

**Bobby Aldridge Fitness Training**  
 Certified Strength & Conditioning Specialist (CSCS)  
 Flexibility, Agility, Speed, Strength, Stamina, Training (Fasst Results)  
 415-601-3364 E-mail: [Info@BobbyAldridge.com](mailto:Info@BobbyAldridge.com)

**Week 1** Weight: \_\_\_\_\_ lbs.  
Mon Tues Wed Thur Fri Sat Sun  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake

**Week 2** Weight: \_\_\_\_\_ lbs.  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake

**Week 3** Weight: \_\_\_\_\_ lbs.  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake

**Week 4** Weight: \_\_\_\_\_ lbs.  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake

**Week 5** Weight: \_\_\_\_\_ lbs.  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake

**Week 6** Weight: \_\_\_\_\_ lbs.  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake

**Week 7** Weight: \_\_\_\_\_ lbs.  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake

**Week 8** Weight: \_\_\_\_\_ lbs.  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake

**Week 9** Weight: \_\_\_\_\_ lbs.  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake

**Week 10** Weight: \_\_\_\_\_ lbs.  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake

**Week 11** Weight: \_\_\_\_\_ lbs.  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake

**Week 12** Weight: \_\_\_\_\_ lbs.  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
 ProShake ProShake ProShake ProShake ProShake ProShake ProShake  
 Weight: \_\_\_\_\_ lbs.