

TRAINING PROGRAM

Record your F.I.R.E, I.C.E and L.I.A

mp-body.com

12 Week Exercise Program Template

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Points
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								
Week 12								

FIRE (Resistance Exercise) = 3 points

ICE (Intense Cardio Exercise) = 2 points

LIA (Less Intense Activity) = 1/2 point

