

# PLANT BASED BODY TRANSFORMATION



YOUR JOURNEY TO A  
HEALTHIER &  
STRONGER  
BODY...  
STARTS HERE!

WORKOUT  
LOG

active  
vegetarian

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# PLANT BASED BODY TRANSFORMATION

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BY: ACTIVE VEGETARIAN

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# PLANT BASED BODY TRANSFORMATION

BY: ACTIVE VEGETARIAN

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)

## EQUIPMENT NEEDED:

- CHAIR OR BENCH
- YOGA MAT
- A TIMER
- JUMP ROPE

## WEEK #1 WORKOUT #1

NO BREAK BETWEEN EXERCISES, TAKE A BREAK BETWEEN ROUNDS IF NEEDED - NO LONGER THAN 60 SECONDS!

MAX REPS IN **45 SECONDS**

**RECORD YOUR REPS FOR EACH ROUND!**

	ROUND # 1	ROUND # 2	ROUND # 3
BURPEES			
PUSH UPS			
STEP UPS ON CHAIR/BENCH			
KNEE HUGS			
SKIPPING (WITH OR WITHOUT ROPE)			
PRISONER SQUATS			
REVERSE PLANK (EXTENDED BRIDGE)			

**NOTES:**

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)

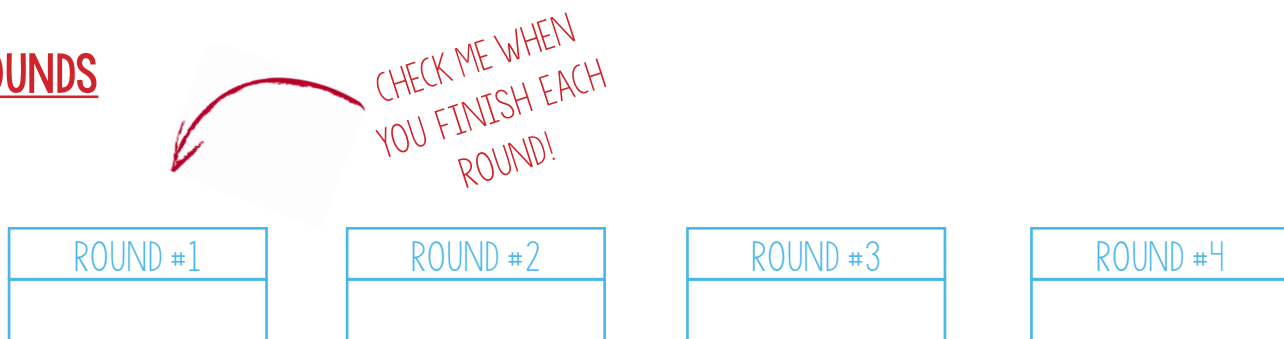
**EQUIPMENT NEEDED:**

- A TIMER

# WEEK #1 WORKOUT #2

PERFORM 20 SECONDS OF ALL-OUT WORK FOLLOWED BY 40-60 SECONDS OF LIGHT WORK, REPEAT

## 4 ROUNDS



CHECK ME WHEN  
YOU FINISH EACH  
ROUND!

ROUND #1	ROUND #2	ROUND #3	ROUND #4

**NOTES:**

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)

**EQUIPMENT NEEDED:**

- CHAIR OR BENCH
- YOGA MAT
- A TIMER

# WEEK #1 WORKOUT #3

TIMED WORKOUT!! START YOUR STOPWATCH TO SEE HOW LONG IT TAKES YOU TO COMPLETE THE FOLLOWING:

## **3 ROUNDS**

**RECORD YOUR TIME AT THE END!**

50 X HIGH KNEES

10 X REVERSE LUNGE + KICK LEFT

10 X REVERSE LUNGE + KICK RIGHT

10 X STAR JUMPS

10 X SPRINTER SIT UPS

10 X DYNAMIC SQUATS

ROUND 1

ROUND 2

ROUND 3

CHECK ME WHEN  
YOU FINISH EACH  
ROUND!

TOTAL TIME:

**NOTES:**

# PLANT BASED BODY TRANSFORMATION

BY: ACTIVE VEGETARIAN

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)

## EQUIPMENT NEEDED:

- CHAIR OR BENCH
- YOGA MAT
- A TIMER
- JUMP ROPE

## WEEK #2 WORKOUT #1

NO BREAK BETWEEN EXERCISES, TAKE A BREAK BETWEEN ROUNDS IF NEEDED - NO LONGER THAN 60 SECONDS!

MAX REPS IN **60 SECONDS**

**RECORD YOUR REPS FOR EACH ROUND!**

	ROUND # 1	ROUND # 2	ROUND # 3
BURPEES			
PUSH UPS			
STEP UPS ON CHAIR/BENCH			
KNEE HUGS			
SKIPPING (WITH OR WITHOUT ROPE)			
PRISONER SQUATS			
REVERSE PLANK (EXTENDED BRIDGE)			

**NOTES:**

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)


**EQUIPMENT NEEDED:**

- A TIMER

# WEEK #1 WORKOUT #2

PERFORM 20 SECONDS OF ALL-OUT WORK FOLLOWED BY 40-60 SECONDS OF LIGHT WORK, REPEAT

**6 ROUNDS**



ROUND #1	ROUND #2	ROUND #3	ROUND #4
ROUND #5	ROUND #6		

**NOTES:**

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)

**EQUIPMENT NEEDED:**

- CHAIR OR BENCH
- YOGA MAT
- A TIMER

# WEEK #1 WORKOUT #3

TIMED WORKOUT!! START YOUR STOPWATCH TO SEE HOW LONG IT TAKES YOU TO COMPLETE THE FOLLOWING:

## **4 ROUNDS**

**RECORD YOUR TIME AT THE END!**

50 X HIGH KNEES  
10 X REVERSE LUNGE + KICK LEFT  
10 X REVERSE LUNGE + KICK RIGHT  
10 X STAR JUMPS  
10 X SPRINTER SIT UPS  
10 X DYNAMIC SQUATS

ROUND 1
ROUND 2
ROUND 3
ROUND 4

CHECK ME WHEN  
YOU FINISH EACH  
ROUND!



