

12 Weeks

Amazing

Training and Tracking

PLANNER



Julietta Volcanes

12 Weeks

Amazing

Training and Tracking

PLANNER

12 Weeks Amazing Training and Tracking Planner.

Written and edited by: Julieta Volcanes Natera

Cover design: Julieta Volcanes Natera

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NOTE: I have written and published this e-book with the intention of being informative and educational in the field of fitness. It is not intended as medical advice/procedures. You should always consult your doctor before doing an exercise. The use of the information in this book is left to the discretion of the reader. This book was created with the intention of helping people have better active life and guide them to start a new fitness life.



Start



Week

*Set your mind
for a new beginning*



WEEK 1

Start: _____

End: _____

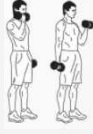
Repeat x 5 each exercise



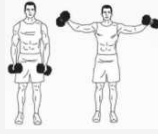
MON



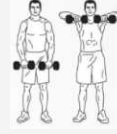
15 Push up & Renegade Rows



15 Alternate Bicep Curls



15 Side Arm Raises



15 Upright Rows

DRINK UP!



TUES



30 Seconds Side to Side Hops



15 Squats



30 Seconds Squats Hold



15 Front Lunges

DRINK UP!



WED



15 Raised Leg Hold



15 Abs Knee to Elbow



15 Abs Sitting Twists

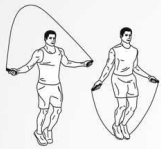


30 Seconds Plank Hold

DRINK UP!



THURS



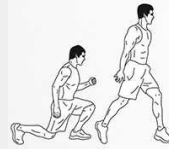
1 Min Jump Rope



1 Min High Knee



1 Min Jump Knee Tuck



1 Min Jump Lunge

DRINK UP!



FRI



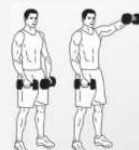
15 Bicep Curls



15 Shoulder Press



15 Shrugs



15 Front Arm Raises

DRINK UP!



SAT

20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax

DRINK UP!



SUN

"It's never too late to start"

DRINK UP!



WEEK 1

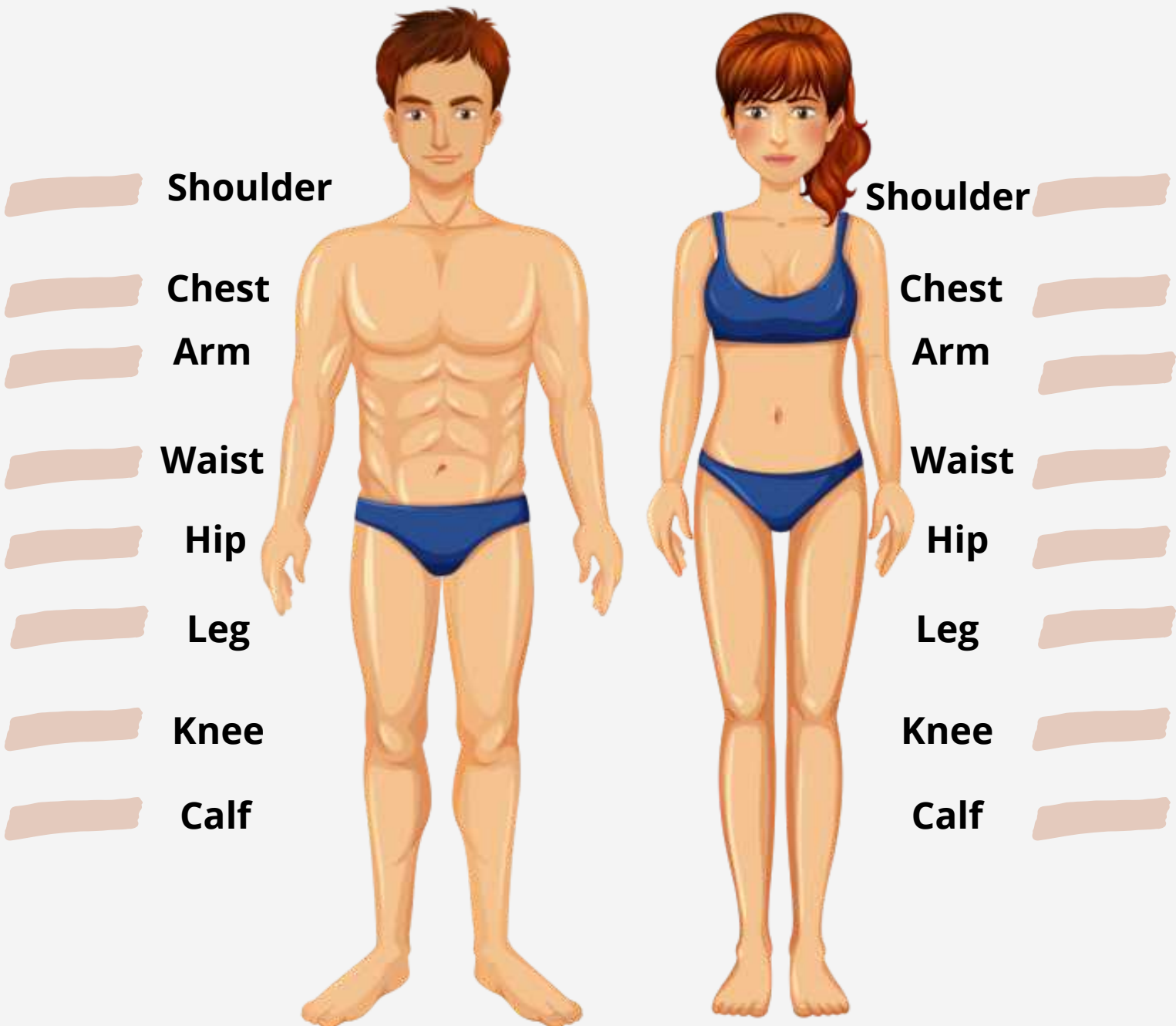


Start: _____

End: _____

Weight: _____

Body Measurement Progress



Make This Week Awesome!

WEEK 1: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 1



Ingredients

1 Banana
1 Whole Wheat Wraps
Peanut Butter
1/2 cup of Grated Coconut

Preparation

Spread the tortilla widely with the peanut butter. Then, spread the grated coconut, place the banana and start rolling.

Enjoy!

Week

*Keep Running
Until you get to
the finals*



WEEK 2

Start: _____
End: _____

Repeat x 5 each exercise



MON



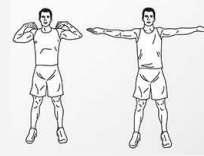
30 Seconds
Side to Side Hops



20 Shoulder
Taps



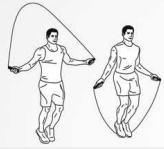
20 Bicep
Extensions



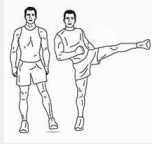
20 Side Shoulder
Taps



TUES



1 Min
Jump Rope



20 Side Leg
Raises



20 Reverse
Lunges



20 Squats



WED



15 Seconds
Elbow Plank



15 Seconds
Up & Down Plank



15 Seconds
Back extension
Hold



30 Seconds
Plank Hold



THURS



1 Min Jump
Knee Tuck



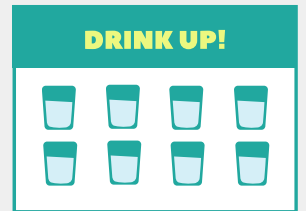
15 Push Up



15 Squats Hold
Punches



1 Min
Calf Raises



FRI



30 Sec
High Knee



20 Superman
Stretches



20 Reverse
Angel



20 W Extensions



SAT

20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax



SUN

"It's too early too quit, keep going"

