

12 X 3 TBFT GROUP

TROPHY BODY FREQUENCY TRAINING

DO 12 MINUTES OF BOUNCING
3X EACH DAY.

THE 6 PILLARS OF EXERCISE
LONGEVITY, IMPLEMENTED IN
THIS PROGRAM:

- CLASS #1: FLEXIBILITY,
MOBILITY & LOW-INTENSITY
CARDIO
- CLASS #2: STRENGTH
TRAINING & HIGH INTENSITY
CARDIO
- CLASS #3: BALANCE &
RESTORE

BEGINNER LEVEL

- COMPLETE 1-2 CLASSES A
DAY (SKIPPING CLASS #2),
3-7 DAYS A WEEK

INTERMEDIATE LEVEL

- COMPLETE 2-3 CLASSES A
DAY, 3-5 DAYS A WEEK

ADVANCED LEVEL

- COMPLETE 3 CLASSES A
DAY, 6-7 DAYS A WEEK

TROPHY IN TRAINING:

THE MOST IMPORTANT PRINCIPLE ISN'T PERFECTION
OR INTENSITY – IT'S CONSISTENCY. EXERCISE SHOULD
BECOME A HABIT, BECAUSE MOVEMENT ISN'T JUST
ABOUT LOOKING YOUNGER. IT'S ABOUT BUILDING A
BODY THAT CARRIES YOU POWERFULLY THROUGH
THE DECADES TO COME.

TRACK YOUR 12 X 3 WORKOUTS HERE:

1	1	2	3	16	1	2	3
2	1	2	3	17	1	2	3
3	1	2	3	18	1	2	3
4	1	2	3	19	1	2	3
5	1	2	3	20	1	2	3
6	1	2	3	21	1	2	3
7	1	2	3	22	1	2	3
8	1	2	3	23	1	2	3
9	1	2	3	24	1	2	3
10	1	2	3	25	1	2	3
11	1	2	3	26	1	2	3
12	1	2	3	27	1	2	3
13	1	2	3	28	1	2	3
14	1	2	3	29	1	2	3
15	1	2	3	30	1	2	3
				31	1	2	3