

CDG Productions #102-0509 - May 2009
 LIFEBURST, INC.
 VISUAL EATING AND EXERCISE PLAN

SHOT #	SERIES #	SCRIPT #	TALENT	BODY SERIES	TOTAL EXERCISES	CAMERAS A & B	SHOT DESCRIPTION	12 HOUR DAY	NOTES
1	1	1D	DEAN	MOTIVATION	Cam A		D1. Dean on Camera – 5 – 10 Sec.	9:00AM	
2		2D			Cam A		D2. Dean on Camera – 5 – 10 Sec.		
3		3D			Cam A		D3. Dean on Camera – 5 – 10 Sec.		
4		4D			Cam A		D4. Dean on Camera – 5 – 10 Sec.		
5		5D			Cam A		D5. Dean on Camera – 5 – 10 Sec.		
6		6D			Cam A		D6. Dean on Camera – 5 – 10 Sec.		
7		7D			Cam A		D7. Dean on Camera – 5 – 10 Sec.		
8		8D			Cam A		D8. Dean on Camera – 5 – 10 Sec.		
9		9D			Cam A		D9. Dean on Camera – 5 – 10 Sec.		
10		10D			Cam A		D10. Dean on Camera – 5 – 10 Sec.		
11		11D			Cam A		D11. Dean on Camera – 5 – 10 Sec.		
12		12D			Cam A		D12. Dean on Camera – 5 – 10 Sec.		
13	2	2A	KRISSA	LEGS	1	Cam A	Full Length (F/L)- Squats Set	9:30	
						Cam B	Close Up (C/U) – Squats Set		
14		2B			2	Cam A	F/L - Hack Squats	9:40	
						Cam B	C/U – Hack Squats		
15		2C			3	Cam A	F/L - Leg Extensions	9:50	
						Cam B	C/U - Leg Extensions		
16		2D			4	Cam A	F/L - Leg Curls	If Time Permits	
						Cam B	C/U - Leg Curls		
17		2E			5	Cam A	F/L – Lunges		
						Cam B	C/U – Lunges		
18		2F			6	Cam A	F/L – Leg Press		
						Cam B	C/U - Leg Press		
19		2G			7	Cam A	F/L – Inner Thigh		
						Cam B	C/U – Outer Thigh		
20	3	3A	KRISSA	BACK	1	Cam A	F/L - Dumbbell Pullover	10:10	
						Cam B	C/U – Dumbbell Pullover		
21		3B			2	Cam A	F/L – Pull Downs	10:20	
						Cam B	C/U – Pull Downs Grip One		
						Cam B	C/U – Pull Downs Grip Two		
22		3C			3	Cam A	F/L – One Arm Row	10:30	
						Cam B	C/U – One Arm Row		
23		3D			4	Cam A	F/L – Cable Row	If Time Permits	
						Cam B	C/U – Cable Row		
24		3E			5	Cam A	F/L – Hyper Extensions		
						Cam B	C/U - Hyper Extensions		
25		3F			6	Cam A	F/L – Bent Over Row		
						Cam B	C/U – Bent Over Row		
26		3G			7	Cam A	F/L – Pull Ups		
						Cam B	C/U – Pull Ups Grip One		
						Cam B	C/U – Pull Ups Grip Two		

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27	4	4A	KRISSA	CHEST	1	Cam A F/L – Dumbbell Flies - Flat Cam B C/U – Dumbbell Flies - Flat	10:50	
28		4B			2	Cam A F/L – Dumbbell Flies – Incline Cam B C/U – Dumbbell Flies – Incline	11:00	
29		4C			3	Cam A F/L – Bench Press - Machine Cam B C/U – Bench Press - Machine	11:10	
30		4D			4	Cam A F/L – Incline Press - Machine Cam B C/U – Incline Press - Machine	If Time Permits	
31		4E		5	Cam A F/L – Dips Cam B C/U – Dips			
32		4F		6	Cam A F/L – Cable Crossovers Cam B C/U - Cable Crossovers			
33		4G			7	Cam A F/L – Peck Deck - Fly Machine Cam B C/U – Peck Deck – Fly Machine		
34	5	5A	KRISSA	SHOUL	1	Cam A F/L – Lateral Raises Cam B C/U – Lateral Raises	11:30	
35		5B			2	Cam A F/L – Seated Press - Machine Cam B C/U – Seated Press - Machine	11:40	
36		5C			3	Cam A F/L – Front Raises - Dumbbell Cam B C/U – Front Raises - Dumbbell	11:50	
37		5D			4	Cam A F/L – Rear Delts. - Machine Cam B C/U – Rear Delts. - Machine	If Time Permits	
38		5E		5	Cam A F/L – Upright Rows - Bar Cam B C/U - Upright Rows - Bar			
39	6	6A	KRISSA	BICEPS	1	Cam A F/L – Standing Curl - Bar Cam B C/U – Standing Curl - Bar	12:10	
40		6B			2	Cam A F/L – Reverse Curl - Bar Cam B C/U – Reverse Curl - Bar	12:20	
41		6C			3	Cam A F/L – Regular Seated Curl - Cam B C/U – Regular Seated Curl -	12:30	
42		6D			4	Cam A F/L – Scott Curl - Dumbbell Cam B C/U – Scott Curl - Dumbbell	If Time Permits	
43		6E		5	Cam A F/L – Concentration Curl - Dumbbell Cam B C/U - Concentration Curl - Dumbbell			