WEEK 2

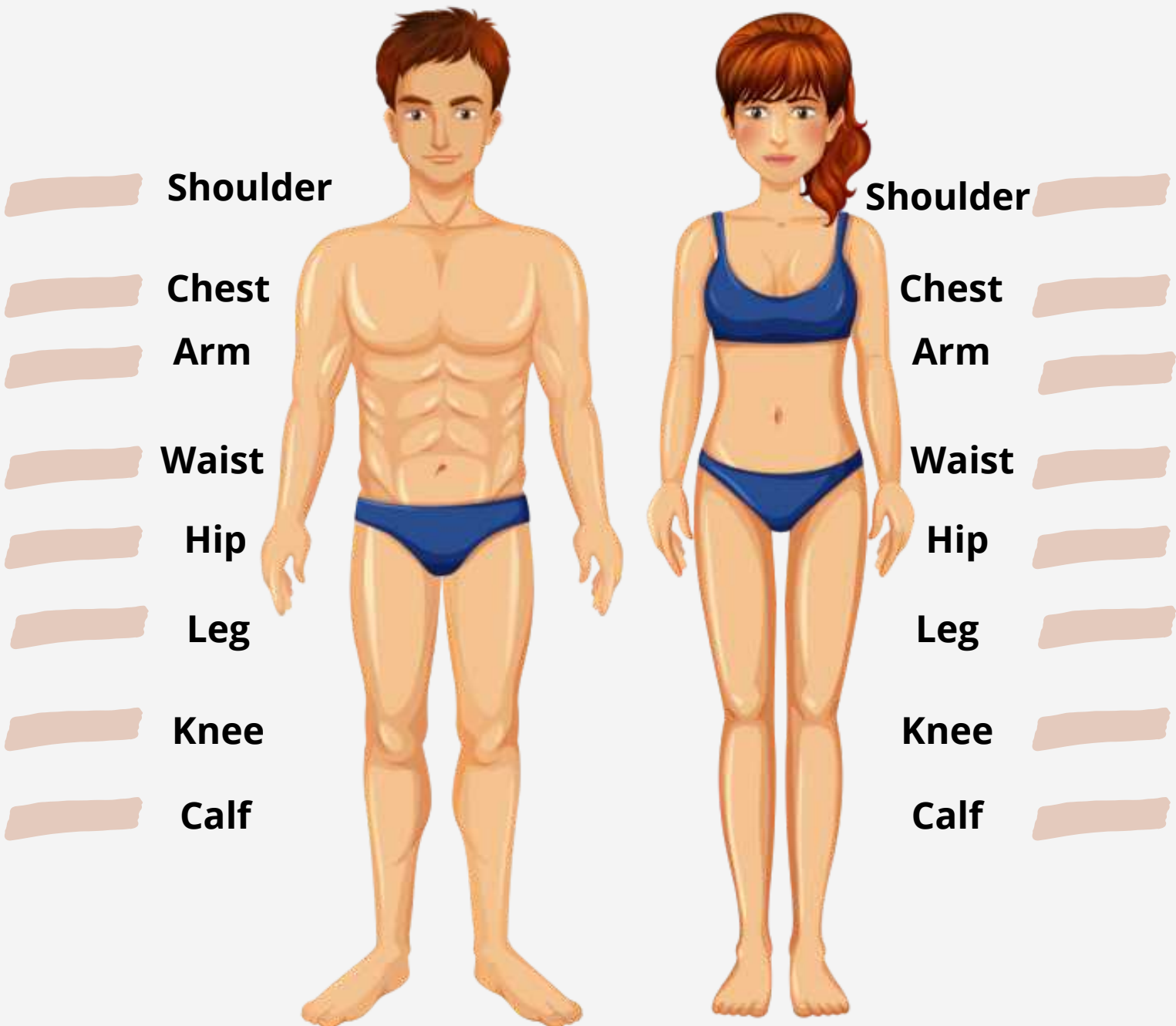


Start: _____

End: _____

Weight: _____

Body Measurement Progress



Make This Week Awesome!

WEEK 2: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 2



Ingredients

1 Red Apple
1 Strawberry
Greek Yogurt
Granola

Preparation

Cut the apple and strawberry in slices. Then, spread the Greek yogurt on the apple put the strawberry and granola on top.

Enjoy!

Week

Believe
in
Yourself



WEEK 3

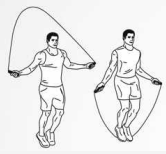
Start: _____

End: _____

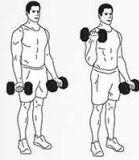
Repeat x 5 each exercise



MON



1 Min
Jump Rope



25 Alt
Bicep Curls



25 Shoulder
Press



25 Alt Tricep
extensions



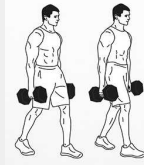
TUES



30 Seconds
Side to Side Hops



25 Squats



30 Sec Farmer's
Walk



25 Single Leg
Deadlifts



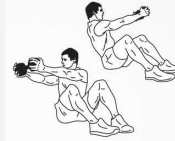
WED



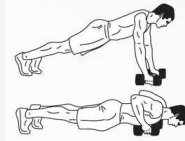
25 Side Jacks



25 Side Tilts



25 Sitting Twists



25 Push-ups



THURS



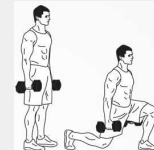
1 Min Jump
Knee Tuck



25 Alt Side
Lunges



25 Goblet
Squats



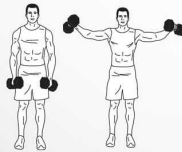
25 Alt Forward
Lunges



FRI



30 Sec
High Knee



25 Lateral
Raises



25 Bicep
Extensions



25 Bicep
Curls



SAT

20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax



SUN

"Just in love with the process"



WEEK 3

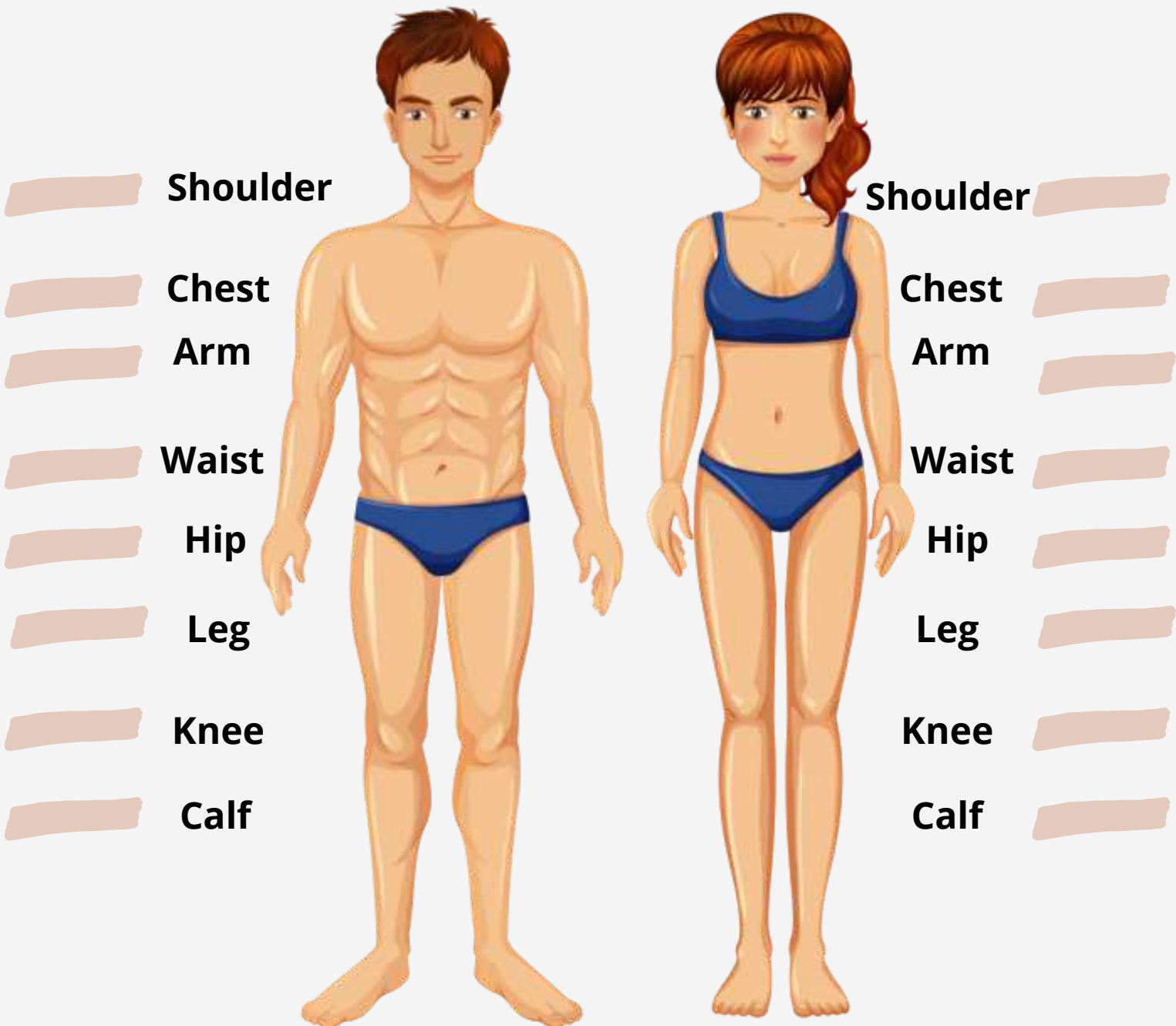


Start: _____

End: _____

Weight: _____

Body Measurement Progress



Make This Week Awesome!

