after your post workout meal.

PRE WORKOUT: 2 scoops of UMP with water, 2 rice cakes

POST WORKOUT: 2 scoop of Muscle or UMP

Meal 1

Protein; 5 egg whites, 1 egg (may add low fat mozzarella cheese and lean meat)

Complex Carbohydrate: 1/4 cup oatmeal (measure before cooked)

Meal 2

2 scoop UMP mixed with 4-8 ounces of cold water

1 piece of fruit

Meal 3

(1 tuna or chicken patty)

1 can Tuna or 1 can of chicken (6 ounces), 1 egg white and 1 whole egg

1 cup oats with salt and pepper, add cut up onion, ½ cup of spinach, and garlic powder to patty mix.

(Mix all together, form into patty, and fry using 1/2 tablespoon of Olive oil—)

Use Mustard (and/or) ketchup or Salsa as topping

Meal 4

2 scoop UMP with water

10 almonds

Meal 5

1 protein

1 fibrous

1 fat

1 complex carb (25-30 grams)

Meal 6 (never have complex carbs, fruits, or fat here)

Protein: 3-5 egg whites with 1 yellow (may add ham and some cheese for omelet)

Fibrous Carbohydrate: 1 cup green veggies

Or

2 scoops of UMP

Fibrous carb: 1/2 cup baby carrots

Any of these items can be substituted to taste (protein for protein, carb for carb, etc.)

