

FIT | SPLIT

USER'S GUIDE



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ABOUT THE FIT | SPLIT SERIES



OVERVIEW

The Fit | Split Series is geared toward the advanced exerciser who is looking for a solid workout in a short amount of time. Fit | Split provides multiple options for splitting up cardio and weight workouts between days, or at different times within the same day while keeping all of the different segments short and time efficient, but also intense. Separately, these segments are perfect for days when time is limited or when you simply want a shorter workout. Layered together, the segments are perfectly complimented to allow you to mix and match the perfect workout even on your longer workout days.

The Fit | Split series offers a wide variety of fun and effective cardio and weight routine segments and a challenging bonus ab section. The added premixes provide an exerciser with additional options to ensure that they can quickly and easily choose the workout that is right for them on any given day.

In this *User's Guide*, I've provided three rotations to get you started and keep you challenged utilizing Fit | Split along with other favorite series. Choose a one-month rotation, a two-month rotation or complete the rotations back to back to create one that lasts as long as you choose. I've included one rest day per week in each of the rotations. As always, take additional rest days if your body is asking for them. Drink plenty of water, eat well and try to get ample sleep for proper recovery. It's time to crush some goals!

ABOUT THE FIT | SPLIT SERIES

ABOUT THE WORKOUTS

Boxing Bootcamp | Legs & Glutes



This DVD kicks off with an intense boxing routine! You'll move quickly through a series of cardio drills and combos in full boxing/kickboxing style, then continue with a lower body focused weight routine that is sure to tighten and strengthen your entire lower body.

Low Impact Cardio | Metabolic conditioning



This DVD begins with a low impact cardio segment including new and favorite HiIT movements to challenge your stamina while being gentler on your joints. The cardio is followed by a metabolic weight routine that has a strong upper body focus.

Shred Cardio | Push Day



Get ready to hit the deck and take your cardio workout to new heights. You're sure to work up a sweat while having a major "blast!" This DVD includes your push training workout. Your chest, shoulders & triceps will be worked to the max in this routine as well as your quadriceps!

Mixed Impact Cardio | Pull Day



Get ready to kick things into high gear with a high energy, mixed impact cardio routine! This workout will layer higher and lower impact movements with steady state recovery movements while allowing little time for downtime. This DVD also includes a pull training weight routine segment to totally challenge your back, shoulder and biceps as well as your hamstrings and glutes!

ABOUT THE ROTATIONS

In this user's guide I've provided three individual rotations to get you started with my Fit | Split workouts. Each of these rotations utilizes the Fit | Split workouts along with a couple of my other popular workout series, Ripped with HiIT and XTrain. Simply get started by choosing the one that best suits your current workout needs. Let's take a closer look at all three of the rotations.

Fit | Split One Month Rotation



This one-month rotation focuses only on the Fit | Split Series workouts. This is the perfect rotation to help you get acquainted with the routines in this series. This rotation is also a great choice if you have a busy month where time will be a crunch, but you still want to make the best of your workout schedule. No matter how you *split* it, there's always time to *fit* it!

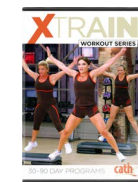
Fit | Split / Ripped with HiIT One Month Rotation



This rotation combines the variety of the Fit | Split series with the intensity of the Ripped with HiIT series and the result is one *tough* month of workouts that are sure to crush some calories and

blast away some body fat. HiIT routines add up fast and in this rotation there are some *double* HiIT days for those of you that are looking for an ultimate challenge. If you don't want a double HiIT, simply choose one HiIT on that day and follow it up with a bonus ab section to complete your workout. As always, take additional rest if the intensity of this rotation starts to add up too fast. If you want to lengthen this rotation out to two months, follow one month as written and re-arrange the order of the weeks for the second month. Are you ready? Let's *do this!*

Fit | Split / XTrain Two Month Rotation



This eight-week rotation combines the Fit | Split Series with the XTrain Series. This mix will surely put your strength and endurance to the test. Each week is jam packed with a variety of intense cardio routines, heavy lifting and focused core training. The more explosive routines, like *Tabatacise*, *Shred* and *Cardio Leg Blast* are offset with lower impact routines such as *All Out Low Impact HiIT* and *Fit | Split Low Impact Cardio*. If at any point you feel that any of the higher impact workouts need to be replaced with a lower impact routine, go ahead and choose what works best for you. Feel free to mix in some of the 100 rep challenges on days when you are feeling like you can handle an extra push. This rotation will be a tough one, but your results will be worth every rep!

EQUIPMENT

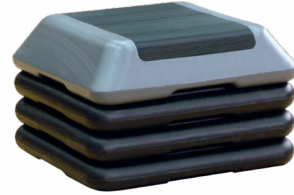
USED IN THE FIT | SPLIT SERIES

The Fit | Split Series has been designed to be done in your home with minimal equipment. The dumbbell and barbell weights Cathe uses for every exercise in the series are included in the Chapters section of this user guide.

Step with Three Risers per Side



High Step with Three Risers



Dumbbells (5, 8, 10, 12, 15, 20, 25 & 30 lbs.)



Barbell (30, 35 & 45 lbs.)



Mat



Gliding Devices



Stability Ball



Fitness Loop



Boxing Gloves (Optional)



QUICK START GUIDE

FIT | SPLIT SERIES

STEP #1

Select the Fit | Split rotation workout program on the following pages that best fits your needs. Each Fit | Split workout program is divided into weekly workout sections. Each of these weekly workout sections will tell you which Fit | Split workout to do each day and the DVD the workout can be found on. This series is split into 4 DVD workouts that not only maximize your workout time, but give you multiple options to make it happen. You want to do half in the morning and half in the evening? No problem! You want a push day then a pull day? Bam, you got it! You want maximum variety AND time efficiency all in one? Here you go! You see with Fit | Split, no matter how you split it, there's always time to fit it!

STEP #2

Make sure you have all of the equipment you will need for your workout. You can find a list of equipment needed for each Fit | Split workout listed in the Chapters section of this user guide as well as on each DVD.

