



# FLAT BELLY FIRM BUTT IN 16 MINUTES

[www.FitnessReloaded.com](http://www.FitnessReloaded.com)

16 Minutes from now you're going to be  
**FITTER, LEANER, STRONGER, HOTTER.**

## FITNESS PROGRESS

FB16	Example	WEEK 1		WEEK 4		WEEK 8		WEEK 12	
Pushups	22								
Jumping Burpees	15								
Squats Touch and Reach	25								
Ladybug	25								
High Knees	70								
Clams	40								
Clams - Other Side	42								
Power Jumps	46								

### Directions:

What is really your fitness level? Time to find out! Follow the Fit Test, do as many repetitions as you can, and then write them down here. Take the Test at least every 4 weeks, compare your results and give yourself a high-five! You deserve it!