TOTAL TIME:

**NOTES:**

# PLANT BASED BODY TRANSFORMATION

BY: ACTIVE VEGETARIAN

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)

## EQUIPMENT NEEDED:

- CHAIR OR BENCH
- YOGA MAT
- A TIMER
- JUMP ROPE

## WEEK #3 WORKOUT #1

NO BREAK BETWEEN EXERCISES, TAKE A BREAK BETWEEN ROUNDS IF NEEDED - NO LONGER THAN 60 SECONDS!

MAX REPS IN **75 SECONDS**

**RECORD YOUR REPS FOR EACH ROUND!**

	ROUND # 1	ROUND # 2	ROUND # 3
BURPEES			
PUSH UPS			
STEP UPS ON CHAIR/BENCH			
KNEE HUGS			
SKIPPING (WITH OR WITHOUT ROPE)			
PRISONER SQUATS			
REVERSE PLANK (EXTENDED BRIDGE)			

**NOTES:**

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)

**EQUIPMENT NEEDED:**

- A TIMER

# WEEK #3 WORKOUT #2

PERFORM 20 SECONDS OF ALL-OUT WORK FOLLOWED BY 40-60 SECONDS OF LIGHT WORK, REPEAT

**8 ROUNDS**

CHECK ME WHEN  
YOU FINISH EACH  
ROUND!

ROUND #1

ROUND #2

ROUND #3

ROUND #4

ROUND #5

ROUND #6

ROUND #7

ROUND #8

**NOTES:**

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)

**EQUIPMENT NEEDED:**

- CHAIR OR BENCH
- YOGA MAT
- A TIMER

# WEEK #3 WORKOUT #3

TIMED WORKOUT!! START YOUR STOPWATCH TO SEE HOW LONG IT TAKES YOU TO COMPLETE THE FOLLOWING:

## **5 ROUNDS**

**RECORD YOUR TIME AT THE END!**

50 X HIGH KNEES  
10 X REVERSE LUNGE + KICK LEFT  
10 X REVERSE LUNGE + KICK RIGHT  
10 X STAR JUMPS  
10 X SPRINT SIT UPS  
10 X DYNAMIC SQUATS

ROUND 1
ROUND 2
ROUND 3
ROUND 4
ROUND 5

CHECK ME WHEN  
YOU FINISH EACH  
ROUND!



TOTAL TIME:

**NOTES:**

# PLANT BASED BODY TRANSFORMATION

BY: ACTIVE VEGETARIAN

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)

## EQUIPMENT NEEDED:

- CHAIR OR BENCH
- YOGA MAT
- A TIMER
- JUMP ROPE

## WEEK #4 WORKOUT #1

NO BREAK BETWEEN EXERCISES, TAKE A BREAK BETWEEN ROUNDS IF NEEDED - NO LONGER THAN 60 SECONDS!

MAX REPS IN **90 SECONDS**

**RECORD YOUR REPS FOR EACH ROUND!**

	ROUND # 1	ROUND # 2	ROUND # 3
BURPEES			
PUSH UPS			
STEP UPS ON CHAIR/BENCH			
KNEE HUGS			
SKIPPING (WITH OR WITHOUT ROPE)			
PRISONER SQUATS			
REVERSE PLANK (EXTENDED BRIDGE)			

**NOTES:**

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)

**EQUIPMENT NEEDED:**

- A TIMER

# WEEK #4 WORKOUT #2

PERFORM 20 SECONDS OF ALL-OUT WORK FOLLOWED BY 40-60 SECONDS OF LIGHT WORK, REPEAT

**8 ROUNDS**

CHECK ME WHEN  
YOU FINISH EACH  
ROUND!

ROUND #1

ROUND #2

ROUND #3

ROUND #4

ROUND #5

ROUND #6

ROUND #7

ROUND #8

**NOTES:**

DO EACH WORKOUT ONCE A WEEK, BUT **NEVER** ON CONSECUTIVE DAYS.

**START** EACH SESSION WITH A [WARM-UP](#)

**FINISH** EACH SESSION WITH A [STRETCH](#)

**EQUIPMENT NEEDED:**

- CHAIR OR BENCH
- YOGA MAT
- A TIMER

# WEEK #4 WORKOUT #3

TIMED WORKOUT!! START YOUR STOPWATCH TO SEE HOW LONG IT TAKES YOU TO COMPLETE THE FOLLOWING:

## **5 ROUNDS**

**RECORD YOUR TIME AT THE END!**

50 X HIGH KNEES

10 X REVERSE LUNGE + KICK LEFT

10 X REVERSE LUNGE + KICK RIGHT

10 X STAR JUMPS

10 X SPRINTER SIT UPS

10 X DYNAMIC SQUATS

ROUND 1

ROUND 2

ROUND 3

ROUND 4

ROUND 5

CHECK ME WHEN  
YOU FINISH EACH  
ROUND!

TOTAL TIME:

**NOTES:**