



## **BOK 123 – ABC Exercise Plans**

The plans follow a simple numbering system that involves a minimum and maximum daily exercise requirement for the week:

BOK Plan 1 – Exercise four times per week

BOK Plan 2 – Exercise five times per week

BOK Plan 3 – Exercise six times per week

Each BOK Exercise plan has options A, B, and C that correspond to the amount of resistance or BOK Switch Training performed during the week. And by default, the amount of conditioning only days are the remaining days per week left over from the total days exercised in the plan number chosen:

Option A – BOK Switch Training two times per week

Option B – BOK Switch Training three times per week

Option C – BOK Switch Training four times per week



## **BOK Exercise Plan 1 – Exercise 4 Days a Week**

### **BOK Exercise Plan 1-A:**

- 2 days per week BOK Switch Training
- 2 days per week short aerobic exercise
- 2 days per week long aerobic exercise
- 3 days of rest

### **BOK Exercise Plan 1-B:**

- 3 days per week BOK Switch Training
- 3 days per week short aerobic exercise
- 1 day per week long aerobic exercise
- 3 days of rest

### **BOK Exercise Plan 1-C:**

- 4 days per week BOK Switch Training
- 4 days per week short aerobic exercise
- 3 days of rest

\*Any combination or switching of aerobics and rest days is possible depending upon individual priorities and time constraints



### **BOK Exercise Plan 1-A:**

- 2 days per week Switch Training
- 2 days per week short Aerobic exercise
- 2 days per week long Aerobic exercise
- 3 days of rest

<b>Day</b>	<b>Type of Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Total Body Switch Training	Light	1	10–12 reps
	Short Aerobic Exercise	—	—	15–20 minutes
Tuesday	Rest			
Wednesday	Long aerobic exercise			20-30 minutes
Thursday	Total body Switch Training	Light	1	10–12 reps
	Short Aerobic Exercise	—	—	15–20 minutes
Friday	Rest			
Saturday	Long aerobic exercise			20-30 minutes
Sunday	Rest			



## **BOK Exercise Plan 1-B**

(\*This plan will alternate BOK Switch Training exercises each week)

- 3 days per week Switch Training
- 3 days per week short Aerobic exercise
- 1 day per week long Aerobic exercise
- 3 days of rest

### **\*Starting Week Schedule**

<b>Day</b>	<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Upper body Switch Training	Light	1	10–12 reps
	Short aerobic exercise	—	—	15–20 minutes
Tuesday	Rest			
Wednesday	Lower body Switch Training	Light	1	10–12 reps
	Short aerobic exercise	—	—	15–20 minutes
Thursday	Rest			
Friday	Upper body Switch Training	Light	1	10–12 reps
	Short aerobic exercise	—	—	15–20 minutes
Saturday	Rest			
Sunday	Long aerobic exercise			20–30 minutes

### **\*Next Week Schedule**

<b>Day</b>	<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Lower body Switch Training	Light	1	10–12 reps
	Short aerobic exercise	—	—	15–20 minutes
Tuesday	Rest			
Wednesday	Upper body Switch Training	Light	1	10–12 reps
	Short aerobic exercise	—	—	15–20 minutes
Thursday	Rest			
Friday	Lower body Switch Training	Light	1	10–12 reps
	Short aerobic exercise	—	—	15–20 minutes
Saturday	Rest			
Sunday	Long aerobic exercise			20–30 minutes

### **\*Back to Starting Week Schedule**



## **BOK Exercise Plan 1-C**

- 4 days per week Switch Training with short Aerobic exercise
- 4 days per week short Aerobic exercise
- 3 days of rest

<b>Day</b>	<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Upper body Switch Training	Light	1	10–12 reps
	Short aerobic exercise	—	—	15–20 minutes
Tuesday	Lower body Switch Training	Light	1	10–12 reps
	Short aerobic exercise	—	—	15–20 minutes
Wednesday	Rest			
Thursday	Upper body Switch Training	Light	1	10–12 reps
	Short aerobic exercise	—	—	15–20 minutes
Friday	Lower body Switch Training	Light	1	10–12 reps
	Short aerobic exercise	—	—	15–20 minutes
Saturday	Rest			
Sunday	Rest			



## **BOK Exercise Plan 2 –Exercise 5 Days a Week**

### **BOK Exercise Plan 2-A**

- 2 days per week BOK Switch Training
- 2 days per week short aerobic exercise
- 3 days per week long aerobic exercise
- 2 days of rest

### **BOK Exercise Plan 2-B**

- 3 days per week BOK Switch Training
- 3 days per week short aerobic exercise
- 2 days per week long aerobic exercise
- 2 days of rest

### **BOK Exercise Plan 2-C**

- 4 days per week BOK Switch Training
- 4 days per week short aerobic exercise
- 1 day per week long aerobic exercise
- 2 days of rest

\*Any combination or switching of aerobics and rest days is possible depending upon individual priorities and time constraints



## **BOK Exercise Plan 2-A:**

- 2 days per week Switch Training
- 2 days per week short Aerobic exercise
- 3 days per week long Aerobic exercise
- 2 days of rest

<b>Day</b>	<b>Type of Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Total Body Switch Training	Moderate	2-3	8–15 reps
	Short Aerobic Exercise	—	—	15–20 minutes
Tuesday	Long aerobic exercise			30–45 Minutes
Wednesday	Long aerobic exercise			30–45 Minutes
Thursday	Total body Switch Training	Moderate	2-3	8–15 reps
	Short Aerobic Exercise	—	—	15–20 minutes
Friday	Rest			
Saturday	Long aerobic exercise			30–45 Minutes
Sunday	Rest			



## **BOK Exercise Plan 2-B:**

(\*This plan will alternate BOK Switch Training exercises each week)