STEP #3

Select the proper weights for each exercise that uses weights. Selecting a weight that is too light or too heavy will greatly diminish the results you can expect from the Fit | Split program. The weight Cathe uses for every exercise is listed in the Chapters section of this user guide as well as at the beginning of every weight exercise in the Fit | Split video. However, you should always use a weight that is appropriate for your fitness level.

STEP #4

Follow the workout program schedule you have selected. If you have to miss some days, don't fret, just pick up where you left off.

STEP #5

Don't forget to use the optional Fit | Split Bonus Abs workout in your Fit | Split workout schedule. Just add it to the end of any workout you like, or select one of our premixes. On the following pages, you will find two Fit | Split 30 day rotations and one 60 Day rotation. Fit | Split workouts are designed so that it is very easy to substitute and use workouts from our other videos as well as the numerous premixes included with the Fit | Split series. You'll get the perfect mix of cardio and strength to keep your body challenged and changing!

FIT | SPLIT ONE MONTH ROTATION



WEEK 1	WORKOUT	TIME
Monday	Boxing Bootcamp Legs & Glutes	57 min.
Tuesday	Pull Day + Bonus Abs	52 min.
Wednesday	Mixed Impact Cardio (Double It premix optional)	29 min.
Thursday	Push Day	32 min.
Friday	OFF	
Saturday	Low Impact Cardio Metabolic Conditioning	48 min.
Sunday	Shred Cardio + Bonus Abs	41 min.

WEEK 2	WORKOUT	TIME
Monday	Mixed Impact Cardio Pull Day	59 min.
Tuesday	Boxing Bootcamp (Double It premix optional)	34 min.
Wednesday	Legs & Glutes + Bonus Abs	50 min.
Thursday	Shred Cardio Push Day	55 min.
Friday	OFF	
Saturday	Low Impact Cardio Metabolic Conditioning	48 min.
Sunday	Mixed Impact Cardio + Bonus Abs	41 min.

WEEK 3	WORKOUT	TIME
Monday	Boxing Bootcamp Legs & Glutes	57 min.
Tuesday	Push Day	32 min.
Wednesday	Shred Cardio (Double It premix optional)	29 min.
Thursday	Pull Day + Bonus Abs	52 min.
Friday	OFF	
Saturday	Low Impact Cardio Metabolic Conditioning	48 min.
Sunday	Mixed Impact Cardio + Bonus Abs	41 min.

WEEK 4	WORKOUT	TIME
Monday	Shred Cardio Push Day	55 min.
Tuesday	Mixed Impact Cardio Pull Day	59 min.
Wednesday	Low Impact Cardio (Double It premix optional)	27 min.
Thursday	Boxing Bootcamp Legs & Glutes	57 min.
Friday	OFF	
Saturday	Metabolic Conditioning + Bonus Abs	42 min.
Sunday	Shred Cardio + Bonus Abs	41 min.

FIT | SPLIT / RIPPED WITH HIIT ONE MONTH ROTATION



WEEK 1	WORKOUT	TIME
Monday	Fit Split Low Impact Cardio Metabolic Conditioning	48 min.
Tuesday	Ripped with HiiT Plyo HiiT One + Ripped with HiiT Bonus Abs 1	40 min.
Wednesday	Ripped with HiiT Lift It, Hit It Back, Biceps, Shoulders	55 min.
Thursday	Fit Split Boxing Bootcamp Legs & Glutes	57 min.
Friday	Ripped with HiiT Lift It, Hit It Chest, Triceps, Shoulders	42 min.
Saturday	OFF	
Sunday	Fit Split Shred Cardio + Ripped with HiiT Low Impact HiiT One (or Fit Split Bonus Abs)	59 min.

WEEK 2	WORKOUT	TIME
Monday	Ripped with HiiT Lift It, HiiT It Legs	43 min.
Tuesday	Fit Split Mixed Impact Cardio Pull Day	59 min.
Wednesday	Ripped with HiiT Low Impact HiiT One + Low Impact HiiT Two (or Ripped with HiiT Bonus Abs One)	62 min.
Thursday	Fit Split Shred Cardio Push Day	55 min.
Friday	Ripped with HiiT HiiT Circuit Lower Body	49 min.
Saturday	OFF	
Sunday	Ripped with HiiT HiiT Circuit Upper Body + Ripped with HiiT Bonus Abs One	58 min.

WEEK 3	WORKOUT	TIME
Monday	Ripped with HiiT Plyo HiiT Two	29 min.
Tuesday	Fit Split Boxing Bootcamp Legs & Glutes	57 min.
Wednesday	Ripped with HiiT Low Impact HiiT Two	32 min.
Thursday	Ripped with HiiT Lift It, Hit It Chest, Triceps, Shoulders	42 min.
Friday	Fit Split Shred Cardio + Fit Split Bonus Abs	41 min.
Saturday	Ripped with HiiT Lift It, Hit It Back, Biceps, Shoulders	55 min.
Sunday	OFF	

WEEK 4	WORKOUT	TIME
Monday	Ripped with HiiT Lift It, HiiT It Legs + Ripped with HiiT Bonus Abs Two	56 min.
Tuesday	Fit Split Low Impact Cardio Metabolic Conditioning	48 min.
Wednesday	Ripped with HiiT Plyo HiiT One + Ripped with HiiT Low Impact HiiT One (or Ripped with HiiT Bonus Abs One)	60 min.
Thursday	Fit Split Shred Cardio Push Day	55 min.
Friday	Ripped with HiiT HiiT Circuit Lower Body	49 min.
Saturday	Fit Split Mixed Impact Cardio Pull Day	59 min.
Sunday	OFF	

FIT | SPLIT / XTRAIN TWO MONTH ROTATION



MONTH 1

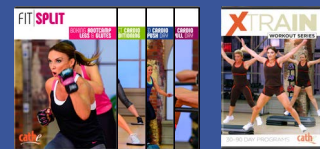
WEEK 1	WORKOUT	TIME
Monday	Fit Split Boxing Bootcamp Legs & Glutes	57 min.
Tuesday	XTrain Bi's and Tri's	49 min.
Wednesday	Fit Split Mixed Impact Cardio + Fit Split Bonus Abs	41 min.
Thursday	XTrain Chest, Back & Shoulders	55 min.
Friday	XTrain Ride (or solid cardio of choice)	59 min.
Saturday	Fit Split Low Impact Cardio Metabolic Conditioning	48 min.
Sunday	OFF	