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SHOT #	SERIES #	SCRIPT #	TALENT	BODY SERIES	TOTAL EXERCISES	SHOT DESCRIPTION	1/2 HOUR DAY	NOTES
46	7	7A	KRISSA	TRICEPS	1	Cam A F/L – Laying Triceps Ext - DB Cam B C/U – Laying Triceps Ext- DB	12:50	
47		7B			2	Cam A F/L – Standing Triceps Cable Press Downs Cam B C/U – Standing Triceps Cable Press Downs – Reg Grip Cam B C/U – Standing Triceps Cable Press Downs – Rev Grip	1:00	
48		7C			3	Cam A F/L – Bench Dips (Bent Knee to Straight Leg) Cam B C/U – Bench Dips (Bent Knee to Straight Leg)	1:10	
49		7D			4	Cam A F/L – Triceps Kickbacks - DB Cam B C/U – Triceps Kickbacks - DB	If Time Permits	
50		7E			5	Cam A F/L – Ext. Behind Neck - DB Cam B C/U – Ext. Behind Neck - DB		
51	8	8A	KRISSA	ABS (6)	1	Cam A F/L – Crunches Cam B C/U – Crunches	1:30	
52		8B			2	Cam A F/L – Oblique Crunches (To The Left & To The Right) Cam B C/U – Oblique Crunches (To The Left & To The Right)	1:40	
53		8C			3	Cam A F/L – Crunch Machine/Swiss Ball Cam B C/U – Crunch Machine/Swiss Ball	1:50	
54		8D			4	Cam A F/L – Leg Raises (Straight Leg To Bent Knee)	If Time Permits	
55		8E				Cam B C/U – Leg Raises (Straight Leg To Bent Knee)		
56		8F			5	Cam A F/L – Roman Chair (Straight Leg To Bent Knee)		
57		8G				Cam B C/U - Roman Chair		
					6	Cam A F/L - Side Bend - Dumbbell Cam B C/U - Side Bend - Dumbbell		
58	9	9A	KRISSA	CALVES	1	Cam A F/L – Standing Calf Raise Cam B C/U – Standing Calf Raise	2:10	
59		9B			2	Cam A F/L – Seated Calf Raise Cam B C/U – Seated Calf Raise	2:20	
60		9C			3	Cam A F/L – Right Leg Calf Raise Cam B C/U – Right Leg Calf Raise	2:30	
61		9D			4	Cam A F/L – Left Leg Calf Raise Cam B C/U – Left Leg Calf Raise	2:40	

SHOT #	SERIES #	SCRIPT #	TALENT	BODY SERIES	TOTAL EXERCISES	SHOT DESCRIPTION	12 HOUR DAY	NOTES
LUNCH							2:45-3:30	
62	10	10A	KRISSA	AB PILLOW	Cam A	F/L – USING AB PILLOW	3:30	
63		10B			Cam A	M/C – USING AB PILLOW		
					Cam B	C/U – USING AB PILLOW		
64	11	11A	DEAN	AB PILLOW	Cam A	F/L – USING AB PILLOW		
65		11A			Cam A	M/C –USING AB PILLOW		
					Cam B	C/U – USING AB PILLOW	4:00	
KRISSA WRAPPED								
66	12	12A	DEAN	LEGS (5)	1	Full Length (F/L)- Squats Set	4:10	
						Close Up (C/U) – Squats Set		
67		12B			2	F/L - Hack Squats	4:20	
						C/U – Hack Squats		
68		12C			3	F/L - Leg Extensions	4:30	
						C/U - Leg Extensions		
69		12D			4	F/L - Leg Curls	If Time Permits	
						C/U - Leg Curls		
70		12E			5	F/L – Leg Press		
						C/U - Leg Press		
71	13	13A	DEAN	BACK	1	F/L - Dumbbell Pullover	4:50	
		13B				C/U – Dumbbell Pullover		
72		13C			2	F/L – Pull Downs	5:00	
		13D				C/U – Pull Downs Grip One		
		13E				C/U – Pull Downs Grip Two		
73		13F			3	F/L – One Arm Row	5:10	
		13G				C/U – One Arm Row		
74		13H			4	F/L – Cable Row	If Time Permits	
		13I				C/U – Cable Row		
75		13J			5	F/L – Dead Lifts		
		13K				C/U - Dead Lifts		
76		13L			6	F/L – Bent Over Row		
		13M				C/U – Bent Over Row		
77		13N			7	F/L – Pull Ups		
		13O				C/U – Pull Ups Grip One		
		13P				C/U – Pull Ups Grip Two		

