



QUICKSTART GUIDE

1

Watch the **Welcome to MAPS SPLIT!** video.

2

Under **MAPS SPLIT TRAINING** watch the **MAPS SPLIT PHASE I INTRO** and download the **Phase I Blueprint**.

3

Under **MAPS SPLIT TRAINING** watch the **NEAT INTRO** video.

4

Under **MAPS SPLIT WORKOUTS** watch the **PHASE I EXERCISES** videos that correspond to your first workout.

5

Complete your Phase I, Day 1 Workout and NEAT and follow the workouts as outlined in the **Phase I Blueprint** for days 2 - 6.

6

On day 7, under **MAPS SPLIT MOBILITY MOVEMENTS** watch the **MOBILITY MOVEMENT INTRO & MOBILITY MOVEMENT** videos. Perform the mobility movements as outlined in the **Phase I Blueprint**.

7

Repeat **Phase I** Workouts, NEAT and Mobility Movements for a total of four weeks then move to **Phase II**.

My Quickstart Guide Workout Calendar

Brenda J. Mizgorski



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Racing Weight Quick Start Guide Matt Fitzgerald,2011-11-01 Begin losing 5 10 or 20 pounds in 4 6 or 8 weeks Matt Fitzgerald's Racing Weight Quick Start Guide applies all the principles of his best selling book Racing Weight in a detailed set of weight loss training plans You will devote 4 to 8 weeks to starting a weight loss of 5 10 or 20 pounds Lose weight quickly by following a schedule of high intensity workouts and strength training as well as a menu of calorie restricted high protein meals and snacks Low volume and high volume plans make it possible for cyclists runners and triathletes with a wide range of experience to maintain their training levels Replace fat with muscle while keeping your appetite in check Once you've hit your quick start weight loss goals you will continue dropping unwanted pounds using the proven strategies of the Racing Weight program Zero in on your racing weight through improved diet quality balanced macronutrient levels proper timing of meals and snacks appetite management and training for lean body composition The Racing Weight Quick Start Guide will accelerate your season goals so you'll be racing leaner and faster than ever before *QuickBase: The Missing Manual* Nancy Conner,2007-03-21 Ready to put Intuit's QuickBase to work Our new Missing Manual shows you how to capture modify share and manage data and documents with this web based data sharing program quickly and easily No longer do you have to coordinate your team through a blizzard of emails or play frustrating games of guess which document is the right one QuickBase saves your organization time and money letting you manage and share the information that makes your business tick sales figures project timelines drafts of documents purchase or work requests whatever information you need to keep business flowing smoothly QuickBase The Missing Manual shows you how to choose among QuickBase's dozens of ready made applications mini databases essentially and how to customize one to fit your needs exactly You'll also learn to assign people different roles within the application The guide also shows you how to Capture and modify data Whatever kind of data you need to store sales leads catalog listings project milestones workflow checklists you can use QuickBase's forms to record and organize that data so it makes sense to you Filter sort and group data Easily find the records that match your criteria and then sort those records into groups that make their relationships clear Display your data QuickBase uses different views Table Grid Edit Summary Crosstab Calendar Chart and Timeline to display and summarize data Switching between them is easy like taking tasks listed in a table and displaying them as a timeline Create reports Print out a hard copy embed charts in the annual report or email this month's sales numbers Because Intuit frequently introduces new features to QuickBase you'll find updates to this book at our Missing Manual web site so you can benefit from the latest technology and user suggestions right away *Muscle for Life* Michael Matthews,2024-12-03 Mike offers a realistic starting point and doable goals no matter where you are in your fitness journey The principles in Muscle for Life are tried and true Featuring in depth guidelines for workouts at every skill level plus a meal planning guide Matthews offers encouragement no matter what your challenges are and answers any questions you may have Whether you want to lower your cholesterol levels reduce your

risk of heart disease eliminate aches and pains or simply burn fat and build muscle Mike's advice at the beginner intermediate and advanced levels offers actionable takeaways for everyone and every body type *The AbSmart Fitness Plan* Adam Weiss,2009-01-01 A smarter safer way to trim your waistline without pain injury and all those crunches As a chiropractic physician Adam Weiss understands that traditional ab exercises can cause back pain strain muscles and can even cause misalignment That's why he created a truly safe and amazingly effective routine for slimming your waist without the risk of pain or injury His revolutionary approach targets and strengthens your core muscles using a unique combination of muscle stretches dynamic exercises and dietary advice It's safe It's smart And it works I love The AbSmart Fitness Plan Having neck and back problems I find the exercises easy and safe for me to do But more than that is the great information Dr Weiss includes on nutrition He brings together the knowledge of not only how to exercise properly but how to nourish your body to get optimal results Brenda Watson CNC Author of The Fiber35 Diet *The Gold's Gym Guide to Getting Started in Bodybuilding* Ed Housewright,2004-08 Publisher Description *Get Organized!* Steve Shipside,2002-05-06 Get Organized helps you make the most of your work home family health finances even your love life Want to find a new job This guide will show you Written in a friendly easy to understand style and packed with useful tips websites and shortcuts Get Organized will help you discover the best of AOL and the World Wide Web Open the book and discover how to Communicate instantly with friends and family using email Save time and money shopping banking and finding bargains online Design your own budget even a fitness plan with expert advice Improve your skills and education with online classes and reference tools Spice up your love life by meeting and making new friends online Have fun get organised and so much more *Cost Engineering* ,2001 **Domain** ,2002 *Your Official America Online? Tour Guide* James Watson,Dave Marx,2000-01-18 Your Official America Online Tour Guide Completely Updated for AOL 5.0 So easy to use no wonder it's #1 America Online It's the world's most popular online service This guide will show you how to navigate AOL locate useful resources find old friends meet new friends and explore fun sites Just log on and enjoy AOL and the Internet Open the book and discover how to Personalize your e mail with stylized fonts color graphics quotes and even a customized signature Plan and manage your appointments family events and more with the interactive My Calendar Shop whenever you want easily and safely with hundreds of AOL certified merchants and unique shopping services such as auctions gift reminders decision guides and your own AOL Wallet Develop your own Web page in minutes at AOL Hometown with easy to use tools at NO additional expense Take control of your finances and investments with My Portfolio mortgage calculators and a wealth of online tools and resources Enjoy exclusive AOL member benefits and rates for AOL Talk long distance services AOL Visa and shopper's discounts Use one click access to search AOL and the rest of the Internet without leaving the safety and convenience of the AOL service Create up to seven screen names for each AOL master account and switch between screen names without disconnecting *The Professional's Guide to Fitness* Lawrence Schwartz,1999 For business professionals who work hard and often get stuck in an office hotel

room or commuter traffic getting fit and staying healthy can be a real challenge Now with The Professional s Guide to Fitness things just got a lot easier

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