WEEK 3: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 3



Ingredients

2 Whole Wheat Slice of
Bread
1 Avocado
Salt
Black Pepper

Preparation

Cut the avocado and
mash it, add salt and black
pepper. Then, spread the
creamy avocado on the
bread.

Enjoy!

Week

*Don't Stop
Until You're
Proud*



WEEK 4

Start: _____

End: _____

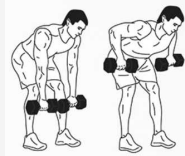
Repeat x 5 each exercise



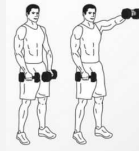
MON



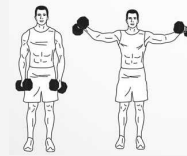
30 Sec
High Knee



25 Bent
Over Rows



25 Forward
Raises



25 Lateral
Raises

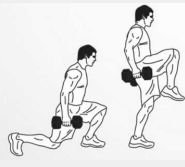
DRINK UP!



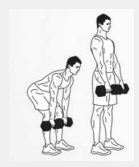
TUES



30 Seconds
Side to Side Hops



25 Reverse
Lunge Step Up



25 Deadlifts



25 Single Leg
Deadlifts

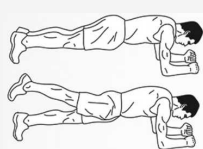
DRINK UP!



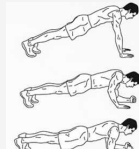
WED



25 Side Jacks



25 Elbow Plank
Atl Leg Raises



25 Up and Down
Planks



25 Seconds
Side Elbow Plank

DRINK UP!



THURS



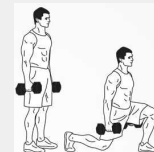
1 Min Jump
Knee Tuck



25 Alt Side
Lunges



25 Goblet
Squats

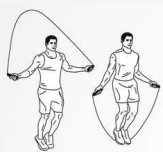


25 Alt Forward
Lunges

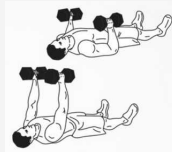
DRINK UP!



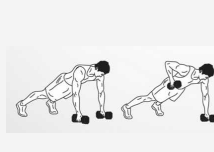
FRI



1 Min
Jump Rope



25 Chest
Press



25 Renegade
Row Planks



25 Sitting Twists

DRINK UP!



SAT

20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax

DRINK UP!



SUN

"Make Fitness your favorite Habit"

DRINK UP!



WEEK 4



Start: _____

End: _____

Weight: _____

Body Measurement Progress

This chart illustrates body measurement progress for a man and a woman. It features two central illustrations: a muscular man on the left and a woman on the right, both wearing blue athletic wear. To the left of the man and to the right of the woman are eight rows of measurement labels, each accompanied by a horizontal brown brushstroke for recording data. The labels are: Shoulder, Chest, Arm, Waist, Hip, Leg, Knee, and Calf. The brushstrokes are currently blank, indicating that measurements have not yet been recorded.

Measurement	Man	Woman
Shoulder	_____	_____
Chest	_____	_____
Arm	_____	_____
Waist	_____	_____
Hip	_____	_____
Leg	_____	_____
Knee	_____	_____
Calf	_____	_____

Make This Week Awesome!

WEEK 4: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 4



Ingredients

Hummus Dip

1 Celery

1 Cucumber

1 Carrot

Preparation

Cut the celery, cucumber, and carrot in slices and dip then in the delicious creamy Hummus.

Enjoy!

Week

*Don't Be weak,
Be Stronger
Every New
Day*



WEEK 5

Start: _____

End: _____

Repeat x 5 each exercise



MON



30 Seconds High Knee



25 Alt Forward Lunges



25 Goblet Squats



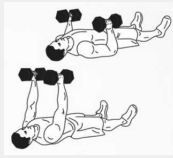
25 Squats



TUES



30 Seconds Butt Kicks



25 Chest Press



25 Upright Rows



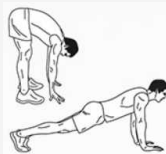
25 Sitting Twists



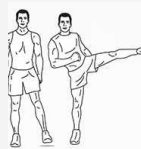
WED



25 Side Jacks



25 Seconds Plank Walk-out



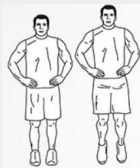
25 Side Leg Raise



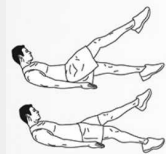
25 Reverse Lunges



THURS



1 Min Hops in the Spot



25 Flutter Kicks



25 Seconds Side Elbow Plank



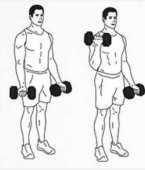
25 Side to Side Lunges



FRI



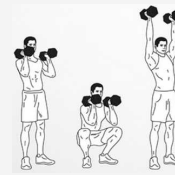
30 Sec Hip Rotation



25 Bicep Curls



25 Abs Knee to Elbow



25 Squat into Shoulder Press



SAT

20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax



SUN

"It takes 21 Days To Make a Habit"



