

# Beginner Fast-Start Program

**NOTE:** This routine should only be done if you find that you cannot finish “Phase I.” Be sure you attempt Phase I before beginning the program below.

**Warm-Up for this “Fast-Start Program” is 30 seconds of Speed Jacks.** These are performed before every workout and will get your body ready for the workout (to see this movement done properly, view video inside the “Area 3X” members area).

<b>3X Method Beginner</b>		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
<b>Week 1</b>															
A) Incline Pushups	3x8-10														
**30 second rest between each set															
B) Wall squat	3x20-30 seconds														
30 second rest between each set															
C) Bird dog	3x8-10														
30 second rest between each set															
		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
<b>Week 2</b>															
A) Forward Lunges	3x8-12														
30 second rest between each set															
B) Pushups	3x8-12														
30 second rest between each set															
C) Side Bridge	3x20 30 each side														
30 second rest between each set															