7 Day Fitness Blueprint

WORKOUT GUIDE

Wesley Virgin IV
Master Virtual Trainer
Master Motivator
Life Expert
Certified Personal Trainer
I would like to be the first person to congratulate you. Below is your day by blueprint for the next 30 days.

I recommend you completing the routines below first before using the online video bootcamp which is more advanced.

For best results finish the 30 day- week by week workout plan below. After you successfully complete the 30 Day Bootcamp below, you can move on to the next 30 days which are online at WesleyVirgin.com.

You will also notice that most of the days are exactly the same, there is a good reason for this...

Most people fail workout programs because they do not MASTER a routine... The only reason my body is so lean, shredded and ripped... Is because I do the same routine for a very long time, until I can complete it with ease.

THIS IS THE SECRET!

So get ready to Master Each Routine every week to eventually Master Your Body!

After you complete all 4 weeks, email me your before and after pic, along with your completed workout log, and I will email or mail you a gift straight to your address.

All you need to do is complete each week and I will email or mail you a gift you will never forget... ;)

I award my Superstars when they do well!
1. Do each workout **1 time for the first 6 days**...  
   Advanced Superstars can do more...  
   But only **7 minutes per day** during this week is required.

2. If you have joint or back issues, when you see “run in place” buy a **jump rope** from your local store.  
   I grabbed both of these from amazon...  
   One has a timer that is under 5 bucks and the other is more high end but worth every penny...  
   Travel to your store or just click on the rope of your choice to get it shipped...

3. There are **7 different workouts** in the 7 minute routine, so push yourself to do them back without rest in between.  
   As your body transition from workout to workout, your body burns and reduces inches much faster...  
   **KEEP MOTIVATED!!**
4. **VERY IMPORTANT!** Plan to go to bed 30 minutes earlier than your normal time, for example: If you lay down at 9 pm go to bed at 8:30 pm.

   Do this every night for 6 days consecutively.

   This is going to increase your metabolism and each day by adding a short 30 minutes of sleep, your body will start to renew itself on auto pilot... *(for ex. Vibrant Skin, Stimulate hair growth, stronger nails and muscle growth)*

5. Notate your **actual completion time** *(goal is 7 minutes)* after each 7 Minute workout *(You will be able to measure your progress from day to day)*

6. Post your meals online at [WesleyVirgin.com](http://WesleyVirgin.com) and interact with other Superstars to stay motivated.

   Give love and you will most certainly receive it!

5. Rest on the 7th day
1. Do each **7 minute workout twice for 6 days.**
   You want to raise your heart rate according to your age (see chart below) to ensure your internal bodily functions are moving toxins out of your body and purifying your arteries.

2. Not required.. But if you are over 35, you should have a **heart monitor** when working out. I own the blue one that was very inexpensive that I found on Amazon. My Lady Superstars like the pink!

3. Remember **use a jump rope** if you are unable to run in place.

4. Do your best to perform both 7 minute workouts **back to back with only a 10-15 sec break**

5. Do your **routine in the morning or in the evening** for best results *(Your body needs to be on a consistent workout schedule to consistently lose the weight and create muscle)*
6. Post an updated pic in the fat loss timeline at WesleyVirgin.com to track your body transformation.

7. Post your meals online at WesleyVirgin.com and interact with other Superstars to stay motivated. Give love and you will most certainly receive it!

8. Rest on the 7th Day (Remember the super guy that started this ;))
1. You will work on your abs for 6 days straight!!

2. Do 3 sets of the 7 minute AB workouts every day

3. Pace yourself... It is not about speed... Form is important. Speed will come!

4. Post your meals online at WesleyVirgin.com and interact with other Superstars to stay motivated. Give love and you will most certainly receive it!

5. Rest on the 7th Day (Remember the super guy that started this ;))
1. Each **7 minute routine** should be done **3 times**

2. Really move your body this week, **keep a water bottle close** by *(I order my water from Amazon because it is cheaper and I can get more for my buck... Evamor here)* Not Required... Any water is fine.

3. Keep up with the **same sleep patterns** because your body will take notice of the consistency... Which means you will consistently see the scale drop each week.

4. Post your **meals** online at *[WesleyVirgin.com](https://WesleyVirgin.com)* and interact with other Superstars to stay motivated. Give love and you will most certainly receive it!