WEEK 5

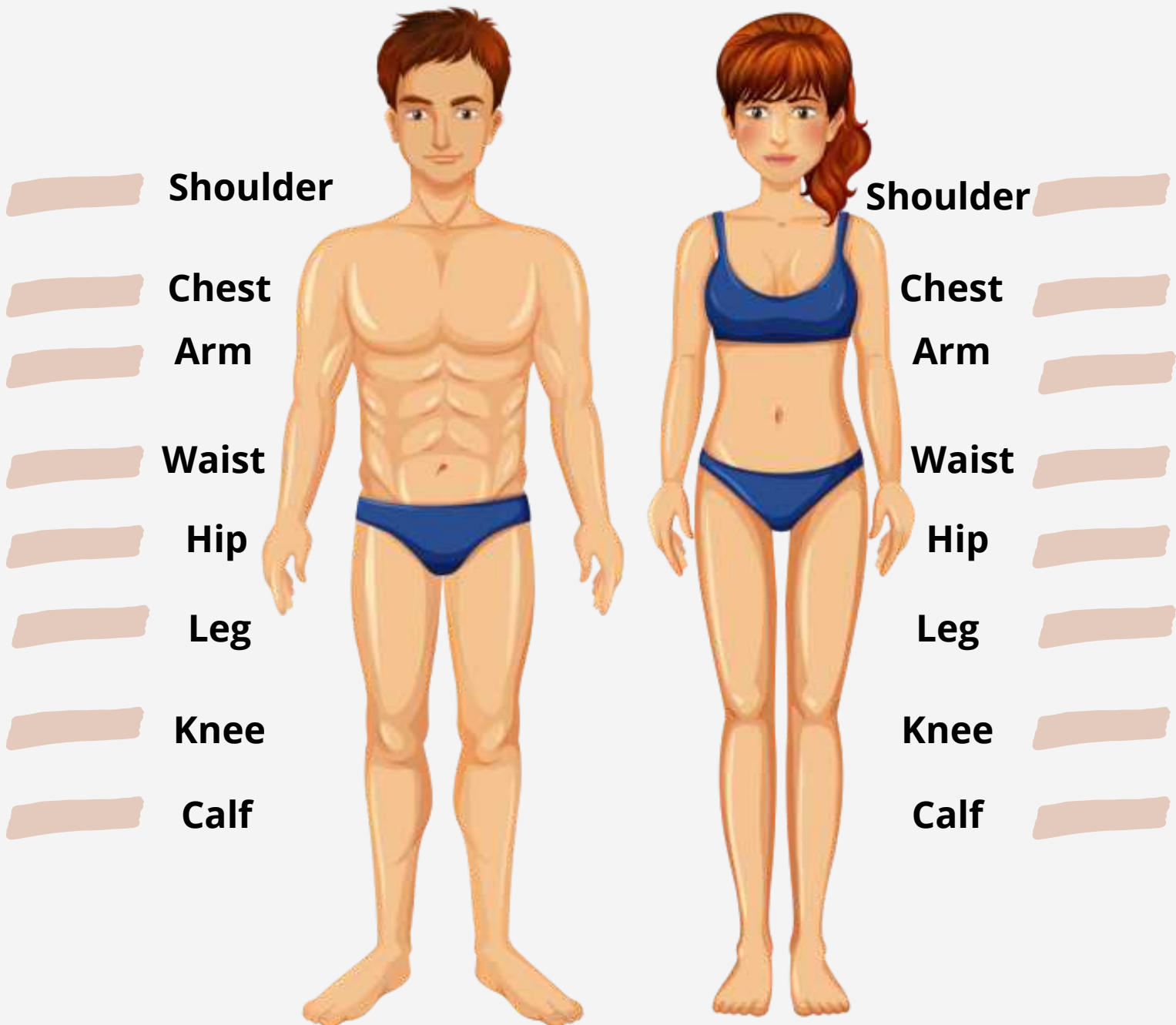


Start: _____

End: _____

Weight: _____

Body Measurement Progress



Make This Week Awesome!

WEEK 5: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 5



Ingredients

smoked salmon (more if desired)

goat cheese (about 2 tablespoons)

A squeeze of lemon

Salt & Black pepper

Bagel

2 tablespoons plain yogurt

Preparation

In a bowl, mash the goat cheese with a fork. Add the yogurt, and mix together until smooth. Spread on both sides of the bagel and top with the smoked salmon.

Enjoy!

Week

*Don't Quit,
Resist!*



WEEK 6

Start: _____

End: _____

Repeat x 5 each exercise



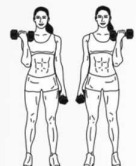
MON



**30 Seconds
Butt Kicks**



**25 Tricep
extensions**



**25 Alt
Bicep Curls**



25 Bicep Curls



TUES



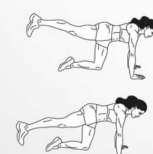
**30 Seconds
High Knee**



**25 Leg
Extensions**



**25 Side Leg
Extensions**



**25 Extended
Leg Swings**



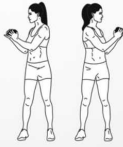
WED



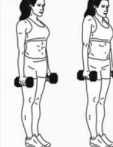
**30 Sec
Hip Rotation**



**25 Sides
Bends**



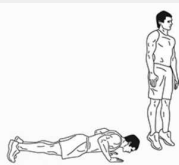
**25 Core
Twists**



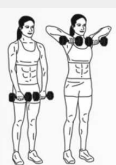
25 Shrugs



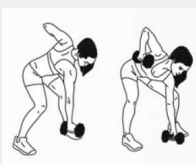
THURS



25 Sec Burpees



25 Upright rows



**25 Alt Bent
Over Rows**



**25 Knee
to elbows**



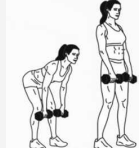
FRI



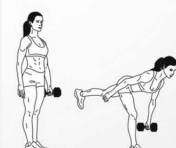
25 Side Jacks



**25 Alt Forward
Lunges**



25 Deadlifts



**25 Alt Single
Deadlifts**



SAT

**20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax**



SUN

"Is Not Easy Get Stronger, Keep Going"



WEEK 6

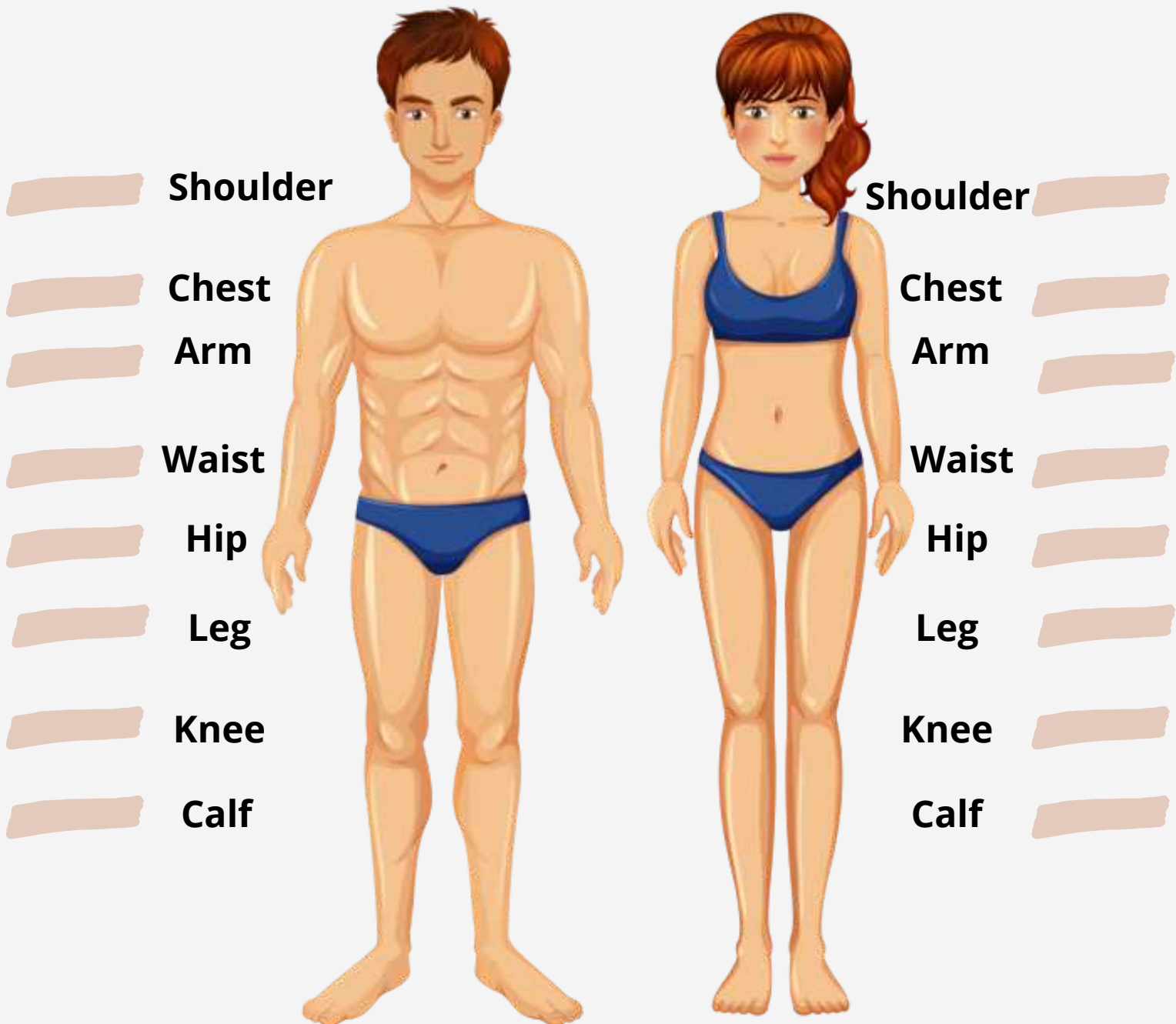


Start: _____

End: _____

Weight: _____

Body Measurement Progress



Make This Week Awesome!

WEEK 6: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 6



Ingredients

Tomato

Mozzarella Cheese

Spinach

Sal & Black Pepper

Preparation

Cut the Tomato and Mozzarella Cheese in slices. Make layers with the cheese and tomato. Put Salt and Pepper to taste. To decorate put on top spinach leaves.

Enjoy!

