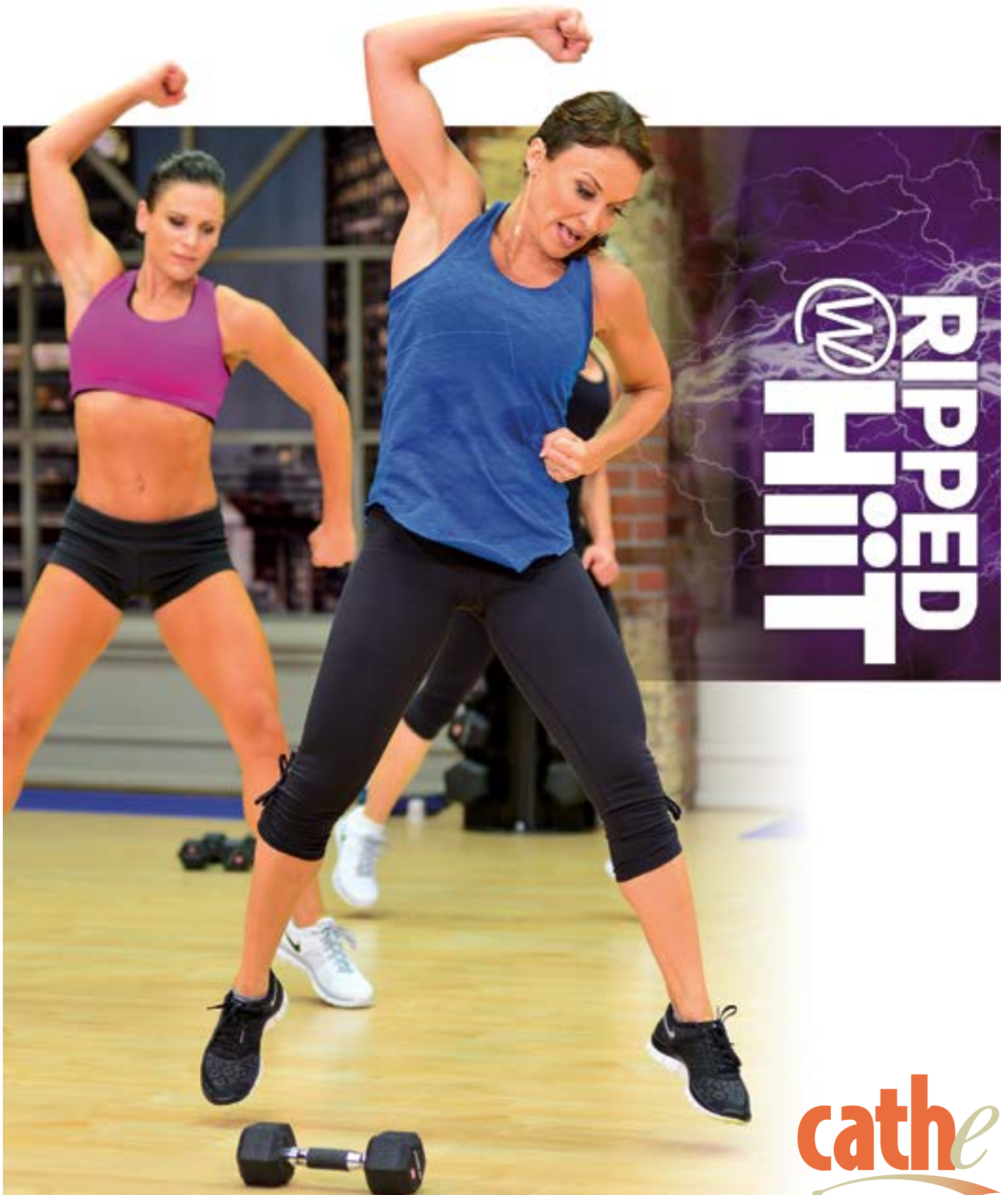


# USER'S GUIDE

FOR THE RIPPED WITH HiIT WORKOUT SERIES



**cath***e*

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# ABOUT THE RIPPED WITH HiIT WORKOUT SERIES

Ripped with HiIT combines three solid heavy weight workouts (on three DVDs), four solid cardio based HiIT workouts (on two DVDs), and two circuit HiIT workouts (on two DVDs). Why all the focus on HiIT training? Studies suggest that HiIT training is better at burning fat than other forms of cardiovascular training. Researchers believe this is because the body is unable to really predict what you're going to do and, therefore, has a harder time going into what is known as steady state where it's easy to conserve energy (calories). Another contributing factor is that HiIT revs up your metabolism, increasing the rate at which your body consumes oxygen for up to 24 hours after your workout (the afterburn effect you've heard me talk about so many times before).

