

0													
PHASE 2													
	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	
Starting Weight / Weekly Weight-In	-												
Weight Change	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Weight Change %	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
Starting BF% / Weekly BF%	0.0%												
BF% Change	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	
Weekly Required Miles	10	15	20	25	15	10	20	25	35	10	20	25	
Miles Completed													
Extra Miles Completed	(10)	(15)	(20)	(25)	(15)	(10)	(20)	(25)	(35)	(10)	(20)	(25)	
Weekly Weigh-In	25 / wk	0	0	0	0	0	0	0	0	0	0	0	
Miss a Weekly Weigh-In	-40 / wk	-40	-40	-40	-40	-40	-40	-40	-40	-40	-40	-40	
Complete the Weekly Miles	5 / wk	0	0	0	0	0	0	0	0	0	0	0	
Complete the Weekly Miles + 5 extra miles	10 / wk	0	0	0	0	0	0	0	0	0	0	0	
Complete the Weekly Miles + 15 extra miles	15 / wk	0	0	0	0	0	0	0	0	0	0	0	
Complete the Weekly Miles + 25 extra miles	20 / wk	0	0	0	0	0	0	0	0	0	0	0	
Learn the SPEEDLINE workout (1 time credit)	10												
Complete 2 Strength Training Sessions	5 / wk												

STRENGTH CHALLENGES	Level	Points
<b>PUSH UPS</b> Modified or Regular Non-stop	Lvl 1: 25 reps	5 pts
	Lvl 2: 50 reps	+ 10 pts
	Lvl 3: 75 reps	+ 15 pts
	Lvl 4: 100 reps	+ 20 pts
<b>DOUBLE BENCH DIPS</b> Non-Stop / Increments of 15 / 1 Break	1 Set: 15 reps	15 pts
	Additional sets: +15 reps	+ 15 pts
<b>CHEST PRESS</b> 1 Break / 2 Breaks	Lvl 1: 2 x 15 reps @ 30% TBW	5 pts
	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts
	Lvl 3: 3 x 15 reps @ 65% TBW	+ 15 pts
	Lvl 4: 3 x 15 reps @ 75% TBW	+ 20 pts
<b>SHOULDER PRESS</b> 1 Break	Lvl 1: 2 x 15 reps @ 30% TBW	15 pts
	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts
	Lvl 3: 2 x 15 reps @ 50% TBW	+ 20 pts
	Lvl 4: 2 x 15 reps @ 65% TBW	+ 30 pts
<b>LAT PULL DOWN</b> 2 Breaks	Lvl 1: 3 x 15 reps @ 40% TBW	+ 10 pts
	Lvl 2: 3 x 15 reps @ 65% TBW	+ 20 pts
	Lvl 3: 3 x 15 reps @ 75% TBW	+ 20 pts
<b>PULL UPS</b> Non-stop	Lvl 1: 7 reps	15 pts
	Lvl 2: 11 reps	+ 20 pts
	Lvl 3: 15 reps	+ 25 pts
	Lvl 4: 20 reps	+ 40 pts
<b>REAR DELTS</b> 1 Break / 2 Breaks	Lvl 1: 2 x 15 reps @ 40% TBW	+ 10 pts
	Lvl 2: 3 x 15 reps @ 50% TBW	+ 20 pts
	Lvl 3: 3 x 15 reps @ 75% TBW	+ 20 pts
<b>MID ROWS</b> 1 Break / 2 Breaks	Lvl 1: 2 x 15 reps @ 40% TBW	+ 10 pts
	Lvl 2: 3 x 15 reps @ 65% TBW	+ 20 pts
	Lvl 3: 3 x 15 reps @ 75% TBW	+ 20 pts
<b>CRUNCHES</b> Non-stop	Lvl 1: 50 reps	+ 10 pts
	Lvl 2: 75 reps	+ 20 pts
	Lvl 3: 100 reps	+ 20 pts
<b>PLANK</b> Non-Stop / Max 5 minutes	1 set: 1 minute	20 pts
	Additional sets: +1 minute	+ 20 pts
<b>LEG RAISES</b> Non-stop	Lvl 1: 50 reps	+ 10 pts
	Lvl 2: 75 reps	+ 20 pts
	Lvl 3: 100 reps	+ 20 pts
<b>ISOMETRIC LOW AB HOLD</b> Non-Stop / Max 5 minutes	1 set: 1 minute	20 pts
	Additional sets: +1 minute	+ 20 pts
<b>LUNGES</b> 1 Break / 2 Breaks	Lvl 1: 2 X 15 reps @ 30% TBW	+ 15 pts
	Lvl 2: 3 X 15 reps @ 40% TBW	+ 20 pts
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 40 pts
<b>SQUATS</b>	Lvl 1: 2 X 15 reps @ 30% TBW	+ 15 pts

## SAMPLE TTC POINT CHART

Please see the Exercise Specialist. He / She will help you:

- \* Get started with your training
- \* Show you the proper and safe techniques to complete the challenges
- \* How to progress through the challenges
- \* Find alternative exercises if you can't do some challenges
- \* And how to accumulate points and WIN!