Week

*Hard Work,
Pay Off.*



WEEK 7

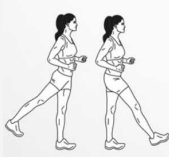
Start: _____

End: _____

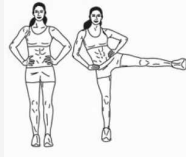
Repeat x 5 each exercise



MON



30 Seconds
Alt Leg Swing



25 Alt Side
Leg Raises



25 Knee to
Elbow



30 Seconds
Butt Kicks

DRINK UP!



TUES



30 Seconds
Alt Deadlifts



25 Sumo
Squats



25 Sumo Squat
Calf Raises



25 Squat
Side Bends

DRINK UP!



WED



30 Sec
March Steps



25 Crunches



25 Reverse
Crunches



25 Sitting
Twists

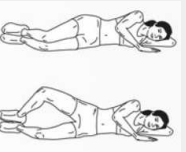
DRINK UP!



THURS



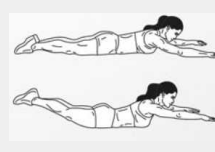
25 Lunge
Step Ups



25 Clamshells



25 Glute
Flex

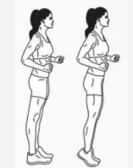


25 Superman
Stretches

DRINK UP!



FRI



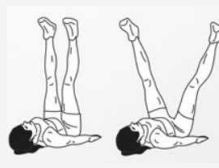
30 Seconds
Calf Raises



25 Bridges



25 Bridges
Taps



25 V-Extensions

DRINK UP!



SAT

20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax

DRINK UP!



SUN

"Fight for your Goals"

DRINK UP!



WEEK 7

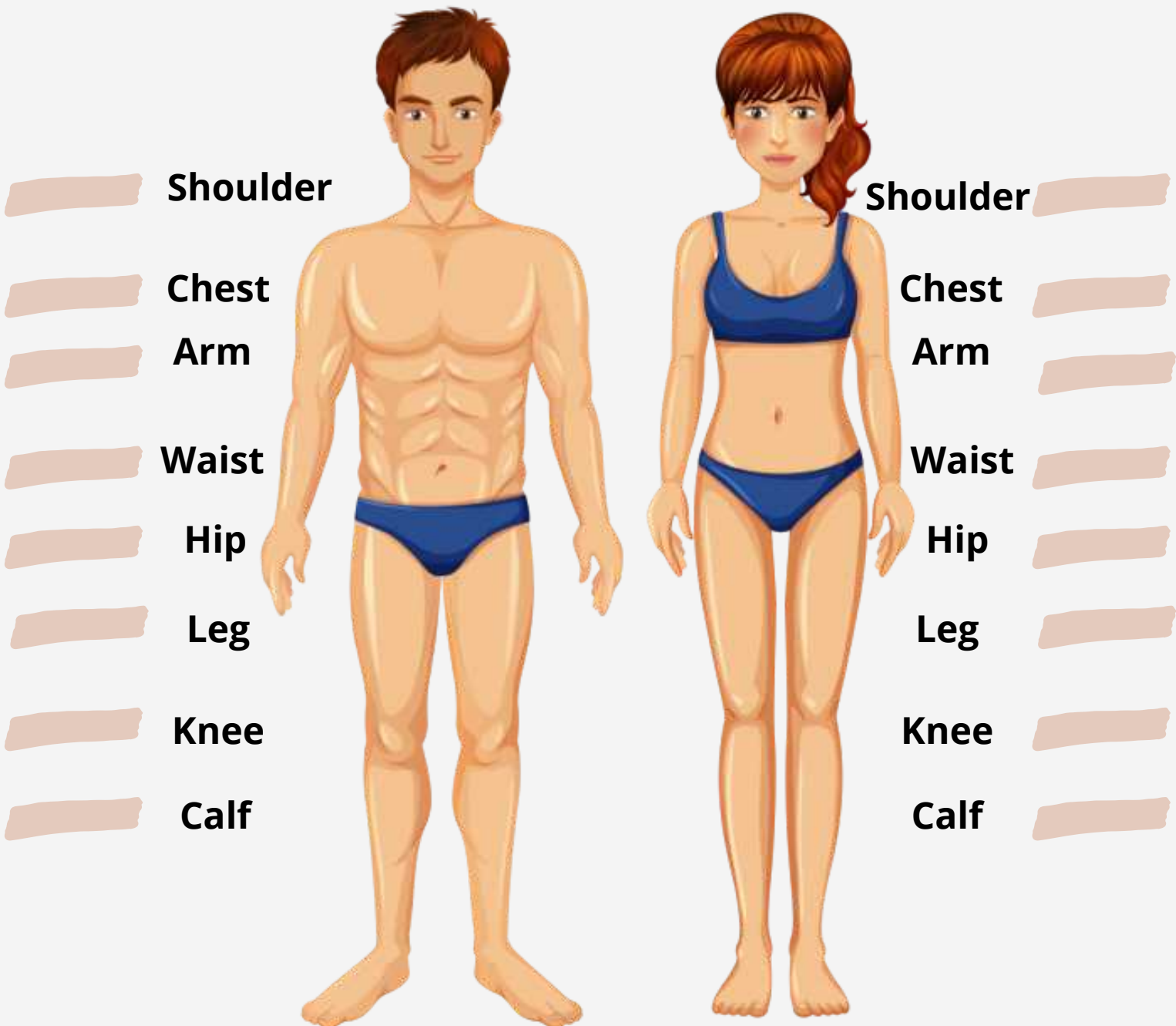


Start: _____

End: _____

Weight: _____

Body Measurement Progress



Make This Week Awesome!

WEEK 7: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 7



Ingredients

Wheat Bread Sandwich

Lettuce

Carrot

Roast beef

Mozzarella Cheese

Preparation

Put on top of the Bread sandwich the roast beef, lettuce, carrot, and mozzarella Cheese.

Enjoy!

Week

*You are
Responsible for
Creating your
Power*



WEEK 8

Start: _____

End: _____

Repeat x 5 each exercise



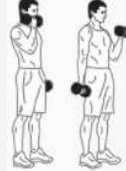
MON



30 seconds
Toe Tap Hops



30 Seconds
Side to Side Lunges



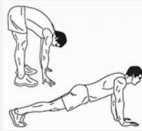
15 Alternate
Bicep Curls



30 Shoulder
Press



TUES



30 Seconds
Plank Walk-Out



30 Squats



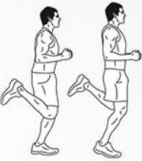
30 Alt. forward
Lunges



25 Alt
Side Lunges



WED



30 Sec
Juggling in place



30 Seconds
Plank Walk-out



30 Seconds
Side Elbow Plank



30 Seconds
Planks



THURS



30 Sec
High Knee



30 Jump
Squats



10 Cross Body
Push-up



10 Push-up
Rotation



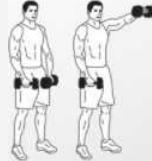
FRI



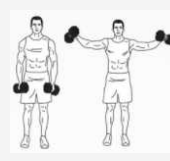
30 Sec Jump
Knee Tuck



25 Upright
Rows



25 Front Arm
Raises



25 Side Arm
Raises



SAT

20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax



SUN

"Commit to be Fit"



WEEK 8



Start: _____

End: _____

Weight: _____

Body Measurement Progress

This chart illustrates body measurement progress for a man and a woman. It features two central illustrations: a muscular man on the left and a woman on the right, both wearing blue athletic wear. To the left of the man and to the right of the woman are eight rows of measurement labels, each accompanied by a horizontal brown brushstroke for recording data. The labels are: Shoulder, Chest, Arm, Waist, Hip, Leg, Knee, and Calf. The brushstrokes are currently blank, indicating that measurements have not yet been recorded.

Measurement	Man	Woman
Shoulder	_____	_____
Chest	_____	_____
Arm	_____	_____
Waist	_____	_____
Hip	_____	_____
Leg	_____	_____
Knee	_____	_____
Calf	_____	_____

Make This Week Awesome!

WEEK 8: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 8



Ingredients

Wheat Tortillas

Tomato

Corn

Avocado

Salt and Pepper

Preparation

Put on top of the Tortilla the tomato and the avocado cut in slices, put some corn, and put salt and pepper for seasoning.