WEEK 2	WORKOUT	TIME
Monday	XTrain Cardio Leg Blast	58 min.
Tuesday	Fit Split Mixed Impact Cardio Pull Day	59 min.
Wednesday	XTrain Tabatacise	48 min.
Thursday	Fit Split Shred Cardio Push Day	55 min.
Friday	XTrain Hard Strikes + XTrain Bonus Core 1	59 min.
Saturday	XTrain Super Cuts	48 min.
Sunday	OFF	

WEEK 3	WORKOUT	TIME
Monday	XTrain Legs	54 min.
Tuesday	Fit Split Low Impact Cardio Metabolic Conditioning	48 min.
Wednesday	XTrain Chest, Back & Shoulders	55 min.
Thursday	Fit Split Shred Cardio + Fit Split Bonus Abs	41 min.
Friday	XTrain Bi's and Tri's	49 min.
Saturday	XTrain All Out Low Impact HiIT	42 min.
Sunday	OFF	

WEEK 4	WORKOUT	TIME
Monday	Fit Split Boxing Bootcamp Legs & Glutes	57 min.
Tuesday	Fit Split Mixed Impact Cardio Pull Day	59 min.
Wednesday	Fit Split Shred Cardio Push Day	55 min.
Thursday	XTrain Ride (or solid cardio of choice)	59 min.
Friday	XTrain Super Cuts + XTrain Bonus Core 2	61 min.
Saturday	OFF	
Sunday	Fit Split Low Impact Cardio + XTrain Bonus Barre	42 min.

FIT | SPLIT / XTRAIN TWO MONTH ROTATION



MONTH 2

WEEK 1	WORKOUT	TIME
Monday	<u>XTrain Tabatacise + XTrain Bonus Core 1 or XTrain Bonus Core 2</u>	58 min.
Tuesday	<u>Fit Split Shred Cardio Push Day</u>	55 min.
Wednesday	<u>XTrain All Out Low Impact HiIT + XTrain Bonus Core 1 or XTrain Bonus Core 2</u>	52 min.
Thursday	<u>Fit Split Mixed Impact Cardio Pull Day</u>	59 min.
Friday	<u>XTrain Hard Strikes</u>	49 min.
Saturday	<u>Fit Split Low Impact Cardio + XTrain Bonus Barre + Fit Split Bonus Abs</u>	54 min.
Sunday	OFF	

WEEK 2	WORKOUT	TIME
Monday	<u>Fit Split Boxing Bootcamp Legs & Glutes</u>	57 min.
Tuesday	<u>XTrain Ride (or solid cardio of choice)</u>	59 min.
Wednesday	<u>Fit Split Low Impact Cardio Metabolic Conditioning</u>	48 min.
Thursday	<u>XTrain Cardio Leg Blast + XTrain Bonus Core 1 or XTrain Bonus Core 2</u>	68 min.
Friday	<u>Fit Split Mixed Impact Cardio + XTrain Bi's and Tri's</u>	78 min.
Saturday	<u>XTrain Chest, Back & Shoulders + XTrain Bonus Core 1 or XTrain Bonus Core 2</u>	65 min.
Sunday	OFF	

WEEK 3	WORKOUT	TIME
Monday	<u>XTrain Legs</u>	54 min.
Tuesday	<u>XTrain Hard Strikes + XTrain Bonus Core 1 or XTrain Bonus Core 2</u>	59 min.
Wednesday	<u>XTrain Super Cuts</u>	48 min.
Thursday	<u>XTrain Tabatacise + Fit Split Bonus Abs</u>	60 min.
Friday	<u>Fit Split Shred Cardio Push Day</u>	55 min.
Saturday	<u>Fit Split Mixed Impact Cardio Pull Day</u>	59 min.
Sunday	OFF	

WEEK 4	WORKOUT	TIME
Monday	<u>Fit Split Boxing Bootcamp Legs & Glutes</u>	57 min.
Tuesday	<u>XTrain Chest, Back & Shoulders + XTrain Bonus Core 1 or XTrain Bonus Core 2</u>	65 min.
Wednesday	<u>XTrain Cardio Leg Blast</u>	58 min.
Thursday	<u>Fit Split Low Impact Cardio + XTrain Bi's and Tri's</u>	76 min.
Friday	<u>XTrain Ride (or solid cardio of choice) + Fit Split Bonus Abs</u>	71 min.
Saturday	<u>XTrain Super Cuts</u>	48 min.
Sunday	OFF	

CHAPTERS

BOXING BOOTCAMP | LEGS & GLUTES



WARM UP

CHAPTER 1	Equipment: Boxing Gloves (Optional)
	Cathe's Weight: NA

COMBO ONE

CHAPTER 2	Equipment: Boxing Gloves (Optional)
	Cathe's Weight: NA

COMBO TWO

CHAPTER 3	Equipment: Boxing Gloves (Optional)
	Cathe's Weight: NA

COMBO THREE

CHAPTER 4	Equipment: Boxing Gloves (Optional)
	Cathe's Weight: NA

SLIDE BACK LUNGE

CHAPTER 5	Equipment: Gliding Device
	Cathe's Weight: NA

SLIDE SIDE LUNGE

CHAPTER 6	Equipment: Gliding Device
	Cathe's Weight: NA

SWEEPER LUNGE

CHAPTER 7	Equipment: Gliding Device, High Step with 3 Risers
	Cathe's Weight: NA

DEADLIFT

CHAPTER 8	Equipment: Dumbbells
	Cathe's Weight: 25 lbs.

SQUATS

CHAPTER 9	Equipment: Dumbbells
	Cathe's Weight: 20 lbs.

REAR LUNGE OFF STEP

CHAPTER 10	Equipment: Dumbbells, High Step with 3 Risers
	Cathe's Weight: 10 lbs.

