

Maximum Efficiency Training

MET TRAINING DIARY

**VENICE
BEACH**

OLYMPIUS
Sport nutrition

PHOTO TRACKER SHEET **M.E.T.**

Date: _____

To keep visual track of your progress start out by taking a 3 1/2" or smaller photo of yourself (Front & Back) with a camera. Develop the photos and attach them onto the photo tracker sheet. Then place it in the second section of your MET TRAINING JOURNAL which can easily be made up using any three ring binder. Then continue to take photos every 6-8 weeks and add them to your journal. This is a powerful way to infuse yourself with motivation to break old barriers and stay focused on your goals.

"THINGS DON'T CHANGE; WE CHANGE".

Henry David Thoreau



Notes:

WHATEVER THE MIND CAN CONCEIVE AND BELIEVE IT CAN ACHIEVE. TAKE TIME EACH NIGHT BEFORE FALLING ASLEEP TO VISUALIZE. SEE YOURSELF IN AS CLEAR DETAIL AS POSSIBLE INSIDE THE NEW BODY YOU WANT TO BUILD.

Maximum Efficiency Training **M.E.T.**

WEEKLY PROGRESS REPORT

WEEK OF: _____

Monday	Tuesday	Wednesday	Thursday

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RECORD EACH AEROBIC SESSION OR BODY PART EXERCISED IN THE ABOVE BOX UNDER THE APPROPRIATE DAY OF THE WEEK. IF YOU PARTICIPATED IN ANY SPORTS OR ALTERNATE FORM OF EXERCISE INCLUDE THIS INFORMATION AS WELL.

M.E.T. WEIGHT TRAINING SYSTEM™

Back	Exercise	Ideal Maximum # of reps.	Maximum # of reps. Performed	Weight (Lbs.)	Minutes Between Sets	Back	Exercise	Ideal Maximum # of reps.	Maximum # of reps. Performed	Weight (Lbs.)	Minutes Between Sets
Level 1		15			1	Level 2		10			1
		12			1			8			2
		10			0		Level 4 **S.S.	*MSS			0
Level 3 **S.S.		8		0		6				2	
Triceps						Triceps					
Level 1		15			1	Level 2		10			1
		12			1			8			2
Level 3 **S.S.		10			0	Level 4 **S.S.	*MSS			0	
		8			0			6			2
Biceps						Biceps					
Level 1		15			1	Level 2		10			1
		12			1			8			2
Level 3 **S.S.		10			0	Level 4 **S.S.	*MSS			0	
		8			0			6			2

Planned Start Time: _____ Actual Start Time: _____ Notes: _____

* MET Strip Set ** Super Set

Quads	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
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Shoulders	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
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		12			1
Level 3 **S.S.		10			0
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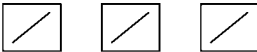
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M.E.T. AEROBICS (18, 24 OR 30) NOTES & PHYSICAL CUES: _____



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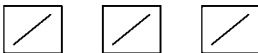
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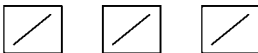
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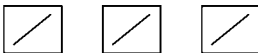
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RECORD EACH AEROBIC SESSION OR BODY PART EXERCISED IN THE ABOVE BOX UNDER THE APPROPRIATE DAY OF THE WEEK. IF YOU PARTICIPATED IN ANY SPORTS OR ALTERNATE FORM OF EXERCISE INCLUDE THIS INFORMATION AS WELL.

M.E.T. WEIGHT TRAINING SYSTEM™

Back	Exercise	Ideal Maximum # of reps.	Maximum # of reps. Performed	Weight (Lbs.)	Minutes Between Sets	Back	Exercise	Ideal Maximum # of reps.	Maximum # of reps. Performed	Weight (Lbs.)	Minutes Between Sets
Level 1		15			1	Level 2		10			1
		12			1			8			2
Level 3 **S.S.		10			0	Level 4 **S.S.		*MSS			0
		8			0			6			2
Triceps						Triceps					
Level 1		15			1	Level 2		10			1
		12			1			8			2
Level 3 **S.S.		10			0	Level 4 **S.S.		*MSS			0
		8			0			6			2
Biceps						Biceps					
Level 1		15			1	Level 2		10			1
		12			1			8			2
Level 3 **S.S.		10			0	Level 4 **S.S.		*MSS			0
		8			0			6			2

Planned Start Time: _____ Actual Start Time: _____ Notes: _____

* MET Strip Set ** Super Set

Quads	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 1		15			1
		12			1
Level 3 **S.S.		10			0
		8			0

Hams	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 1		15			1
		12			1
Level 3 **S.S.		10			0
		8			0

Calves	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 1		15			1
		12			1
Level 3 **S.S.		10			0
		8			0

Quads	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 2		10			1
		8			2
Level 4 **S.S.		*MSS			0
		6			2

Hams	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 2		10			1
		8			2
Level 4 **S.S.		*MSS			0
		6			2

Calves	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 2		10			1
		8			2
Level 4 **S.S.		*MSS			0
		6			2

Planned Start Time: _____ Actual Start Time: _____ Notes: _____

Chest	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 1		15			1
		12			1
Level 3 **S.S.		10			0
		8			0

Shoulders	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 1		15			1
		12			1
Level 3 **S.S.		10			0
		8			0

ABS	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 1		15			1
		12			1
Level 3 **S.S.		10			0
		8			0

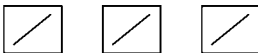
Chest	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 2		10			1
		8			2
Level 4 **S.S.		*MSS			0
		6			2

Shoulders	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 2		10			1
		8			2
Level 4 **S.S.		*MSS			0
		6			2

ABS	Exercise	Ideal Maximum # of reps.	Maximum # of reps Performed	Weight (Lbs.)	Minutes Between Sets
Level 2		10			1
		8			2
Level 4 **S.S.		*MSS			0
		6			2

Planned Start Time: _____ Actual Start Time: _____ Notes: _____

M.E.T. AEROBICS (18, 24 OR 30) NOTES & PHYSICAL CUES: _____



Date: _____

ALWAYS STRIVE TO INCREASE THE WEIGHT IN YOUR WORKOUTS... BUT NEVER AT THE EXPENSE OF GOOD EXERCISE FORM.

* MET Strip Set ** Super Set

**VENICE
BEACH**

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