5. Rest on the 7th Day! *(Remember the super guy that started this ;))*

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7DayFitness LLC
Burst Training Week

WORKOUT
GUIDE AND LOG

Do each routine 1 Time per day
Monday

1. 28 Jumping Jacks (Jump Rope modified)
   • Run In Place 7 Secs (Jump Rope Modified)

2. 28 Pushups
   • Run In Place 7 Secs (Jump Rope Modified)

3. 28 Situps
   • Run In Place 7 Secs (Jump Rope Modified)

4. 28 Squats
   • Run In Place 7 Secs (Jump Rope Modified)

5. 28 Forward Lunges each leg
   • Run In Place 7 Secs (Jump Rope Modified)

6. 28 Mountain Climbers
   • Run In Place 7 Secs (Jump Rope Modified)

7. 28 Over Head Hand Clap
   • Run In Place 7 Secs (Jump Rope Modified)
   • RELAX

Actual Completion Time (In Minutes) ____________
Goal Time is 7 Minutes

Finished Today's Workout ____________

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Tuesday

1. 28 Over Head Hand Clap
2. Run In Place 7 Secs *(Jump Rope Modified)*
3. 28 Forward Lunges each leg

4. 28 Squats
5. 28 Situps
6. 28 Pushups
7. 28 Jumping Jacks *(Jump Rope modified)*

**Actual Completion Time** *(In Minutes)* __________  *Goal Time is 7 Minutes*

**Finished Today's Workout** __________

7DayFitness LLC
Wednesday

1. 28 Jumping Jacks (Jump Rope modified)
   - Run In Place 7 Secs (Jump Rope Modified)

2. 28 Pushups
   - Run In Place 7 Secs (Jump Rope Modified)

3. 28 Situps
   - Run In Place 7 Secs (Jump Rope Modified)

4. 28 Squats
   - Run In Place 7 Secs (Jump Rope Modified)

5. 28 Forward Lunges each leg
   - Run In Place 7 Secs (Jump Rope Modified)

6. 28 Mountain Climbers
   - Run In Place 7 Secs (Jump Rope Modified)

7. 28 Over Head Hand Clap
   - Run In Place 7 Secs (Jump Rope Modified)
   - RELAX

Actual Completion Time (In Minutes) __________ Goal Time is 7 Minutes
Finished Today's Workout __________

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Thursday

1. 28 Over Head Hand Clap
2. 28 Run In Place 7 Secs *(Jump Rope Modified)*
3. 28 Mountain Climbers
4. 28 Squats
5. 28 Situps
6. 28 Pushups
7. 28 Forward Lunges each leg

*28 Jumping Jacks *(Jump Rope modified)*

**Actual Completion Time (In Minutes)  __________ Goal Time is 7 Minutes**

**Finished Today's Workout  __________**

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Friday

1. • 28 Jumping Jacks (Jump Rope modified)
   • Run In Place 7 Secs (Jump Rope Modified)

2. • 28 Pushups
   • Run In Place 7 Secs (Jump Rope Modified)

3. • 28 Situps
   • Run In Place 7 Secs (Jump Rope Modified)

4. • 28 Squats
   • Run In Place 7 Secs (Jump Rope Modified)

5. • 28 Forward Lunges each leg
   • Run In Place 7 Secs (Jump Rope Modified)

6. • 28 Mountain Climbers
   • Run In Place 7 Secs (Jump Rope Modified)

7. • 28 Over Head Hand Clap
   • Run In Place 7 Secs (Jump Rope Modified)
   • RELAX

**Actual Completion Time (In Minutes) __________**  Goal Time is 7 Minutes

**Finished Today's Workout __________**
Jump Rope for 7 minutes or Run in Place

(Trust me... No More No Less)
Week 2 Cardio Week

WORKOUT GUIDE AND LOG

Do each routine twice
Monday

1. 28 Ski Jumpers *(Jump Rope modified)*
   - Run In Place 14 Secs *(Jump Rope Modified)*

2. 28 Wide Arm Pushups
   - Run In Place 14 Secs *(Jump Rope Modified)*

3. 28 Situps with your legs cross, holding them at a 45 degree angle
   - Run In Place 14 Secs *(Jump Rope Modified)*

4. 28 Squats while your hands are raised *(as if the police told you to stickem up)*
   - Run In Place 14 Secs *(Jump Rope Modified)*

5. 28 Over Head Hand Clap with a Squat
   - Run In Place 14 Secs *(Jump Rope Modified)*

6. 28 Backward Lunges each leg
   - Run In Place 14 Secs *(Jump Rope Modified)*

7. 28 Mountain Climbers
   - Run In Place 14 Secs *(Jump Rope Modified)*

- RELAX

**Actual Completion Time** *(In Minutes)* __________  **Goal Time is 14 Minutes**

**Finished Today's Workout** __________
Tuesday

1. 28 Over Head Hand Clap with a Squat
2. Run In Place 14 Secs (Jump Rope Modified)

2. 28 Mountain Climbers
3. Run In Place 14 Secs (Jump Rope Modified)

4. 28 Situps with your legs cross, holding them at a 45 degree angle
5. Run In Place 14 Secs (Jump Rope Modified)