FORWARD DIAGONAL LUNGE

CHAPTER 11	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

PUSH DIPS OFF STEP

CHAPTER 12	Equipment: Dumbbells, High Step with 3 Risers
	Cathe's Weight: 10 lbs.

DEADLIFT

CHAPTER 13	Equipment: Dumbbells
	Cathe's Weight: 25 lbs.

CHAPTERS

BOXING BOOTCAMP | LEGS & GLUTES



CROSS BACK SLIDE LUNGE

CHAPTER 14	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 10 lbs.

SLIDE SIDE LUNGE

CHAPTER 15	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 15 lbs.

ELEVATED LUNGES

CHAPTER 16	Equipment: Dumbbells, High Step with 3 Risers
	Cathe's Weight: 12 lbs.

SINGLE LEG DEADLIFTS

CHAPTER 17	Equipment: Dumbbell
	Cathe's Weight: 20 lbs.

STRETCH

CHAPTER 18	Equipment: None
	Cathe's Weight: NA

CHAPTERS

LOW IMPACT CARDIO | METABOLIC CONDITIONING



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

LUNGES WITH JUMP SHOT

CHAPTER 2	Equipment: None
	Cathe's Weight: NA

SWINGING ELBOW TO KNEE LUNGES

CHAPTER 3	Equipment: None
	Cathe's Weight: NA

WOODCHOPS / ATTACKS

CHAPTER 4	Equipment: None
	Cathe's Weight: NA

WALK OUT WALK IN PLANKS

CHAPTER 5	Equipment: None
	Cathe's Weight: NA

ICE BREAKERS / LONG REACH LUNGES

CHAPTER 6	Equipment: None
	Cathe's Weight: NA

SQUAT DIGS / GALLOPING JACKS

CHAPTER 7	Equipment: None
	Cathe's Weight: NA

DYNAMIC LUNGES

CHAPTER 8	Equipment: None
	Cathe's Weight: NA

CIRCLE SQUATS / AIR SQUATS

CHAPTER 9	Equipment: Gliding Device
	Cathe's Weight: NA

WALK OUT PLANKS WITH JACKS

CHAPTER 10	Equipment: Gliding Device
	Cathe's Weight: NA

RAPID SLIDE OUTS

CHAPTER 11	Equipment: Gliding Device
	Cathe's Weight: NA

FRED ASTAIRE / GLIDE STYLE

CHAPTER 12	Equipment: Gliding Device
	Cathe's Weight: NA

MOUNTAIN CLIMBERS / GLIDE STYLE

CHAPTER 13	Equipment: Gliding Device
	Cathe's Weight: NA

CHAPTERS

LOW IMPACT CARDIO | METABOLIC CONDITIONING



COOL DOWN

CHAPTER 14	Equipment: None
	Cathe's Weight: NA

UPRIGHT ROWS

CHAPTER 15	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

REAR CURL PRESS LUNGE

CHAPTER 16	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

PUSH PRESS

CHAPTER 17	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

SQUAT THRUST 2 PLANK PUSH UPS

CHAPTER 18	Equipment: Gliding Device
	Cathe's Weight: NA

REAR LUNGE LATERAL RAISE / REAR FLYS

CHAPTER 19	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

BONUS BURN REAR FLYS

CHAPTER 20	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

DRAGGING PLANKS / MOGULS

CHAPTER 21	Equipment: Gliding Device
	Cathe's Weight: NA

CURL PRESS TRICEP EXTENSIONS

CHAPTER 22	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

CROSS BACK LUNGE CURLS

CHAPTER 23	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

W CURLS

CHAPTER 24	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

SINGLE LEG DEADLIFT IRON CROSS

CHAPTER 25	Equipment: Dumbbells
	Cathe's Weight: 5 lbs.

DEADLIFTS

CHAPTER 26	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

CHAPTERS

LOW IMPACT CARDIO | METABOLIC CONDITIONING



PLANK TRICEP KICKBACK

CHAPTER 27	Equipment: Dumbbell, Mat
	Cathe's Weight: 10 lbs.

TRICEP PUSHUPS

CHAPTER 28	Equipment: Mat
	Cathe's Weight: NA

CHEST FLY AND PULLOVER

CHAPTER 29	Equipment: Dumbbells, Mat
	Cathe's Weight: 15 and 10 lbs.

MONSTER WALKS CORE EXERCISE

CHAPTER 30	Equipment: Mat
	Cathe's Weight: NA

STRETCH

CHAPTER 31	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

SHRED CARDIO | PUSH DAY



WARM UP

CHAPTER 1	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 1

CHAPTER 2	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 2

CHAPTER 3	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 3

CHAPTER 4	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 4

CHAPTER 5	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 5

CHAPTER 6	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 6

CHAPTER 7	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 7

CHAPTER 8	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 8

CHAPTER 9	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 9

CHAPTER 10	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 10

CHAPTER 11	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 11

CHAPTER 12	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

BLAST 12

CHAPTER 13	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

CHAPTERS

SHRED CARDIO | PUSH DAY



BENCH PRESS SET 1

CHAPTER 14	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight: 25 lbs.

CHEST FLYS SET 1

CHAPTER 15	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight: 20 lbs.

BRENCH PRESS SET 2

CHAPTER 16	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight: 25 lbs.

CHEST FLYS SET 2

CHAPTER 17	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight: 20 lbs.

BENCH PRESS SET 3

CHAPTER 18	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight: 25 lbs.

CHEST FLYS SET 3

CHAPTER 19	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight: 20 lbs.

KNEE TAP PUSHUPS SET 1

CHAPTER 20	Equipment: Mat
	Cathe's Weight: NA

KNEE TAP PUSHUPS SET 2

CHAPTER 21	Equipment: Mat
	Cathe's Weight: NA

PLYO PUSH UPS

CHAPTER 22	Equipment: Step with 3 Risers per Side, Mat
	Cathe's Weight: NA

ALTERNATING CLOSE GRIP BENCH PRESS SET 1

CHAPTER 23	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight: 20 lbs.

