

12 X 3 TBFT GROUP

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

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

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.