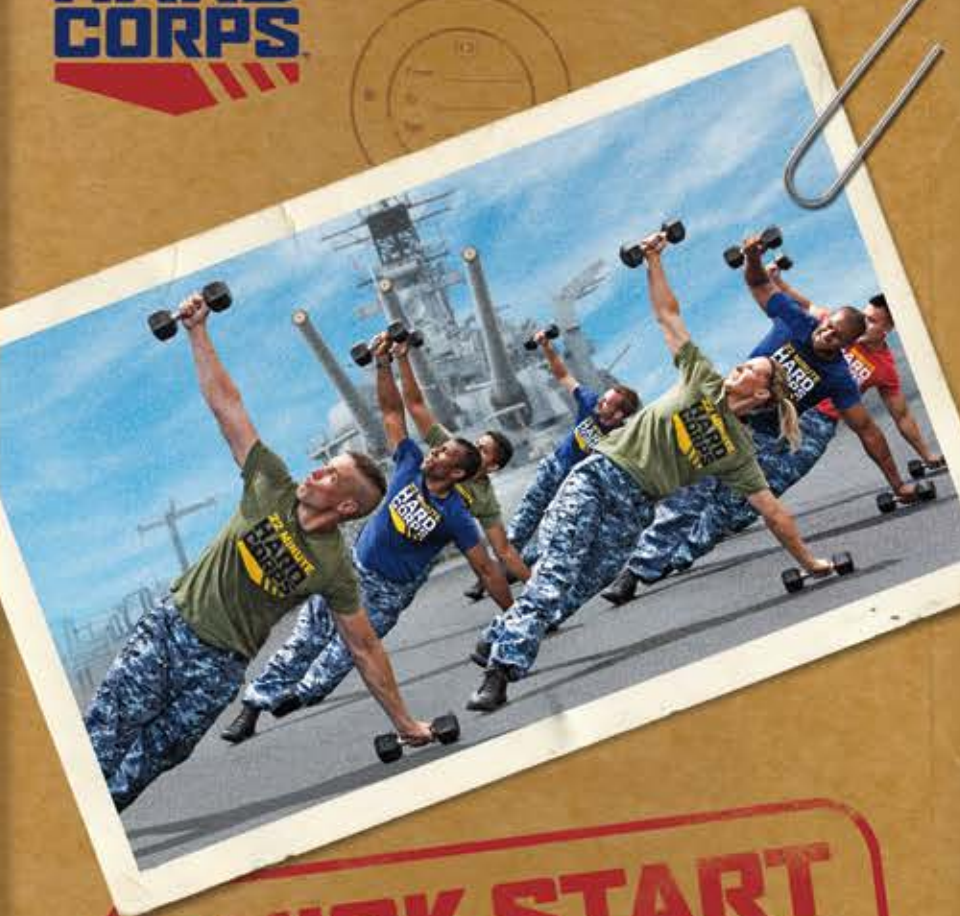


22 MINUTE
**HARD
CORPS**



**QUICK START
MISSION GUIDE**



STEP 1: YOUR RATION PLAN

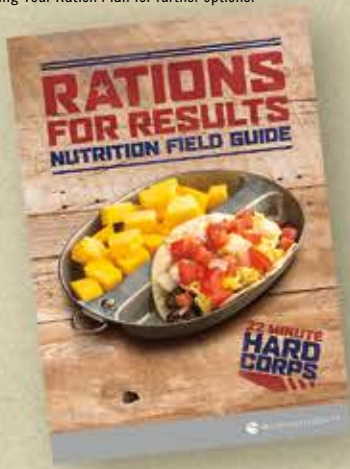
If your goal is weight loss, complete this questionnaire to determine your Recommended Ration Plan.

What's your GENDER?	SCORE
Female	0
Male	+1
What's your WEIGHT?	SCORE
130 lbs. or less	0
131–160 lbs.	+1
161–180 lbs.	+2
181–200 lbs.	+3
201–220 lbs.	+4
221 lbs. and up	+5
What's your current ACTIVITY LEVEL, not including 22 Minute Hard Corps?	SCORE
Inactive (desk job)	-1
Moderate (server in a restaurant)	0
Very active (construction worker)	+1
TOTAL SCORE	

For weight loss, match your SCORE with your Plan.

YOUR SCORE	YOUR PLAN	YOUR CALORIES
1 OR LESS	PLAN 1	1,200–1,499 calories
2	PLAN 2	1,500–1,799 calories
3	PLAN 3	1,800–2,099 calories
4	PLAN 4	2,100–2,399 calories
5 OR MORE	PLAN 5	2,400–2,699 calories

NOTE: Your assigned Ration Plan is intended for weight loss. If you do not wish to lose weight or you experience any discomfort while utilizing this Plan, refer to the RATIIONS FOR RESULTS NUTRITION FIELD GUIDE: Changing Your Ration Plan for further options.



FURTHER BRIEFING: To create your customized Ration Plan, see the RATIIONS FOR RESULTS NUTRITION FIELD GUIDE for further orders.