The Ripped with HiIT series has been designed by me to produce the maximum amount of results in as short of a time as I feel possible. While my goal for this series is to keep the workouts as time efficient as possible (most coming in at 47 minutes or less), the length of a workout is not nearly as important as the intensity of the workout. When it comes to producing changes and results in your body intensity is what these workouts are all about. All workouts feature premixes and you have the option of doing time saving single muscle group premixes with each of the upper body Lift it Hit it workouts.

OK, I'm getting a little ahead of myself here. Let me back up a bit and share the sweaty details of each workout in my Ripped with HiIT series with you.

## ABOUT MY NINE RIPPED WITH HIIT WORKOUTS

### HIIT CIRCUIT UPPER BODY

Get ready to break a sweat!! This high intensity circuit workout mixes traditional weighted upper body exercises along with popular HiIT training methods, compound exercises and plyometrics to develop power and explosive strength while tightening and shaping the entire body. Expect to burn lots of calories and unwanted body fat in this unique high energy workout. A set of moderate to heavy dumbbells is all that's needed for this workout.

### HIIT CIRCUIT LOWER BODY

Who says that HiIT workouts can't be fun?! This high intensity, lower body workout is super-charged with cardio and strength to build lean, strong legs without forgetting the fun factor. A mix of traditional weighted exercises along with plyometric exercises are incorporated to develop power and explosive strength all while tightening and shaping the lower body. A step, a weighted barbell and moderate to heavy dumbbells are all that's needed to get the job done!

### LIFT IT HIT IT CHEST, TRICEPS AND SHOULDERS

This intense upper body strength workout focuses on exhausting the chest, triceps and shoulder muscle groups. You'll completely work each muscle group before moving on to the next. Most exercises consist of three heavy sets with a goal of 12 or less reps per set. After the third set you'll hit it with an intense finisher set to really fire up those muscles!

You'll use heavy weights in this workout and should be going to failure on at least some of the sets in each muscle group. Intensity matters so always make sure that you are choosing a weight that challenges you!

### LIFT IT HIT IT BACK, BICEPS AND SHOULDERS

This intense upper body strength workout focuses on exhausting your back, biceps and shoulder muscle groups. You'll completely work each muscle group before moving on to the next section. Most exercises consist of three heavy sets with a goal of 12 or less reps per set. After the third set you'll hit it with an intense finisher set to really fire up those muscles!

You'll be using heavy weights in this workout and should be going to failure on at least some of the sets in each muscle group. Intensity matters so always make sure that you are choosing a weight that challenges you!

### LIFT IT HIIT IT LEGS

This intense lower body workout is based on a technique called contrast training. This method kickstarts muscle growth by shocking your muscles into recruiting additional high threshold muscle fibers thereby increasing strength and lean body mass. In this workout you'll do a weighted exercise followed by an explosive plyometric exercise for several rounds to stimulate muscle growth in the lower body. This workout is sure to help you break through plateaus and recharge your lower body workout routine. For best results, take a few rest days between all contrast training sessions to allow proper recovery time and avoid unnecessary overuse risks. Ready to give this workout a go? Let's HiIT it!

### LOW IMPACT HIIT

Get ready to ignite your metabolism with two low impact HiIT routines that explode with high energy! Your feet may stay grounded, but your heart rate certainly won't! Low impact HiIT One challenges you with high intensity, low impact intervals in a very short amount of time. A pair of dixie cups and a yoga mat are all you need to get the job done! In Low Impact HiIT Two you'll do a mix of low impact, rapid fire cardio drills mixed with weighted metabolic exercises for the ultimate fat burning workout! If you're looking to maximize results in the least amount of time these workouts are for you!