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78	14	14A	DEAN	CHEST	1	Cam A						F/L – Dumbbell Flies - Flat	5:30					
						Cam B						C/U – Dumbbell Flies - Flat						
79		14B			2	Cam A						F/L – Dumbbell Flies – Incline	5:40					
						Cam B						C/U – Dumbbell Flies – Incline						
80		14C			3	Cam A						F/L – Bench Press - Bar	5:50					
						Cam B						C/U – Bench Press - Bar						
81		14D			4	Cam A						F/L – Incline Press - Bar	If Time Permits					
						Cam B						C/U – Incline Press - Bar						
82		14E			5	Cam A						F/L – Dips						
						Cam B						C/U – Dips						
83		14F			6	Cam A						F/L – Cable Crossovers						
						Cam B						C/U - Cable Crossovers						
84		14G			7	Cam A						F/L – Peck Deck – Free Weights						
						Cam B						C/U – Peck Deck – Free Weights						
85	15	15A	DEAN	SHOUL	1	Cam A						F/L – Lateral Raises	6:10					
						Cam B						C/U – Lateral Raises						
86		15B			2	Cam A						F/L – Seated Press - Bar	6:20					
						Cam B						C/U – Seated Press - Bar						
87		15C			3	Cam A						F/L – Front Raises - Barbell	6:30					
						Cam B						C/U – Front Raises - Barbell						
88		15D			4	Cam A						F/L – Rear Delts. - Barbell	6:40					
						Cam B						C/U – Rear Delts. - Barbell						
89		15E			5	Cam A						F/L – Upright Rows - Bar	6:50					
						Cam B						C/U - Upright Rows - Bar						
90	16	16A	DEAN	BICEPS	1	Cam A						F/L – Standing Curl - Bar	7:10					
						Cam B						C/U – Standing Curl - Bar						
91		16B			2	Cam A						F/L – Reverse Curl - Bar	7:20					
						Cam B						C/U – Reverse Curl - Bar						
92		16C			3	Cam A						F/L – Regular Seated Curl	7:30					
						Cam B						C/U – Regular Seated Curl						
93		16D			4	Cam A						F/L – Scott Curl - Dumbbell	7:40					
						Cam B						C/U – Scott Curl - Dumbbell						
94		16E			5	Cam A						F/L – Concentration Curl - DB	7:50					
						Cam B						C/U - Concentration Curl - DB						

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95	17	17A	DEAN	TRICEPS	1	Cam A F/L – Laying Triceps Ext – Cam B Cam B C/U – Laying Triceps Ext- Cam Bar	8:10	
96		17B			2	Cam A F/L – Standing Triceps Cable Press Downs Cam B C/U – Standing Triceps Cable Press Downs Reg Grip C/U – Standing Triceps Cable Press Downs Rev Grip	8:20	
97		17C			3	Cam A F/L – Bench Dips (Bent Knee to Straight Leg) Cam B C/U – Bench Dips(Bent Knee to St	8:30	
98		17D			4	Cam A F/L – Triceps Kickbacks - DB Cam B C/U – Triceps Kickbacks - DB	If Time Permits	
99		17E			5	Cam A F/L – Ext. Behind Neck - DB Cam B C/U – Ext. Behind Neck - DB		
100	18	18A	DEAN	ABS	1	Cam A F/L – Crunches C/U – Crunches	9:10	
100		18B			2	Cam B F/L – Oblique Crunches (To The Left & To The Right) Cam B C/U – Oblique Crunches (To The Left & To The Right)	9:15 9:20	
101		18C			3	Cam A F/L – Crunch Machine/Swiss Ball C/U – Crunch Machine/Swiss Ball	9:25	
102		18D			4	Cam A F/L – Leg Raises (Straight Leg To Bent Knee) Cam B C/U – Leg Raises (Straight Leg To Bent Knee)	If Time Permits	
103		18E			5	Cam A F/L – Roman Chair (Straight Leg To Bent Knee) Cam B C/U - Roman Chair (Straight Leg To Bent Knee)		
104		18F			6	Cam A F/L - Side Bend - Dumbbell Cam B C/U – Side Bend - Dumbbell		
DINNER - WALKING MEAL							9:30	
105	19	19A	DEAN	CALVES	1	Cam A F/L – Standing Calf Raise Cam B C/U – Standing Calf Raise	If Time Permits	
106		19B			2	Cam A F/L – Seated Calf Raise Cam B C/U – Seated Calf Raise		
107		19C			3	Cam A F/L – Right Leg Calf Raise Cam B C/U – Right Leg Calf Raise		
108		19D			4	Cam A F/L – Left Leg Calf Raise Cam B C/U – Left Leg Calf Raise		
WRAP								