- 3 days per week BOK Switch Training
- 3 days per week short Aerobic exercise
- 2 days per week long Aerobic exercise
- 2 days of rest

### **\*Starting Week Schedule**

<b>Day</b>	<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Upper body Switch Training	Moderate	2-3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Tuesday	Long aerobic exercise			30–45 Minutes
Wednesday	Lower body Switch Training	Moderate	2-3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Thursday	Long aerobic exercise			30–45 Minutes
Friday	Upper body Switch Training	Moderate	2-3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Saturday	Rest			
Sunday	Rest			

### **\*Next Week Schedule**

<b>Day</b>	<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Lower body Switch Training	Moderate	2-3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Tuesday	Long aerobic exercise			30–45 Minutes
Wednesday	Upper body Switch Training	Moderate	2-3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Thursday	Long aerobic exercise			30–45 Minutes
Friday	Lower body Switch Training	Moderate	2-3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Saturday	Rest			
Sunday	Rest			

### **\*Back to Starting Week Schedule**



**BOK Exercise Plan 2-C:**

- 4 days per week BOK Switch Training
- 4 days per week short Aerobic exercise
- 1 day per week long Aerobic exercise
- 2 days of rest

<b>Day</b>	<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Upper body Switch Training	Moderate	2-3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Tuesday	Lower body Switch Training	Moderate	2-3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Wednesday	Long aerobic exercise			30–45 Minutes
Thursday	Upper body Switch Training	Moderate	2-3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Friday	Lower body Switch Training	Moderate	2-3	8–15 reps
	Short aerobic exercise	—	—	15–20 minutes
Saturday	Rest			
Sunday	Rest			



## **BOK Exercise Plan 3 – Exercise 6 Days a Week**

### **BOK Exercise Plan 3-A:**

- 2 days per week BOK Switch Training
- 2 days per week short aerobic exercise
- 4 days per week long aerobic exercise
- 1 day of rest

### **BOK Exercise Plan 3-B:**

- 3 days per week BOK Switch Training
- 3 days per week short aerobic exercise
- 3 days per week long aerobic exercise
- 1 day of rest

### **BOK Exercise Plan 3-C:**

- 4 days per week BOK Switch Training
- 4 days per week short aerobic exercise
- 2 days per week long aerobic exercise
- 1 day of rest

\*Any combination or switching of aerobics and rest days is possible depending upon individual priorities and time constraints



### **BOK Exercise Plan 3-A:**

- 2 days per week BOK Switch Training
- 2 days per week short Aerobic exercise
- 4 days per week long Aerobic exercise
- 1day of rest

<b>Day</b>	<b>Type of Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Total Body Switch Training	Variable	3-5	8–15 reps
	Short Aerobic Exercise	—	—	20–30 minutes
Tuesday	Long aerobic exercise			30–60 minutes
Wednesday	Long aerobic exercise			30–60 minutes
Thursday	Total body Switch Training	Variable	3-5	8–15 reps
	Short Aerobic Exercise	—	—	20–30 minutes
Friday	Long aerobic exercise			30–60 minutes
Saturday	Long aerobic exercise			30–60 minutes
Sunday	Rest			



### **BOK Exercise Plan 3-B**

(\*This plan will alternate BOK Switch Training exercises each week)

- 3 days per week BOK Switch Training
- 3 days per week short Aerobic exercise
- 3 day per week long Aerobic exercise
- 1 day of rest

### **\*Starting Week Schedule**

<b>Day</b>	<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Upper body Switch Training	Variable	3-5	8–15 reps
	Short aerobic exercise	—	—	20–30 minutes
Tuesday	Long aerobic exercise			30–60 minutes
Wednesday	Lower body Switch Training	Variable	3-5	8–15 reps
	Short aerobic exercise	—	—	20–30 minutes
Thursday	Long aerobic exercise			30–60 minutes
Friday	Upper body Switch Training	Variable	3-5	8–15 reps
	Short aerobic exercise	—	—	20–30 minutes
Saturday	Long aerobic exercise			30–60 minutes
Sunday	Rest			

### **\*Next Week Schedule**

<b>Day</b>	<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Lower body Switch Training	Variable	3-5	8–15 reps
	Short aerobic exercise	—	—	20–30 minutes
Tuesday	Long aerobic exercise			30–60 minutes
Wednesday	Upper body Switch Training	Variable	3-5	8–15 reps
	Short aerobic exercise	—	—	20–30 minutes
Thursday	Long aerobic exercise			30–60 minutes
Friday	Lower body Switch Training	Variable	3-5	8–15 reps
	Short aerobic exercise	—	—	20–30 minutes
Saturday	Long aerobic exercise			30–60 minutes
Sunday	Rest			

### **\*Back to Starting Week Schedule**



### **BOK Exercise Plan 3-C:**

- 4 days per week BOK Switch Training
- 4 days per week short Aerobic exercise
- 2 days per week long Aerobic exercise
- 1day of rest

<b>Day</b>	<b>Exercise</b>	<b>Weight</b>	<b>Sets</b>	<b>Repetitions/ Duration</b>
Monday	Upper body Switch Training	Variable	3-5	8–15 reps
	Short aerobic exercise	—	—	20–30 minutes
Tuesday	Lower body Switch Training	Variable	3-5	8–15 reps
	Short aerobic exercise	—	—	20–30 minutes
Wednesday	Long aerobic exercise			30–60 minutes
Thursday	Upper body Switch Training	Variable	3-5	8–15 reps
	Short aerobic exercise	—	—	20–30 minutes
Friday	Lower body Switch Training	Variable	3-5	8–15 reps
	Short aerobic exercise	—	—	20–30 minutes
Saturday	Long aerobic exercise			30–60 minutes
Sunday	Rest			