STEP 2: YOUR BEFORE PHOTOS AND TRANSFORMATION TRACKER

TRACK YOUR "BEFORE" AND "AFTER" WEIGHT

BEFORE (DAY 0)

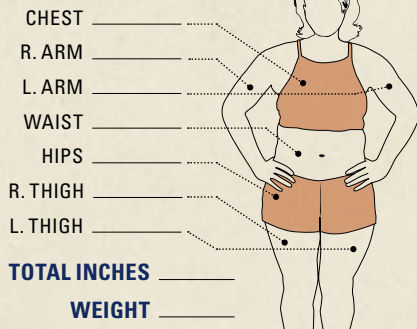
WEEK 4

WEEK 8

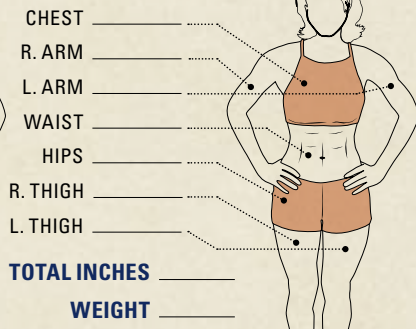
Take your "BEFORE" photos the day prior to beginning your first workout. When you complete the program, take your "AFTER" photos.

Use the TRANSFORMATION TRACKER to track your measurements

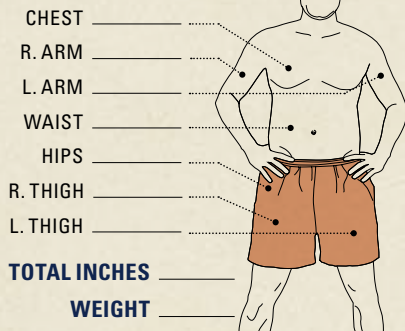
RECORD "BEFORE" STATS



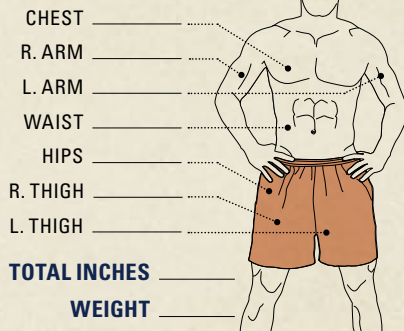
RECORD "AFTER" STATS



RECORD "BEFORE" STATS



RECORD "AFTER" STATS



STEP 3: YOUR PT FIT TEST

To see how truly fit you will become over the next 8 weeks, take this PT Fit Test on Day One. Complete one minute of each move, and record your results. Repeat this at the end of Week 4 and Week 8. If you are unable to perform any of the repetitions, you should consider sticking with the modifier until you can.

PUSH-UP (Maximum reps in 1 min.) Do as many push-ups as you can in one minute.

Record your number here:

Day 0

Week 4

Week 8

MODIFICATION: hold plank position

SQUAT THRUST (Maximum reps in 1 min.) With ligh- to medium-weight dumbbells in each hand at shoulder level, perform a squat and then extend the arms overhead as you straighten the knees.

Record reps and weight here:

Weight

Day 0

Week 4

Week 8

MODIFICATION: no weights

PULL-UPS OR DEAD HANG (Maximum reps or time for hang) Perform as many pull-ups as you can, or hang from the pull-up bar for as long as you can.

Record your reps or time here:

Day 0

Week 4

Week 8

MODIFICATION: straight-arm hang

JUMPING JACKS (Maximum reps in 1 min.) Perform as many jumping jacks as quickly as you can, in 1 minute.

Record your number here:

Day 0

Week 4

Week 8

MODIFICATION: step it out

FOREARM PLANK HOLD (Maximum time or 1 min. max.) Begin in a forearm plank, keeping the hips in line with the shoulders.

Record the amount of time you can hold it with good form here:

Day 0

Week 4

Week 8

MODIFICATION: one knee on ground

STEP 4: YOUR BASIC TRAINING ACTION PLAN

Your **BASIC TRAINING ACTION PLAN** tells you exactly which 22-minute workout to do on which day of the week. As you progress in the program, the workouts will increase in intensity, so you reach maximum fitness in 8 weeks.

Get your mind right and your butt in gear... 'cause it's GO TIME!



FOR EXCEPTIONAL RESULTS:

COLD START PRE-WORKOUT DRILL: It's a good idea to warm up before hitting your workouts with intensity. Start with this drill on days when you're working out early in the morning, in cold temperatures, or when your muscles feel especially tight.

CARDIO: Accept the added challenge of Core 1 and Core 2 workouts on Cardio days to test your limits and expedite your results.

RESISTANCE: Be sure to continuously challenge yourself by gradually increasing the weight of your dumbbells or PT Sandbag over the course of the program.



INTRODUCTION: A MESSAGE FROM TONY

I've been creating programs for twenty years, and I actually think 22 Minute Hard Corps is my best yet. It's fast. 22 minutes. It's simple. No complex moves to tangle through. And it's intense, like your own personal morning "PT." And with this program, instead of me doing each move with you, my job is to keep you moving and following the right form. Think of me as your drill sergeant.

The moves in 22 Minute Hard Corps are set to a cadence, and it's your mission to give me every rep — at MY pace — for all 22 minutes. You don't need a lot of weight — so choose wisely — and if you have one, the PT Sandbag is going to give you a run for your money because the sandbag will keep you slightly off balance. That engages more core muscles.

If you are ever struggling, then modify. If that fails, I want you on your feet marching in place until the next move. I'm only asking for 22 minutes, so it needs to count, and I want you sticking with it. Quitting is not an option here.

22 Minute Hard Corps is not easy. But you didn't ask for easy — you asked for a simple approach to fitness that would get you results without a lot of complex moves. So let's stop talking about it, and let's get to it. Platoon? Fall in. This is Hard Corps!

A handwritten signature in black ink, appearing to read "Tony" followed by a flourish and an ellipsis.