LYING EXTENSION SET 1

CHAPTER 24	Equipment: Barbell, Step with 3 Risers per Side
	Cathe's Weight: 30 lbs.

ALTERNATING CLOSE GRIP BENCH PRESS SET 2

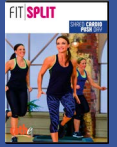
CHAPTER 25	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight: 20 lbs.

LYING EXTENSION SET 2

CHAPTER 26	Equipment: Barbell, Step with 3 Risers per Side
	Cathe's Weight: 30 lbs.

CHAPTERS

SHRED CARDIO | PUSH DAY



ALTERNATING CLOSE GRIP BENCH PRESS SET 3

CHAPTER 27	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight: 20 lbs.

LYING EXTENSION SET 3

CHAPTER 28	Equipment: Barbell, Step with 3 Risers per Side
	Cathe's Weight: 30 lbs.

DIPS

CHAPTER 29	Equipment: Barbell, Step with 3 Risers per Side
	Cathe's Weight: 30 lbs.

SHOULDER PRESS SET 1

CHAPTER 30	Equipment: Barbell
	Cathe's Weight: 30 lbs.

GOAL POST SET 1

CHAPTER 31	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

SHOULDER PRESS SET 2

CHAPTER 32	Equipment: Barbell
	Cathe's Weight: 30 lbs.

GOAL POST SET 2

CHAPTER 33	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

SHOULDER PRESS SET 3

CHAPTER 34	Equipment: Barbell
	Cathe's Weight: 30 lbs.

GOAL POST SET 3

CHAPTER 35	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

FRONT SQUAT SET 1

CHAPTER 36	Equipment: Barbell, Dumbbells
	Cathe's Weight: 35 lbs.

HIGH AND TIGHT SET 1

CHAPTER 37	Equipment: Step Top, Mat
	Cathe's Weight: NA

FRONT SQUAT SET 2

CHAPTER 38	Equipment: Barbell, Dumbbells
	Cathe's Weight: 35 lbs.

HIGH AND TIGHT SET 2

CHAPTER 39	Equipment: Step Top, Mat
	Cathe's Weight: NA

CHAPTERS

SHRED CARDIO | PUSH DAY



FRONT SQUAT SET 3

CHAPTER 40	Equipment: Barbell, Dumbbells
	Cathe's Weight: 35 lbs.

HIGH AND TIGHT SET 3

CHAPTER 41	Equipment: Step Top, Mat
	Cathe's Weight: NA

CALVE RAISES

CHAPTER 42	Equipment: Dumbbells
	Cathe's Weight: 20 lbs.

STRETCH

CHAPTER 43	Equipment: Step with 2 Risers per Side
	Cathe's Weight: NA

CHAPTERS

MIXED IMPACT CARDIO | PULL DAY



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

SQUAT THRUST LEAP FORWARD

CHAPTER 2	Equipment: None
	Cathe's Weight: NA

SPEED BAG

CHAPTER 3	Equipment: None
	Cathe's Weight: NA

POWER SCISSORS FOOTBALL RUN

CHAPTER 4	Equipment: None
	Cathe's Weight: NA

SCOOP FORWARD SLIDE BACK

CHAPTER 5	Equipment: None
	Cathe's Weight: NA

LEAN BACK VOLLEY FORWARD

CHAPTER 6	Equipment: None
	Cathe's Weight: NA

SHUFFLE 3 KNEE SWING KNEE

CHAPTER 7	Equipment: None
	Cathe's Weight: NA

TOUCH DOWN JACKS / TUCK JUMPS

CHAPTER 8	Equipment: None
	Cathe's Weight: NA

WALK FORWARD AND BACK GRAPEVINE

CHAPTER 9	Equipment: None
	Cathe's Weight: NA

FOUR LATERAL HOPS

CHAPTER 10	Equipment: None
	Cathe's Weight: NA

BOXING JABS WALK FORWARD

CHAPTER 11	Equipment: None
	Cathe's Weight: NA

OUT AND IN SQUATS

CHAPTER 12	Equipment: None
	Cathe's Weight: NA

SWING AND GO

CHAPTER 13	Equipment: None
	Cathe's Weight: NA

CHAPTERS

MIXED IMPACT CARDIO | PULL DAY



SQUAT IN A BOX

CHAPTER 14	Equipment: None
	Cathe's Weight: NA

WINDMILL 2 PUDDLE JUMPERS

CHAPTER 15	Equipment: None
	Cathe's Weight: NA

OPEN CLOSE OPEN KNEE JACKS

CHAPTER 16	Equipment: None
	Cathe's Weight: NA

ZIG ZAG STEPS

CHAPTER 17	Equipment: None
	Cathe's Weight: NA

LINE TAPS

CHAPTER 18	Equipment: None
	Cathe's Weight: NA

TWIST TRAVEL 4 JACKS

CHAPTER 19	Equipment: None
	Cathe's Weight: NA

ONE ARM ROWS SET 1

CHAPTER 20	Equipment: Dumbbell
	Cathe's Weight: 30 lbs.

ONE ARM ROWS SET 2

CHAPTER 21	Equipment: Dumbbell
	Cathe's Weight: 30 lbs.

ONE ARM ROWS SET 3

CHAPTER 22	Equipment: Dumbbell
	Cathe's Weight: 30 lbs.

PULLOVERS SET 1

CHAPTER 23	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 12 lbs.

PULLOVERS SET 2

CHAPTER 24	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 12 lbs.

PULLOVERS SET 3

CHAPTER 25	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 12 lbs.

OVERHAND ROW SET 1

CHAPTER 26	Equipment: Dumbbells, Loop
	Cathe's Weight: 15 lbs.

CHAPTERS

MIXED IMPACT CARDIO | PULL DAY



OVERHAND ROW SET 2

CHAPTER 27	Equipment: Dumbbells, Loop
	Cathe's Weight: 15 lbs.

OVERHAND ROW SET 3

CHAPTER 28	Equipment: Dumbbells, Loop
	Cathe's Weight: 15 lbs.