# ABOUT

## THE RIPPED WITH HiiT WORKOUT SERIES

### PLYO HiiT

Are you ready for take off? Plyo HiiT includes two super-charged workouts that are sure to keep fat burning for hours after your workout has ended! In Plyo HiiT One, periods of intense exercise are followed by very short rests. You'll keep your muscles engaged and guessing with random interval-to-rest ratios and varied tempos. Plyo HiiT Two utilizes these same principles but takes the workout onto the step. So get ready to take things up a notch (6 to 8 inches to be exact) in Plyo HiiT Two for power packed, high intensity step intervals that are sure to keep those hearts pumping!

### THE SCIENCE BEHIND HiiT WORKOUTS

As you know, HiiT stands for high-intensity interval training. HiiT is the antithesis of monotonous, boring moderate-intensity exercise. It takes the intensity up a few notches to give you a workout that's challenging and effective.

HiiT training lets you perform at an intensity you wouldn't normally be able to sustain for very long and then gives you time to recover so you can do it again. Try a HiiT session and you'll quickly discover you enjoy it. It's because it takes you out of your comfort zone in a good way.

### WHAT RESEARCH SHOWS ABOUT HIGH-INTENSITY INTERVAL TRAINING

Most people do moderate-intensity cardio to improve their aerobic capacity and to burn fat. One study, involving 36 healthy, untrained men, compared steady-state running for 150 minutes a week to interval running for 40 minutes weekly. Another group did strength training. At the end of 3 months, the group that worked out interval style enjoyed greater improvements in aerobic capacity compared to the other two groups. They experienced an average 14% increase in  $VO_2$  max (a measure of aerobic capacity) versus 7% in the steady-state group and 2–3% in the strength-training group. In addition, the interval training group experienced comparable reductions in blood glucose in response to training. This study suggests that exercise intensity is more important than training volume for improving aerobic capacity and for cardiovascular health.

Although this study didn't show HiiT training was more beneficial for fat loss, a number of studies do, especially belly fat loss. A study published in the *International Journal of Obesity* showed HiiT training three times weekly for 15 weeks led to greater reductions in belly fat and total body fat compared to steady-state exercise. High-intensity exercise also improved insulin sensitivity more. In another study, overweight young

men who performed HiiT training for 20 minutes three days a week experienced a 17% decrease in belly fat. Pretty impressive for an hour of HiiT training weekly.

Improvements in cardiovascular health and aerobic capacity, fat loss and improved insulin sensitivity—those are some of the things you can expect when you do a high-intensity interval workout. Plus, HiiT training is more time efficient. You can get fitness benefits in half the time compared to steady-state training. That's all good but why is high-intensity exercise so effective?

### HORMONAL RESPONSE TO HiiT TRAINING

Hormones are the driving force behind changes in body composition. Ripped with HiiT interval training, due to its intensity, causes a significant increase in catecholamines, hormones activated during periods of stress. These hormones are important because they also mobilize fat stores to be used as fuel. In addition, high-intensity interval training maximizes release of the fat-burning hormone growth hormone.

One study found higher levels of growth hormone in the blood stream after high-intensity compared to moderate intensity. In fact, research shows there's a minimal exercise intensity needed to elicit significant release of growth hormone. In one study, ten minutes of high-intensity exercise consistently increased growth hormone levels in healthy men. Release of these hormones maximizes the benefits of HiiT training. Once you've finished your workout, these hormones boost fat burning for hours after you've recovered. One of the benefits of "Ripped with HiiT" training is the afterburn it creates, the ability to burn more fat during the post-exercise period. In contrast, when you finish a moderate-intensity workout, the afterburn effect is minimal.

When you do long periods of moderate-intensity exercise, an hour or more, your cortisol level rises. High-intensity exercise also boosts cortisol due to the stress of training but the rise is short term. Exercise of longer duration causes a more sustained increase in cortisol. Studies have found endurance athletes that run for long periods of time have more prolonged increases in cortisol. You don't want that. Cortisol breaks down muscle tissue and increases appetite and cravings for high-carb foods. People who have sustained elevations in cortisol also put on more belly fat.

### IMPROVEMENTS IN AEROBIC AND ANAEROBIC CAPACITY

One of the benefits of "Ripped with HiiT" training is it improves aerobic fitness without causing a sustained rise in your cortisol level and it does it in the shortest time possible. HiiT also improves anaerobic capacity, the point at which your body has to turn to anaerobic metabolism to generate

# ABOUT THE RIPPED WITH HiiT WORKOUT SERIES

energy. When you exercise at a high intensity, your body is forced to use anaerobic energy pathways to make ATP, your body's energy currency, because your aerobic system can't keep up with the demand. As a result, lactic acid builds up in your bloodstream because you can't remove it quickly enough. That's why HiiT exercise is so fatiguing and why a rest interval follows each high-intensity interval. The rest intervals help remove some of the lactic acid and restore your body's pH to normal.