Enjoy!

Week

*80% Food and
20% training*



WEEK 9

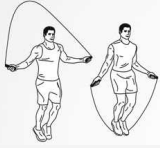
Start: _____

End: _____

Repeat x 5 each exercise



MON



1 Min
Jump Rope



30 Seconds
Wall Push-up



1 Min
Wall Sit

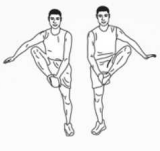


30 Seconds
Side to Side Lunges

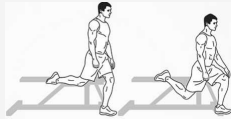
DRINK UP!



TUES



30 seconds
Toe Tap Hops



30 Split
Lunges



10 Decline
Push-up



25 Leg Raises

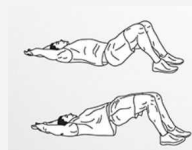
DRINK UP!



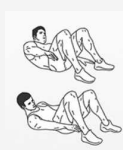
WED



25 Side Jacks



30 Bridges



30 Heel Taps



45 Seconds
Planks

DRINK UP!



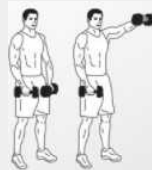
THURS



25 Jumping
Jacks



30 Bent
Over Rows



30 Alt Front
Arm Raises



25 Upright
Rows

DRINK UP!



FRI



30 Sec Jump
Knee Tuck



45 Seconds
Squats Hold



30 Squats



25 Front Lunges

DRINK UP!



SAT

20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax

DRINK UP!



SUN

"Hard Work Pay Off"

DRINK UP!



WEEK 9

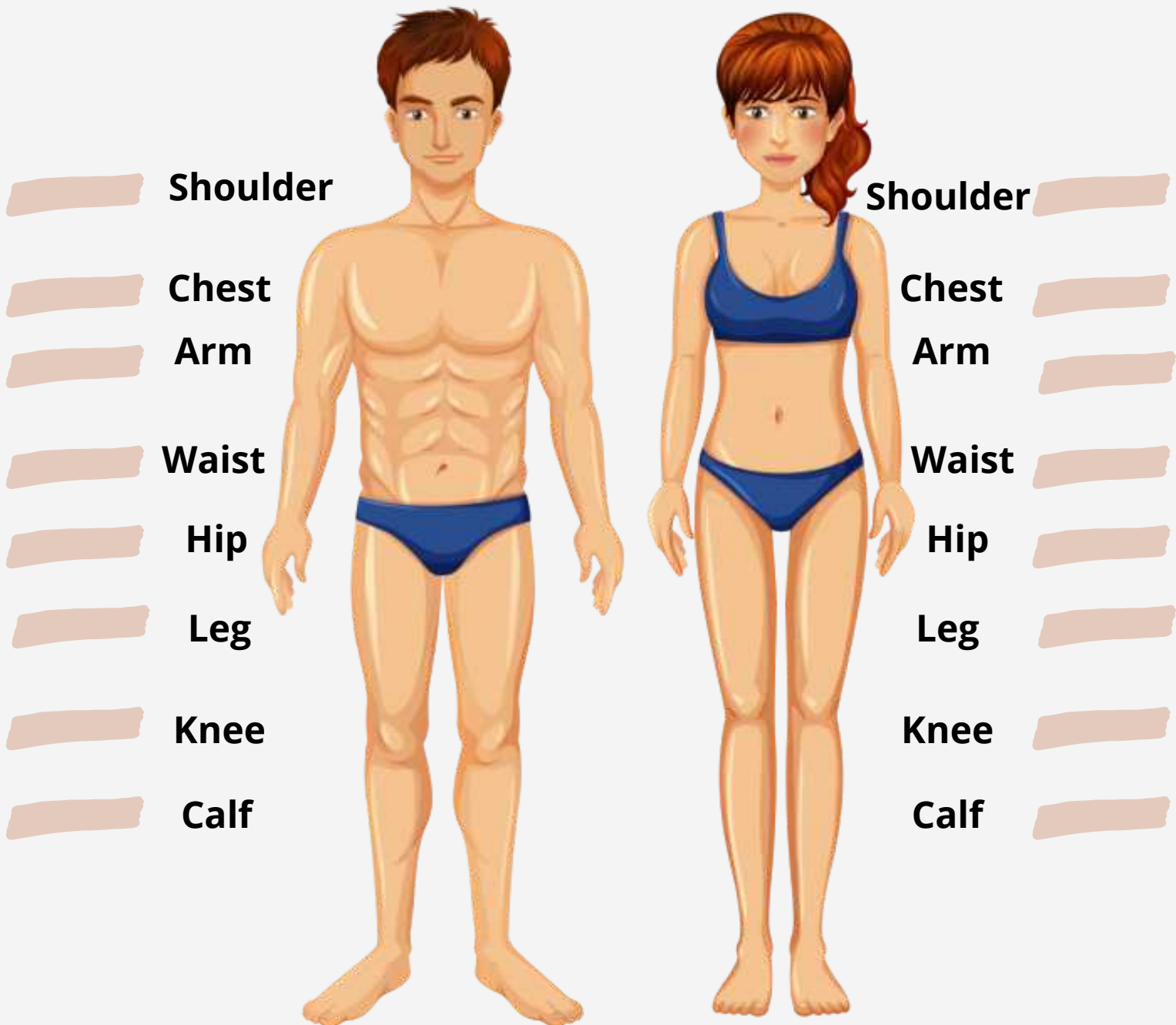


Start: _____

End: _____

Weight: _____

Body Measurement Progress



Make This Week Awesome!

WEEK 9: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 9



Ingredients

- *Sweet potatoes, peeled and cubed.
- *Red onion peeled and cubed.
- *Olive oil
- *Dried cranberries
- *Feta Cheese
- *Freshly chopped parsley
- *Salt and Pepper

Dressing:

Apple cider vinegar, mustard, honey, ground cumin, ground paprika, olive oil.

Preparation

Preheat oven to 400°. In a metal tray, toss sweet potatoes and red onion in oil then season with salt and pepper. Bake until tender, about 20 minutes.

Meanwhile, in a medium liquid measuring cup, whisk together vinegar, mustard, honey, and spices. Toss sweet potatoes with dressing, cranberries, feta, and parsley. Serve warm.

Enjoy!

Week

Only
you decide
to fight for
your Dreams



WEEK 10

Start: _____

End: _____

Repeat x 5 each exercise



MON



25 Jumping Jacks



30 Squats



30 Forward Lunges



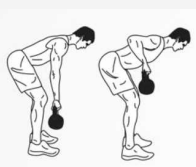
30 Deadlifts



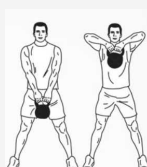
TUES



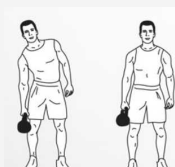
30 Sec Jump Knee Tuck



30 Bend Over Rows



30 Uprights Rows



30 Side Bends



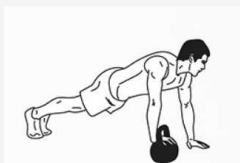
WED



25 Side Jacks



30 Mountain Climbers



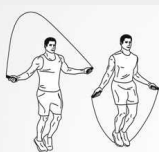
30 Seconds Alt Uneven Planks



30 Sitting Twists



THURS



1 Min Jump Rope



30 Bicep Curls



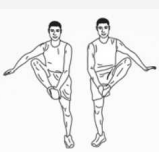
30 Shoulder Press



30 Alt Uneven Push-ups



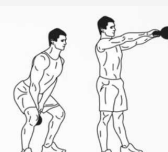
FRI



30 seconds Toe Tap Hops



30 Alt Snatch



30 Swings



30 Alt Full Get-ups



SAT

20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax



SUN

"Eat, Sleep, Kettlebells, Repeat"



