

INVINCIBLE TRAINING PROGRAM

NAME: _____

INSTRUCTOR SIGN: _____

FROM: ___ / ___ / ___

TO: ___ / ___ / ___

FUNDAMENTALS:

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PROGRESSIONS:

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-
-
-
-

SCORING BOX

M	
T	
W	
T	
F	
S	

How to use your INVINCIBLE TRAINING PROGRAM

NAME: _____

INSTRUCTOR SIGN: _____

Your start date

FROM: ___ / ___ / ___

TO: ___ / ___ / ___

FUNDAMENTALS:

Your finish date for this routine before making it harder

**1. List out your fundamentals here.
eg. Basic Kicks, Push ups**

PROGRESSIONS:

2. List out the harder skills or strength that you are working to achieve here.

SCORING BOX

M

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W

T

F

S

3. Add a tick for everyday that you complete your workout to keep track.

Or alternatively, write down the time it took for you to complete and aim to improve it each time.