1 Break / 2 Breaks	Lvl 2: 3 X 15 reps @ 40% TBW	+ 20 pts													
	Lvl 3: 3 X 15 reps @ 50% TBW	+ 40 pts													
<b>LEG EXTENSION</b>	Lvl 1: 2 X 15 reps @ 40% TBW	+ 10 pts													
1 Break / 2 Breaks	Lvl 2: 3 X 15 reps @ 50% TBW	+ 20 pts													
	Lvl 3: 3 X 15 reps @ 65% TBW	+ 20 pts													
<b>LEG CURLS</b>	Lvl 1: 1 x 15 reps @ 25% TBW	5 pts													
1 Break / 2 Breaks	Lvl 2: 2 x 15 reps @ 40% TBW	+ 10 pts													
	Lvl 3: 3 x 15 reps @ 50% TBW	+ 15 pts													
	Lvl 4: 3 x 15 reps @ 65% TBW	+ 20 pts													
<b>SEATED LEG PRESS</b>	Lvl 1: 2 X 15 reps @ 40% TBW	+ 10 pts													
1 Break / 2 Breaks	Lvl 2: 3 X 15 reps @ 50% TBW	+ 20 pts													
	Lvl 3: 3 X 15 reps @ 65% TBW	+ 20 pts													
<b>ISOMETRIC WALL SQUAT</b>	1 set: 1 minute	20 pts													
Non-Stop / Max 5 minutes	Additional sets: +1 minute	+ 20 pts													
<b>CARDIOVASCULAR CHALLENGES</b>															
<b>RUN 1 MILE</b>	Lvl 1: 15 min or less (4mph)	5 pts													
	Lvl 2: 12 min or less (5mph)	+ 10 pts													
	Lvl 3: 10 min or less (6mph)	+ 15 pts													
	Lvl 4: 8 min or less (7.5mph)	+ 20 pts													
<b>RUN 5K (3.1 MILES)</b>	Lvl 1: 47 min or less (4mph)	15 pts													
	Lvl 2: 37 min or less (5mph)	+ 10 pts													
	Lvl 3: 31 min or less (6mph)	+ 20 pts													
	Lvl 4: 25 min or less (7.5mph)	+ 30 pts													
<b>ROW 1,000 METERS</b>	Lvl 1: 5 min or less	5 pts													
	Lvl 2: 4 min or less	+ 10 pts													
	Lvl 3: 3:30 min or less	+ 15 pts													
	Lvl 4: 3 min or less	+ 20 pts													
<b>ROW 5,000 METERS</b>	Lvl 1: 24 min or less	15 pts													
	Lvl 2: 21 min or less	+ 10 pts													
	Lvl 3: 19 min or less	+ 20 pts													
	Lvl 4: 17 min or less	+ 30 pts													
<b>BIKE 3 MILES</b>	Lvl 1: 15 min or less (12mph)	5 pts													
	Lvl 2: 12 min or less (15mph)	+ 10 pts													
	Lvl 3: 10 min or less (18mph)	+ 15 pts													
	Lvl 4: 8 min or less (20mph)	+ 20 pts													
<b>BIKE 10 MILES</b>	Lvl 1: 50 min or less (12mph)	15 pts													
	Lvl 2: 40 min or less (15mph)	+ 10 pts													
	Lvl 3: 33 min or less (18mph)	+ 20 pts													
	Lvl 4: 30 min or less (20mph)	+ 30 pts													
<b>FLEXIBILITY CHALLENGE</b>															
<b>LEARN THE STRETCHING GUIDE</b>	10 Questions. 70% Correct for Passing	35 pts													
<b>BODY CHANGE</b>															
<b>WEIGHT LOSS</b>	6%+ Of Starting Weight	300 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
	10%+ Of Starting Weight	+ 100 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
	12%+ Of Starting Weight	+ 100 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
	15%+ Of Starting Weight	+ 100 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
	20%+ Of Starting Weight	+ 150 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
	25%+ Of Starting Weight	+ 250 pts	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
<b>BODY FAT LOSS</b>	5%+ Reduction of Starting Percentage	400 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	6%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	7%+ Reduction of Starting Percentage	+ 50 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
	10%+ Reduction of Starting Percentage	+ 150 pts	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>LIFE STYLE CHANGE</b>															
<b>Quit Smoking</b>		150 pts													
<b>Improve Risk Indicator (Chol / BP / Gluc)</b>		150 pts													
<b>Misc</b>															
<b>Complete a Sporting Event</b>		see chart													
<b>TOTAL POINTS</b>			<b>#DIV/0!</b>												