

Here's your 8-week GL-12 Sequencing Schedule. This works like a charm.

	Mon or Tues	Wed or Thurs	Fri or Sat	Sat or Sun
<u>Week 1:</u>	P1: 20 min.	P1: 30 min.	P1: 30 min.	Off
<u>Week 2:</u>	P1: 30-45 min.	P2: 20 min.	P3: 10-12 min.	P1: 30 min.
<u>Week 3:</u>	P1: 45 min.	P2: 30 min.	P3: 12-15 min.	P3: 12 min.
<u>Week 4:</u>	P1: 45 min.	P2: 30-40 min.	P3: 12- 15 min.	P3: 15-20 min.
<u>Week 5:</u>	P1: 45-60 min.	P2: 30-40 min.	P3: 12-20 min.	P3: a.m. 12 min. P1: p.m. 45 min.
<u>Week 6:</u>	P1: 45-60 min.	P2: 40 min.	P3: 20 min.	P3: a.m. 12 min. P1: p.m. 45 min.
<u>Week 7:</u>	P1: 60 min.	P2: 40 min.	P3: 30 min.	P1: a.m. 45 min. P3: p.m. 12 min.
<u>Week 8:</u>	P3: a.m. 12 min. P1: p.m. 45 min.	P2: 45 min.	P3: 30 min.	P1: a.m. 12 min. P3: p.m. 45 min.
<u>Maintenance:</u>	P1: 45-60	P2: 35-45 min.	P3: 12-30 min.	P2: 12-15 min.

Once you finish week 8, you can move to the maintenance plan above.

Important point: Workout columns 3 and 4 (Fri or Sat / Sat or Sun) are interchangeable. In other words, you can switch them if necessary to match your personal schedule.

There are a bazzillion ways you can do this, but this is an easy way to synergistically sequence your cardio so you can burn fat while still maintaining lean muscle tissue.

Notice how we start adding in morning and evening sessions starting on week five. This is done intentionally to force your body to **bust through adaption** and trick your metabolism.