WEEK 10

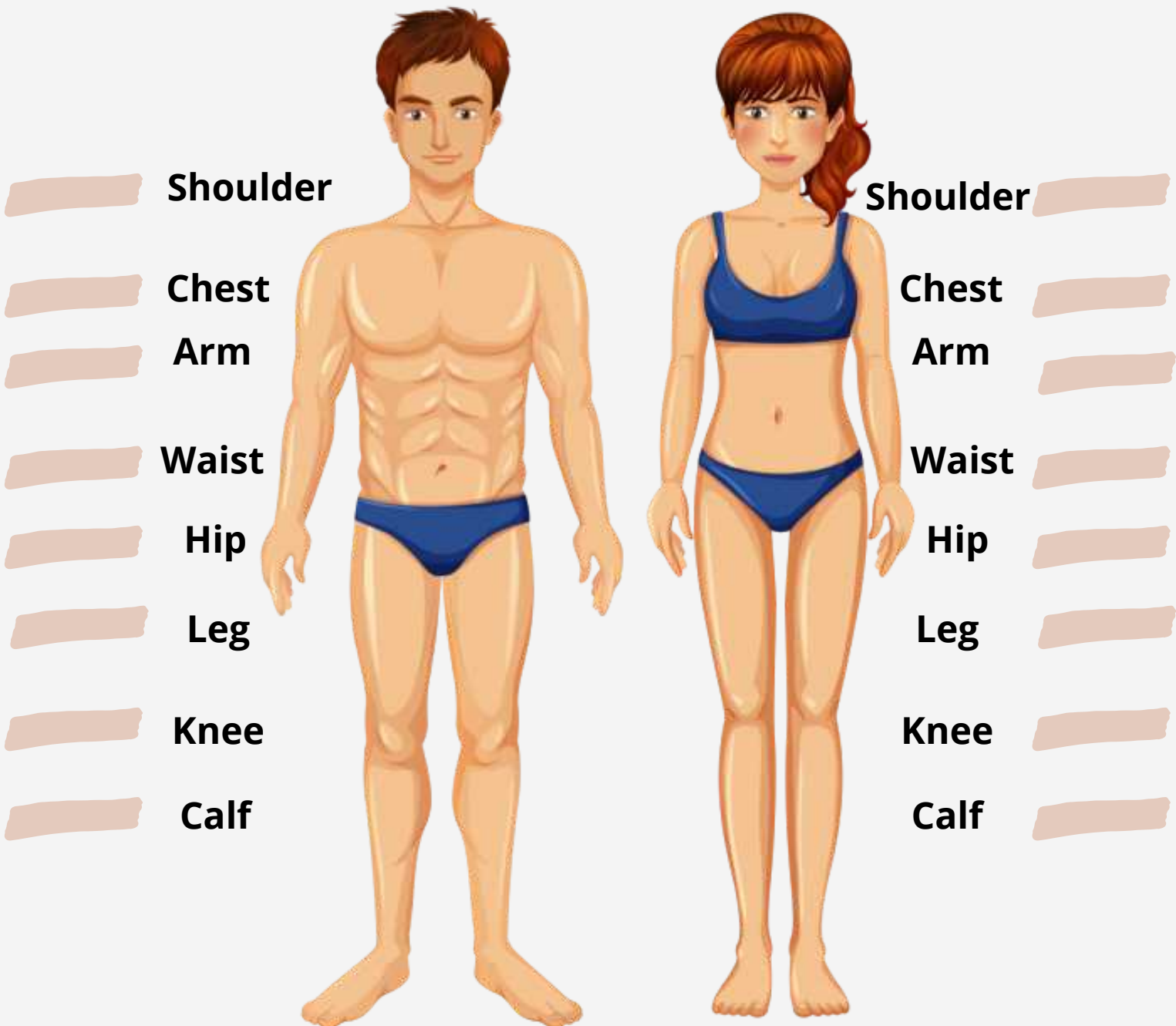


Start: _____

End: _____

Weight: _____

Body Measurement Progress



Make This Week Awesome!

WEEK 10: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 10



Ingredients

- *Plain Yogurt
- *Granola
- *Peach in slices
- *Dried cranberries and pineapples

Preparation

In a small cup mix the yogurt with the granola dried cranberries and pineapples.

Put on top the slices of peach to decor.

Enjoy!

Week

Value your
Health, Mind
and Body



WEEK 11

Start: _____

End: _____

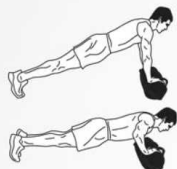
Repeat x 5 each exercise



MON



25 Side Jacks



15 Push - Ups



15 Push - Ups And Drag the Bag



15 Tricep Dips



TUES



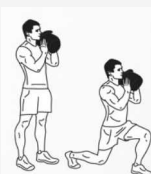
30 seconds Toe Tap Hops



30 Lunge and Swings



30 Throws



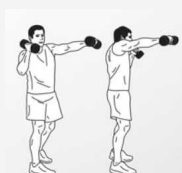
30 Alt Bag Lunges



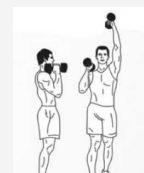
WED



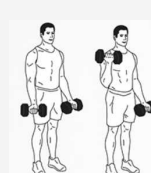
25 Jumping Jacks



30 Punches



30 Over Head Punches



30 Alt Bicep Curls



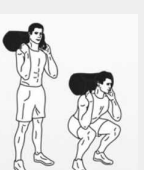
THURS



30 Sec Jump Knee Tuck



30 Back Extensions



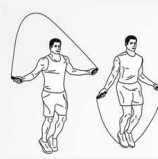
30 Squats



30 Bend Over Rows



FRI



1 Min Jump Rope



30 Flutter Kicks



30 Crunches



30 Sitting Twists



SAT

20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax



SUN

"Always Say Yes to Dumbbells"