DEADLIFTS SET 1

CHAPTER 29	Equipment: Barbell
	Cathe's Weight: 45 lbs.

DEADLIFTS SET 2

CHAPTER 30	Equipment: Barbell
	Cathe's Weight: 45 lbs.

UPRIGHT ROW SET 1

CHAPTER 31	Equipment: Barbell
	Cathe's Weight: 35 lbs.

REAR DELT FLY SET 1

CHAPTER 32	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

UPRIGHT ROW SET 2

CHAPTER 33	Equipment: Barbell
	Cathe's Weight: 35 lbs.

REAR DELT FLY SET 2

CHAPTER 34	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

UPRIGHT ROW SET 3

CHAPTER 35	Equipment: Barbell
	Cathe's Weight: 35 lbs.

REAR DELT FLY SET 3

CHAPTER 36	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

LATERAL RAISE SET 1

CHAPTER 37	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

EXTERNAL ROTATION SET 1

CHAPTER 38	Equipment: Dumbbells, Loop
	Cathe's Weight: 5 lbs.

LATERAL RAISE SET 2

CHAPTER 39	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

CHAPTERS

MIXED IMPACT CARDIO | PULL DAY



EXTERNAL ROTATION SET 2

CHAPTER 40	Equipment: Dumbbells, Loop
	Cathe's Weight: 5 lbs.

LATERAL RAISE SET 3

CHAPTER 41	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

EXTERNAL ROTATION SET 3

CHAPTER 42	Equipment: Dumbbells, Loop
	Cathe's Weight: 5 lbs.

BARBELL CURLS SET 1

CHAPTER 43	Equipment: Barbell
	Cathe's Weight: 35 lbs.

W CURLS SET 1

CHAPTER 44	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

SWEEPER CURLS SET 1

CHAPTER 45	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

BARBELL CURLS SET 2

CHAPTER 46	Equipment: Barbell
	Cathe's Weight: 35 lbs.

W CURLS SET 2

CHAPTER 47	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

SWEEPER CURLS SET 2

CHAPTER 48	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

BARBELL CURLS SET 3

CHAPTER 49	Equipment: Barbell
	Cathe's Weight: 35 lbs.

W CURLS SET 3

CHAPTER 50	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

SWEEPER CURLS SET 3

CHAPTER 51	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

HAMSTRINGS ROLL-INS

CHAPTER 52	Equipment: Stability Ball, Mat
	Cathe's Weight: NA

CHAPTERS

MIXED IMPACT CARDIO | PULL DAY



STRETCH

CHAPTER 53	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

BONUS ABS



CRAB KICKS

CHAPTER 1	Equipment: Mat
	Cathe's Weight: NA

BEAR CRAWLS

CHAPTER 2	Equipment: Mat
	Cathe's Weight: NA

PISTON PLANKS

CHAPTER 3	Equipment: Mat
	Cathe's Weight: NA

SIT UP AND PULL FOOT IN

CHAPTER 4	Equipment: Loop, Mat
	Cathe's Weight: NA

BIKE

CHAPTER 5	Equipment: Loop, Mat
	Cathe's Weight: NA

SIDE PLANKS HIP LIFTS

CHAPTER 6	Equipment: Loop, Mat
	Cathe's Weight: NA

STRAIGHT ARM PLANK TOE TAP

CHAPTER 7	Equipment: Loop, Mat
	Cathe's Weight: NA

MERMAID

CHAPTER 8	Equipment: Gliding Device, Mat
	Cathe's Weight: NA

ELBOW TO KNEE

CHAPTER 9	Equipment: Gliding Device
	Cathe's Weight: NA

MOGULS

CHAPTER 10	Equipment: Gliding Device, Mat
	Cathe's Weight: NA

PIKE CURLS

CHAPTER 11	Equipment: Gliding Device, Mat
	Cathe's Weight: NA

STRETCH

CHAPTER 12	Equipment: Mat
	Cathe's Weight: NA

PREMIXES

BOXING BOOTCAMP | LEGS & GLUTES



BASIC PREMIXES

Premix #1	Main Program + Bonus Abs: Warm-Up + Kickboxing Cardio + Legs & Glutes + Bonus Abs + Stretch	69:29
Premix #2	Legs & Glutes First: Warm-Up + Legs & Glutes + Kickboxing Cardio + Stretch	57:06
Premix #3	Legs & Glutes First + Abs: Warm-Up + Legs & Glutes + Kickboxing Cardio + Bonus Abs + Stretch	69:29

TIMESAVER PREMIXES

Premix #1	Just Kickboxing (includes Warm-Up & Stretch): Warm-Up + Kickboxing Cardio + Stretch	34:26
Premix #2	Just Kickboxing + Abs (includes Warm-Up & Stretch): Warm-Up + Kickboxing Cardio + Bonus Abs + Stretch	46:49
Premix #3	Just Legs & Glutes (includes Warm-Up & Stretch): Warm-Up + Legs & Glutes + Stretch	38:15
Premix #4	Just Legs & Glutes + Abs (includes Warm-Up & Stretch): Warm-Up Legs & Glutes + Bonus Abs + Stretch	49:36
Premix #5	Cardio (2 Combos): Warm-Up + Kickboxing Cardio Combos 1 & 2 + Legs & Glutes + Bonus Abs + Stretch	61:49

SCRAMBLED PREMIXES

Premix #1	Double Kickbox: Warm-Up + Combos 1, 2, 3 (no Cooldown) + Combos 1, 2, 3 + Stretch	52:14
Premix #2	Double Legs & Glutes: Warm-Up + Legs & Glutes + Legs & Glutes + Stretch	60:55
Premix #3	Double Kickbox + Legs & Glutes: Warm-Up + Combos 1, 2, 3 (no Cooldown) + Combos 1, 2, 3 + Legs & Glutes + Stretch	74:54
Premix #4	Kickbox + Double Legs & Glutes: Warm-Up + Combos 1, 2, 3 + Legs & Glutes + Legs & Glutes + Stretch	79:46

