12 X 3 TBFT TRACKER

TROPHY BODY FREQUENCY TRAINING

DO 12 MINS OF BOUNCING 3X EACH DAY:

The 6 pillars of exercise for 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 appearance. 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