WEEK 11

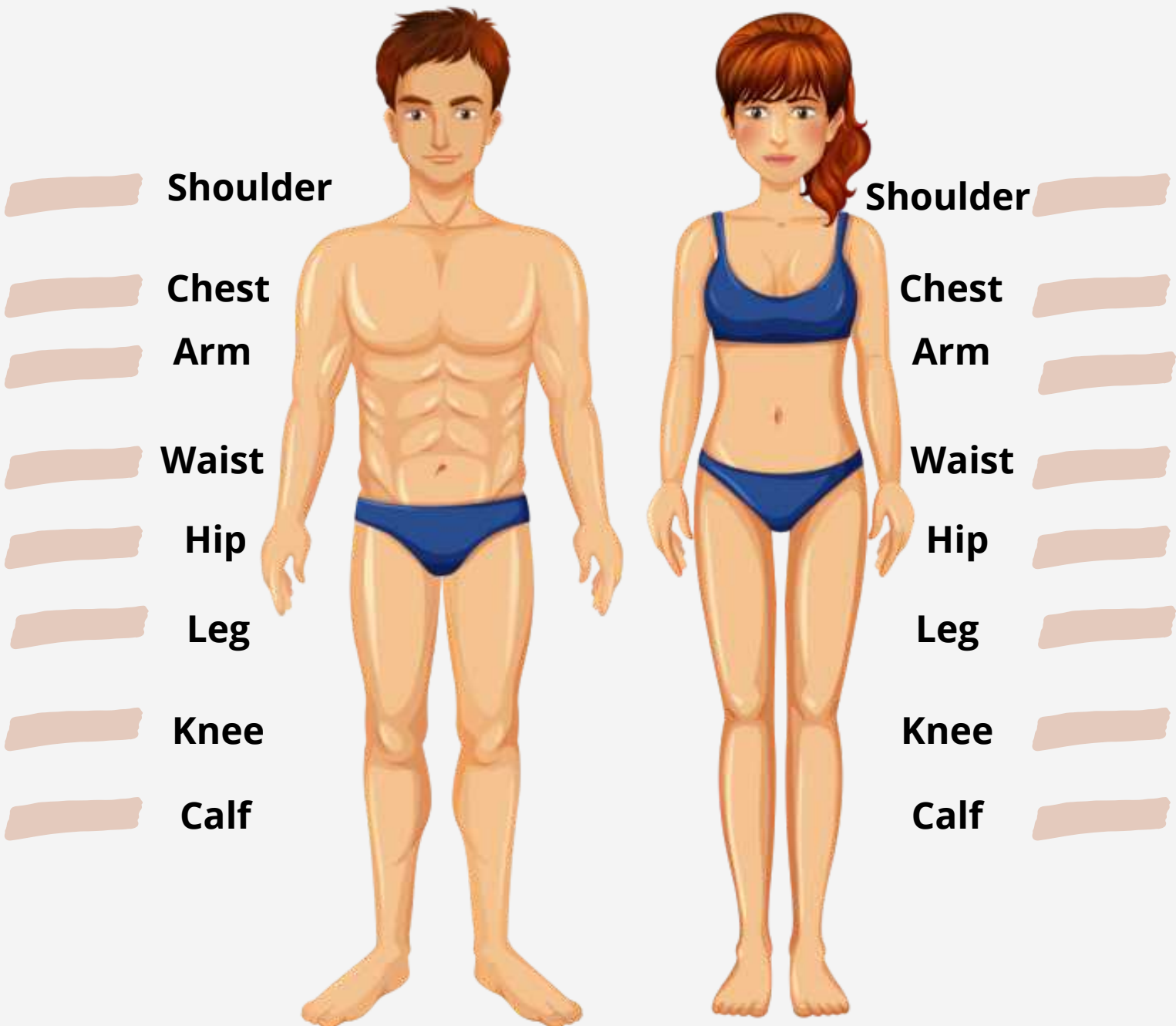


Start: _____

End: _____

Weight: _____

Body Measurement Progress



Make This Week Awesome!

WEEK 11: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 11



Ingredients

- *Peanut Butter
- *Sliced Banana
- *Blueberries
- *Wheat Bread

Preparation

Put peanut butter on the bread, then the Banana and blueberries.

Enjoy!

Week

*Mission
Accomplished
is a Great
Satisfaction*



WEEK 12

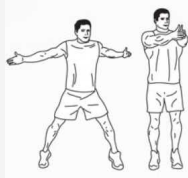
Start: _____

End: _____

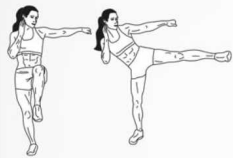
Repeat x 5 each exercise



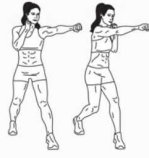
MON



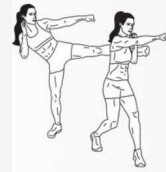
25 Seal Jacks



15 Side Kicks



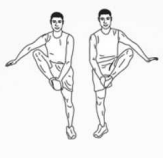
15 Jab Cross



15 Side Kicks
Jab Cross



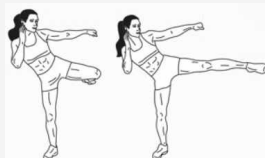
TUES



30 seconds
Toe Tap Hops



30 Front Kick



30 Turning Kicks



30 Squats into
Jab Cross



WED



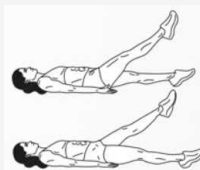
25 Jumping
Jacks



30 Sit-Up
Punches



30 Crunch
Kicks



30 Flutter
Kicks



THURS



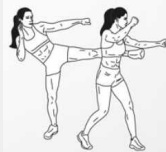
30 Side to Side
Squats



30 Lunge
Cross



30 Knee & Elbow
Strikes



30 Side Kick
Back Fist



FRI



1 Min
March Twists



30 Back Kick



30 Side Leg
Rise



30 Crunch
Kicks



SAT

20 Min of your prefer cardio
Choose your favorite Exercise
Stretch
Relax



SUN

"Be Proud of this Great Achievement"



WEEK 12

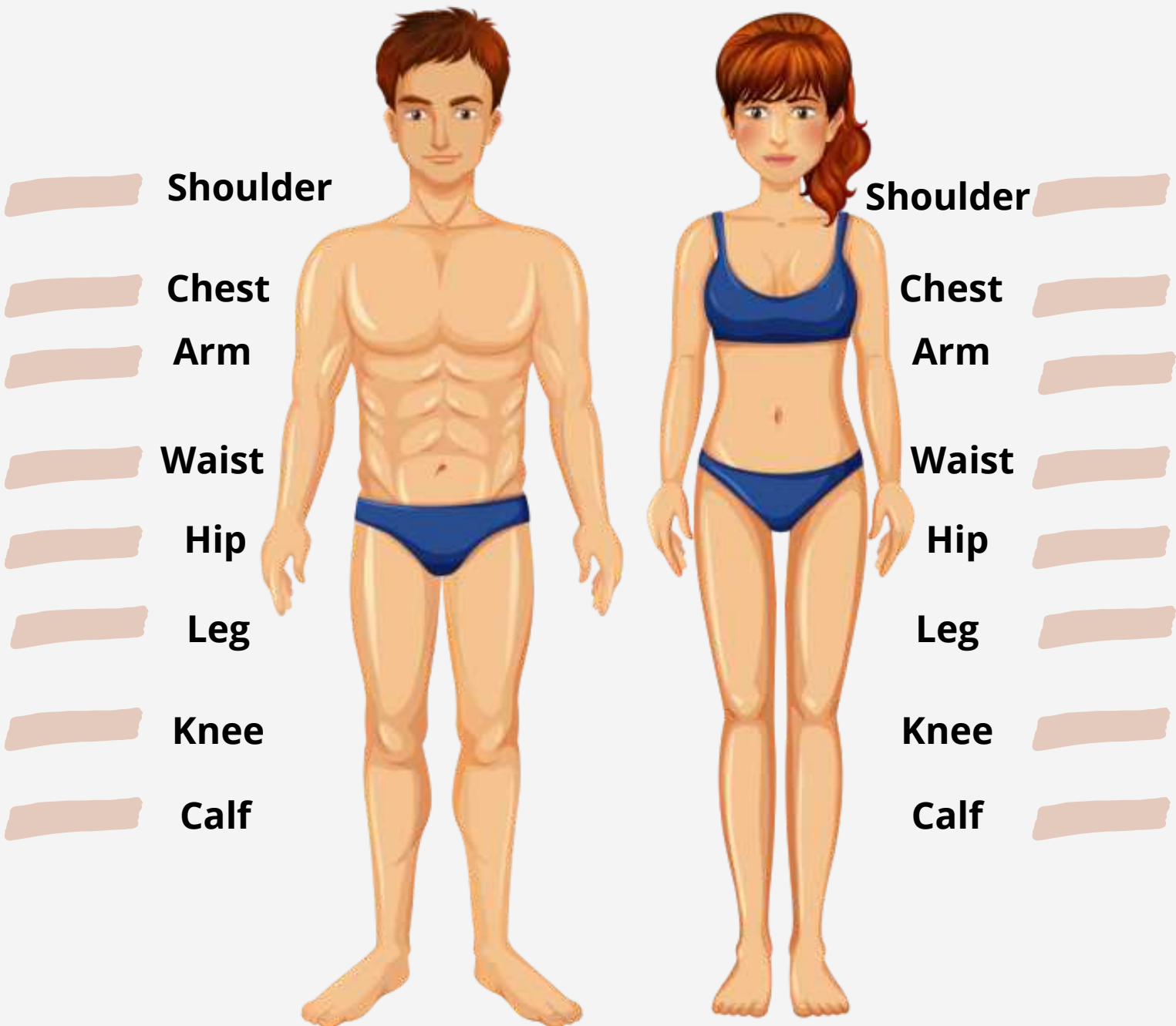


Start: _____

End: _____

Weight: _____

Body Measurement Progress



Make This Week Awesome!

WEEK 12: _____



Things To Do

Top Priorities

Meals

Notes

Recipe of the week 12



Ingredients

- *Plain Yogurt
- *Acai Juice
- *Blueberries
- *Almonds
- *Chocolate
- *Grated coconut

Preparation

Mix some acai juice with the yogurt, still maintaining the consistency of the yogurt.

Decorate with the blueberries, Almonds, Chocolate and Grated coconut.

Enjoy!

NOTES



A large, empty rectangular area designed for taking notes. It consists of 24 horizontal lines spaced evenly apart. At the beginning and end of each line, there are small, empty square boxes, one on the left and one on the right, serving as markers for bullet points or list items.

NOTES



A large rectangular area containing 25 horizontal lines for writing notes. Each line is bounded by small square markers at the beginning and end, resembling a notebook's margin.