6. 28 Wide Arm Pushups
7. Run In Place 14 Secs (Jump Rope Modified)

8. 28 Backward Lunges each leg
9. Run In Place 14 Secs (Jump Rope Modified)

10. 28 Squats while your hands are raised (as if the police told you to stickem up)
11. Run In Place 14 Secs (Jump Rope Modified)

12. RELAX

Actual Completion Time (In Minutes) __________ Goal Time is 14 Minutes
Finished Today's Workout __________
Wednesday

1. 28 Over Head Hand Clap with a Squat
   • Run In Place 14 Secs *(Jump Rope Modified)*

2. 28 Mountain Climbers
   • Run In Place 14 Secs *(Jump Rope Modified)*

3. 28 Backward Lunges each leg
   • Run In Place 14 Secs *(Jump Rope Modified)*

4. 28 Squats while your hands are raised *(as if the police told you to stickem up)*
   • Run In Place 14 Secs *(Jump Rope Modified)*

5. 28 Situps with your legs cross, holding them at a 45 degree angle
   • Run In Place 14 Secs *(Jump Rope Modified)*

6. 28 Wide Arm Pushups
   • Run In Place 14 Secs *(Jump Rope Modified)*

7. 28 Ski Jumpers *(Jump Rope modified)*
   • RELAX

**Actual Completion Time (In Minutes) __________  Goal Time is 14 Minutes**

**Finished Today's Workout __________**

*7DayFitness LLC*
Thursday

1. 28 Ski Jumpers (Jump Rope modified)
   - Run In Place 14 Secs (Jump Rope Modified)

2. 28 Wide Arm Pushups
   - Run In Place 14 Secs (Jump Rope Modified)

3. 28 Situps with your legs cross, holding them at a 45 degree angle
   - Run In Place 14 Secs (Jump Rope Modified)

4. 28 Squats while your hands are raised (as if the police told you to stickem up)
   - Run In Place 14 Secs (Jump Rope Modified)

5. 28 Backward Lunges each leg
   - Run In Place 14 Secs (Jump Rope Modified)

6. 28 Mountain Climbers
   - Run In Place 14 Secs (Jump Rope Modified)

7. 28 Over Head Hand Clap with a Squat
   - Run In Place 14 Secs (Jump Rope Modified)
   - RELAX

Actual Completion Time (In Minutes) __________
Goal Time is 14 Minutes

Finished Today's Workout __________
Friday

1. 28 Over Head Hand Clap with a Squat
   • Run In Place 14 Secs (Jump Rope Modified)

2. 28 Mountain Climbers
   • Run In Place 14 Secs (Jump Rope Modified)

3. 28 Backward Lunges each leg
   • Run In Place 14 Secs (Jump Rope Modified)

4. 28 Squats while your hands are raised (as if the police told you to stickem up)
   • Run In Place 14 Secs (Jump Rope Modified)

5. 28 Situps with your legs cross, holding them at a 45 degree angle
   • Run In Place 14 Secs (Jump Rope Modified)

6. 28 Wide Arm Pushups
   • Run In Place 14 Secs (Jump Rope Modified)

7. 28 Ski Jumpers (Jump Rope modified)

Actual Completion Time (In Minutes) __________ Goal Time is 14 Minutes

Finished Today's Workout __________
Jump Rope for 7 minutes or Run in Place
(Trust me.. No More No Less)
Hell On Ab Week

WORKOUT GUIDE AND LOG

Do 3 Sets of the Entire Routine
Actual Completion Time (In Minutes)  __________
Finished Today's Workout  __________

Monday

28 Crunches
28 Regular Situps
28 Russian Twist
28 Oblique Crunches
28 Side Crunches
28 Oblique Situps
28 Leg Ups
Tuesday

1. 28 Leg Ups
2. 28 Oblique Situps
3. 28 Side Crunches
4. 28 Oblique Crunches
5. 28 Russian Twist
6. 28 Regular Situps
7. 28 Crunches

Actual Completion Time (In Minutes) __________
Finished Today's Workout __________

7DayFitness LLC
Wednesday

1. 28 Crunches
2. 28 Regular Situps
3. 28 Russian Twist
4. 28 Oblique Crunches
5. 28 Side Crunches
6. 28 Oblique Situps
7. 28 Leg Ups

Actual Completion Time (In Minutes) __________
Finished Today's Workout __________

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Friday

1. 28 x Leg Ups
2. 28 x Oblique Situps
3. 28 x Side Crunches
4. 28 x Oblique Crunches
5. 28 x Russian Twist
6. 28 x Regular Situps
7. 28 x Crunches

