

# ZCUT Power Cardio Series

## Month 3

# ZUZKA



### WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#3 Morning <input type="checkbox"/> Wo#4 Afternoon Notes _____ _____	ABS - <input type="checkbox"/> Strive for progress not perfection Notes _____ _____	Wo#12 <input type="checkbox"/> Notes _____ _____	Wo#6 <input type="checkbox"/> Notes _____ _____	Wo#5 <input type="checkbox"/> Wo#7 Notes _____ _____	ABS - You may not be there <input type="checkbox"/> yet, but you are closer than you were yesterday Notes _____ _____	Wo#1 <input type="checkbox"/> Notes _____ _____

### WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#2 <input type="checkbox"/> Notes _____ _____	Wo#8 Morning <input type="checkbox"/> Wo#9 Afternoon Notes _____ _____	ABS - Don't give up what you <input type="checkbox"/> want most for what you want now Notes _____ _____	Wo#10 <input type="checkbox"/> Notes _____ _____	Wo#11 <input type="checkbox"/> Notes _____ _____	Wo#3 Morning <input type="checkbox"/> Wo#12 Afternoon Notes _____ _____	ABS -When you feel like <input type="checkbox"/> quitting think why you started Notes _____ _____

### WEEK 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#6 <input type="checkbox"/> Notes _____ _____	Wo#4 <input type="checkbox"/> Notes _____ _____	Wo#1 Morning <input type="checkbox"/> Wo#5 Afternoon Notes _____ _____	ABS - <input type="checkbox"/> Be stronger than your excuses Notes _____ _____	Wo#7 <input type="checkbox"/> Notes _____ _____	Wo#8 <input type="checkbox"/> Notes _____ _____	Wo#9 Morning <input type="checkbox"/> Wo#11 Afternoon Notes _____ _____

### WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABS - <input type="checkbox"/> Good things come to those who work their asses off Notes _____ _____	Wo#12 <input type="checkbox"/> Notes _____ _____	Wo#3 <input type="checkbox"/> Notes _____ _____	Wo#2 Morning <input type="checkbox"/> Wo#4 Afternoon Notes _____ _____	ABS - If you keep <input type="checkbox"/> going you won't regret it Notes _____ _____	Wo#5 Morning <input type="checkbox"/> Wo#6 Afternoon Notes _____ _____	ABS - You can throw in <input type="checkbox"/> the towel or you can use it to wipe the sweat off your face Notes _____ _____

BEFORE  
PHOTO

AFTER  
PHOTO

STATS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT	_____	_____	_____	_____
WAIST	_____	_____	_____	_____
ARM	_____	_____	_____	_____
LEG	_____	_____	_____	_____