PREMIXES

LOW IMPACT CARDIO | METABOLIC CONDITIONING



BASIC PREMIXES

Premix #1	Main Program + Bonus Abs: Warm-Up + Low Impact Cardio+ Metabolic Conditioning + Bonus Abs + Stretch	60:46
Premix #2	Metabolic Conditioning First: Warm-Up + Metabolic Conditioning + Low Impact Cardio + Stretch	48:23
Premix #3	Metabolic Conditioning First + Abs: Warm-Up + Metabolic Conditioning + Low Impact Cardio + Bonus Abs + Stretch	60:46

TIMESAVER PREMIXES

Premix #1	Just Low Impact Cardio (includes Warm-Up & Stretch): Warm-Up + Low Impact Cardio + Stretch	27:18
Premix #2	Just Low Impact Cardio + Abs (includes Warm-Up & Stretch): Warm-Up + Low Impact Cardio + Bonus Abs + Stretch	39:41
Premix #3	Just Metabolic Conditioning (includes Warm-Up & Stretch): Warm-Up + Metabolic Conditioning + Stretch	29:53
Premix #4	Just Metabolic Conditioning + Abs (includes Warm-Up & Stretch): Warm-Up + Metabolic Conditioning + Bonus Abs + Stretch	42:16

SCRAMBLED PREMIXES

Premix #1	Double Low Impact Cardio: Warm-Up + Low Impact Cardio (no Cooldown) + Low Impact Cardio + Stretch	44:04
Premix #2	Double Metabolic Conditioning: Warm-Up + Metabolic Conditioning + Metabolic Conditioning + Stretch	50:28
Premix #3	Double Low Impact Cardio + Metabolic Conditioning: Warm-Up + Low Impact Cardio (no Cooldown) + Low Impact Cardio + Metabolic Conditioning + Stretch	64:39
Premix #4	Low Impact Cardio + Double Metabolic Conditioning: Warm-Up + Low Impact Cardio (no Cooldown) + Metabolic Conditioning + Metabolic Conditioning + Stretch	67:14

PREMIXES

SHRED CARDIO | PUSH DAY



BASIC PREMIXES

Premix #1	Main Program (Pull Day instead of Push Day): Warm-Up + Shred Cardio + Pull Day + Stretch	59:28
Premix #2	Push Day First: Warm-Up + Push Day + Shred Cardio + Stretch	54:44
Premix #3	Push Day + Pull Day: Warm-Up + Push Day + Pull Day + Stretch	62:29

TIMESAVER PREMIXES

Premix #1	Just Shred Cardio (includes Warm-Up & Stretch): Warm-Up + Shred Cardio + Stretch	29:01
Premix #2	Just Push Day (includes Warm-Up & Stretch): Warm-Up + Push Day + Stretch	32:02
Premix #3	Just Pull Day (includes Warm-Up & Stretch): Warm-Up + Pull Day + Stretch	36:46
Premix #4	Push Day Single Set (includes Warm-Up & Stretch): Warm-Up + 1st Set only + Stretch	19:37
Premix #5	Push Day Two Sets (includes Warm-Up & Stretch): Warm-Up + 2nd & 3rd Sets only + Stretch	22:39
Premix #6	Shred Cardio Only 6 Blast (includes Warm-Up & Stretch): Warm-Up + Shred Cardio Blast 1-6 + Cooldown + Stretch	16:23

SCRAMBLED PREMIXES

Premix #1	Double Shred Cardio: Warm-Up + Shred Cardio (no Cooldown) + Shred Cardio + Stretch	50:15
Premix #2	Double Shred Cardio + Push Day: Warm-Up + Shred Cardio (no Cooldown) + Shred Cardio + Push Day + Stretch	75:58
Premix #3	Double Shred Cardio + Pull Day: Warm-Up + Shred Cardio (no Cooldown) + Shred Cardio + Pull Day + Stretch	80:42
Premix #4	Shred Cardio + Push Day + Pull Day: Warm-Up + Shred Cardio + Push Day + Pull Day + Stretch	85:11

PREMIXES

MIXED IMPACT CARDIO | PULL DAY



BASIC PREMIXES

Premix #1	Main Program (Push Day instead of Pull Day): Warm-Up + Mixed Impact Cardio + Push Day + Stretch	54:22
Premix #2	Pull Day First: Warm-Up + Pull Day + Mixed Impact Cardio + Stretch	59:07
Premix #3	Pull Day + Push Day: Warm-Up + Pull Day + Push Day + Stretch	65:35

TIMESAVER PREMIXES

Premix #1	Just Mixed Impact Cardio (includes Warm-Up & Stretch): Warm-Up + Mixed Impact Cardio + Stretch	28:39
Premix #2	Just Push Day (includes Warm-Up & Stretch): Warm-Up + Push Day + Stretch	35:08
Premix #3	Just Pull Day (includes Warm-Up & Stretch): Warm-Up + Pull Day + Stretch	39:52
Premix #4	Pull Day Single Set (includes Warm-Up & Stretch): Warm-Up + 1st Set only + Stretch	25:10
Premix #5	Pull Day Two Sets (includes Warm-Up & Stretch): Warm-Up + 2nd & 3rd Sets only + Stretch	28:26

SCRAMBLED PREMIXES

Premix #1	Double Mixed Impact Cardio: Warm-Up + Mixed Impact Cardio (no Cooldown) + Mixed Impact Cardio + Stretch	46:36
Premix #2	Double Mixed Impact Cardio + Pull Day: Warm-Up + Mixed Impact Cardio (no Cooldown) + Mixed Impact Cardio + Pull Day + Stretch	77:04
Premix #3	Double Mixed Impact Cardio + Push Day: Warm-Up + Mixed Impact Cardio (no cooldown) + Mixed Impact Cardio + Push Day + Stretch	72:19
Premix #4	Mixed Impact Cardio + Pull Day + Push Day: Warm-Up + Mixed Impact Cardio + Pull Day + Push Day + Stretch	84:49