Actual Completion Time (In Minutes) _________
Finished Today's Workout _________

7DayFitness LLC
Thursday

1. 28 Crunches
2. 28 Regular Situps
3. 28 Russian Twist
4. 28 Oblique Crunches
5. 28 Side Crunches
6. 28 Oblique Situps
7. 28 Leg Ups

Actual Completion Time (In Minutes) __________
Finished Today's Workout __________

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Saturday

1. 28 Crunches
   • Run In Place for 7 Secs or 28 Jump Ropes

2. 28 Regular Situps
   • Run In Place for 7 Secs or 28 Jump Ropes

3. 28 Russian Twist
   • Run In Place for 7 Secs or 28 Jump Ropes

4. 28 Oblique Crunches
   • Run In Place for 7 Secs or 28 Jump Ropes

5. 28 Side Crunches
   • Run In Place for 7 Secs or 28 Jump Ropes

6. 28 Oblique Situps
   • Run In Place for 7 Secs or 28 Jump Ropes

7. 28 Leg Ups

Actual Completion Time (In Minutes) _________
Finished Today's Workout _________
7 Minutes Of Hell Week

WORKOUT GUIDE AND LOG

Do Each Routine 3 Times
Monday

1. Jumping Jacks 28 secs
2. Ski Jumpers 28 secs
3. Sky Jumpers 28 secs
4. Crunches with legs in the air 28 secs
5. Mountain Climbers 28 secs
6. Squats 28 secs
7. Reverse Lunges 28 secs
8. Leg Ups 28 secs
9. Close Hand Pushups 28 secs
10. Wide arm Pushups 28 secs
11. Russian Twist 28 secs
12. Jumping Jacks 28 secs
13. Over head hand clap 28 secs
14. Side Crunches 28 secs
15. Oblique Situps 28 secs

Actual Completion Time (In Minutes) __________
Finished Today's Workout __________
Tuesday

1. Oblique Situps 28 secs
2. Side Crunches 28 secs
3. Over head hand clap 28 secs
4. Jumping Jacks 28 secs
5. Russian Twist 28 secs
6. Wide arm Pushups 28 secs
7. Close Hand Pushups 28 secs
8. Leg Ups 28 secs
9. Reverse Lunges 28 secs
10. Squats 28 secs
11. Mountain Climbers 28 secs
12. Crunches with legs in the air 28 secs
13. Sky Jumpers 28 secs
14. Ski Jumpers 28 secs
15. Jumping Jacks 28 secs

Actual Completion Time (In Minutes) __________
Finished Today's Workout __________
Jumping Jacks 28 secs
Ski Jumpers 28 secs
Sky Jumpers 28 secs
Crunches with legs in the air 28 secs
Mountain Climbers 28 secs

Actual Completion Time (In Minutes) __________

Finished Today's Workout __________
Thursday

1. Oblique Situps 28 secs
2. Side Crunches 28 secs
3. Over head hand clap 28 secs
4. Jumping Jacks 28 secs
5. Russian Twist 28 secs
6. Wide arm Pushups 28 secs
7. Close Hand Pushups 28 secs
8. Leg Ups 28 secs
9. Reverse Lunges 28 secs
10. Squats 28 secs
11. Mountain Climbers 28 secs
12. Crunches with legs in the air 28 secs
13. Sky Jumpers 28 secs
14. Ski Jumpers 28 secs
15. Jumping Jacks 28 secs

Actual Completion Time (In Minutes) __________
Finished Today's Workout __________

7DayFitness LLC
Friday

1. Jumping Jacks 28 secs
2. Ski Jumpers 28 secs
   Sky Jumpers 28 secs
3. Crunches with legs in the air 28 secs
4. Mountain Climbers 28 secs
5. Squats 28 secs
6. Reverse Lunges 28 secs
7. Leg Ups 28 secs

Actual Completion Time (In Minutes) __________
Finished Today's Workout ___________
**Close Hand Pushups** 28 secs

**Wide arm Pushups** 28 secs

**Russian Twist** 28 secs

**Jumping Jacks** 28 secs

**Over head hand clap** 28 secs

**Side Crunches** 28 secs

**Oblique Situps** 28 secs

**Actual Completion Time** *(In Minutes)* _________

**Finished Today's Workout** _________

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Jump Rope for 7 minutes - Do This 3 times
# Heart Rate Zones

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<tr>
<th>Age</th>
<th>Target HR Zone 50–85%</th>
<th>Avg Max Heart Rate 100%</th>
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<td>100–170 beats per minute</td>
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<tr>
<td>25 years</td>
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<td>195 beats per minute</td>
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<td>30 years</td>
<td>95–162 beats per minute</td>
<td>190 beats per minute</td>
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<td>35 years</td>
<td>93–157 beats per minute</td>
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