WORKOUT CARDS

LEGS & GLUTES



CHAPTER 8 DEADLIFT Dumbbells 25 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 9 SQUATS Dumbbells 20 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 10 REAR LUNGE OFF STEP Dumbbells 10 lbs. High Step with 3 Risers	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 11 FORWARD DIAGONAL LUNGE Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 12 PUSH DIPS OFF STEP Dumbbells 10 lbs. High Step with 3 Risers	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 13 DEADLIFT Dumbbells 25 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 14 CROSS BACK SLIDE LUNGE Dumbbells 10 lbs. Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 15 SLIDE SIDE LUNGE Dumbbells 15 lbs. Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

LEGS & GLUTES



CHAPTER 16 ELEVATED LUNGES Dumbbells 12 lbs. High Step with 3 Risers	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 17 SINGLE LEG DEADLIFTS Dumbbell 20 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

METABOLIC CONDITIONING



CHAPTER 15 UPRIGHT ROWS Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 16 REAR CURL PRESS LUNGE Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 17 PUSH PRESS Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 18 SQUAT THRUST 2 PLANK PUSH UPS Gliding Device	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps

CHAPTER 19 REAR LUNGE LATERAL RAISE / REAR FLYS Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 20 BONUS BURN REAR FLYS Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 21 DRAGGING PLANKS / MOGULS Gliding Device	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps

CHAPTER 22 CURL PRESS TRICEP EXTENSIONS Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

METABOLIC CONDITIONING



CHAPTER 23 CROSS BACK LUNGE CURLS Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 24 W CURLS Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 25 SINGLE LEG DEADLIFT IRON CROSS Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 26 DEADLIFTS Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 27 PLANK TRICEP KICKBACK Dumbbell 10 lbs. Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 28 TRICEP PUSHUPS Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 29 CHEST FLY AND PULLOVER Dumbbells 15 and 10 lbs. Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 30 MONSTER WALKS CORE EXERCISE Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

WORKOUT CARDS

PUSH DAY



CHAPTER 14 BENCH PRESS SET 1 Dumbbells 25 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 15 CHEST FLYS SET 1 Dumbbells 20 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 16 BENCH PRESS SET 2 Dumbbells 25 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 17 CHEST FLYS SET 2 Dumbbells 20 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 18 BENCH PRESS SET 3 Dumbbells 25 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 19 CHEST FLYS SET 3 Dumbbells 20 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 20 KNEE TAP PUSHUPS SET 1 Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 21 KNEE TAP PUSHUPS SET 2 Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

WORKOUT CARDS

PUSH DAY



CHAPTER 22 PLYO PUSH UPS Step with 3 Risers per Side Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 23 ALTERNATING CLOSE GRIP BENCH PRESS SET 1 Dumbbells 20 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 24 LYING EXTENSION SET 1 Barbell 30 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 25 ALTERNATING CLOSE GRIP BENCH PRESS SET 2 Dumbbells 20 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 26 LYING EXTENSION SET 2 Barbell 30 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 27 ALTERNATING CLOSE GRIP BENCH PRESS SET 3 Dumbbells 20 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 28 LYING EXTENSION SET 3 Barbell 30 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 29 DIPS Barbell 30 lbs. Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PUSH DAY



CHAPTER 30 SHOULDER PRESS SET 1 Barbell 30 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 31 GOAL POST SET 1 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 32 SHOULDER PRESS SET 2 Barbell 30 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 33 GOAL POST SET 2 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 34 SHOULDER PRESS SET 3 Barbell 30 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 35 GOAL POST SET 3 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 36 FRONT SQUAT SET 1 Barbell 35 lbs. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 37 HIGH AND TIGHT Step Top Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

WORKOUT CARDS

PUSH DAY



CHAPTER 38 FRONT SQUAT SET 2 Barbell 35 lbs. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 39 HIGH AND TIGHT SET 2 Step Top Mat	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
CHAPTER 40 FRONT SQUAT SET 3 Barbell 35 lbs. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 41 HIGH AND TIGHT SET 3 Step Top Mat	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
CHAPTER 42 CALVE RAISES Dumbbells 20 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PULL DAY



CHAPTER 20 ONE ARM ROWS SET 1 Dumbbell 30 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 21 ONE ARM ROWS SET 2 Dumbbell 30 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 22 ONE ARM ROWS SET 3 Dumbbell 30 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 23 PULLOVERS SET 1 Dumbbells 12 lbs. Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 24 PULLOVERS SET 2 Dumbbells 12 lbs. Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 25 PULLOVERS SET 3 Dumbbells 12 lbs. Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 26 OVERHAND ROW SET 1 Dumbbells 15 lbs. Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 27 OVERHAND ROW SET 2 Dumbbells 15 lbs. Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PULL DAY



CHAPTER 28 OVERHAND ROW SET 3 Dumbbells 15 lbs. Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 29 DEADLIFTS SET 1 Barbell 45 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 30 DEADLIFTS SET 2 Barbell 45 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 31 UPRIGHT ROW SET 1 Barbell 35 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 32 REAR DELT FLY SET 1 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 33 UPRIGHT ROW SET 2 Barbell 35 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 34 REAR DELT FLY SET 2 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 35 UPRIGHT ROW SET 3 Barbell 35 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PULL DAY



CHAPTER 36 REAR DELT FLY SET 3 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 37 LATERAL RAISE SET 1 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 38 EXTERNAL ROTATION SET 1 Dumbbells 5 lbs. Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 39 LATERAL RAISE SET 2 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 40 EXTERNAL ROTATION SET 2 Dumbbells 5 lbs. Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 41 LATERAL RAISE SET 3 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 42 EXTERNAL ROTATION SET 3 Dumbbells 5 lbs. Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 43 BARBELL CURLS SET 1 Barbell 35 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PULL DAY



CHAPTER 44 W CURLS SET 1 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 45 SWEeper CURLS SET 1 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 46 BARBELL CURLS SET 2 Barbell 35 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 47 W CURLS SET 2 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 48 SWEeper CURLS SET 2 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 49 BARBELL CURLS SET 3 Barbell 35 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 50 W CURLS SET 3 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 51 SWEeper CURLS SET 3 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PULL DAY



CHAPTER 52 HAMSTRINGS ROLL-INS Stability Ball Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps



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