When you do regular high-intensity workouts, your body becomes more efficient at removing lactic acid and you can exercise at a high intensity longer without having to stop. Most experts believe your anaerobic threshold, the intensity with which you can exercise without building up lactic acid, is a better indicator of fitness than aerobic capacity. It's even a better predictor of how well you'll perform during aerobic exercise than  $VO_2$  max. Steady-state exercise improves aerobic capacity but not anaerobic capacity. "Ripped with HiiT" training is designed to improve both.

## ENJOY THE BENEFITS OF HIGH-INTENSITY INTERVAL TRAINING IN MODERATION

As you can see, HiiT training offers a variety of health and fitness benefits. With growing evidence that exercise intensity is more important than duration, high-intensity interval training is a no-brainer. Plus, it's time expedient, perfect for those days when you have minimal time to work out. Don't overdo HiiT training. You need more time to recover between workouts when you're exercising at a high intensity. Two to three times a week is enough cardio to get the benefits.

Is HiiT a replacement for moderate-intensity exercise? It doesn't have to be. If you're a beginner, start by training at a moderate intensity until you've developed a certain level of endurance. Then gradually add some HiiT sessions to your routine. You can even periodize your training by focusing on HiiT training for a week or two and then doing a week of my more moderate-intensity cardio workouts. This will challenge your body in different ways, avoid plateaus and prevent staleness and boredom.

Don't forget about the importance of strength training. HiiT cardio training has benefits but building lean body mass isn't one of them. Keep your workouts balanced by using my Lift It Hit It workouts as well as my other strength training workouts.

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# EQUIPMENT

## USED IN RIPPED WITH HiiT

Ripped with HiiT has been designed to be done in your home with minimal equipment. The only equipment needed for Ripped with HiiT is a bench or a step with four risers per side, dumbbells, barbell, medium resistance tubing, mat, and Dixie Cups. This is not a lot of equipment when you consider that

the main Ripped with HiiT program has nine videos plus two more bonus ab workouts. The dumbbell weights Cathe uses for every exercise in the Ripped with HiiT series are included in the workout section of this user guide.

**Dumbbells**



**Barbell**



**Step with Four Risers per Side**



**Stretch Band (Medium Tension Green)**



**Dixie Cups**



**Mat**



# QUICK START GUIDE

## RIPPED WITH HiiT

### STEP #1

Select the Ripped with HiiT rotation workout program on the following pages that best fits your needs. Each Ripped with HiiT workout program is divided into weekly workout sections. Each of these weekly workout sections will tell you which Ripped with HiiT workout or pre-mix to do each day and the DVD the workout can be found on. Each daily workout will also list the page in this e-book that the workout details can be found on and will also list the pre-mix number so that you can easily find the pre-mix in this guide.

### 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 Ripped with HiiT video listed in the workout section of this user guide as well as on each DVD.

### STEP #3

Select the proper weights for each exercise. Selecting a weight that is too light or too heavy will greatly diminish the results you can expect from the Ripped with HiiT program. We recommend using our one rep max test to help you determine the correct weight for each upper body "Lift it Hit it" workout, but this is totally optional. We don't recommend using one rep max testing for Lift it Hit it Legs.

The weight(s) Cathe uses for every exercise is listed in the workout section of this user guide as well as at the beginning of every weight exercise in the Ripped with HiiT video. However, you should always use a weight that is appropriate for your fitness level. You can record your weight selections in this guide or in our free online [Workout Manager](http://cathe.com/workout/) (<http://cathe.com/workout/>).

### 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. If you're using our online Workout Manager you should also print your workout card before every workout. If you've done your one rep max testing your workout card will list the weight you should use for every applicable Ripped with HiiT exercise.

### STEP #5

Don't forget to use the optional Ripped with HiiT bonus ab workouts to add a little extra punch to your Ripped with HiiT workout schedule. Just add these to the end of any workout you like.

On the following pages, you will find six official Ripped with HiiT workout programs as well as three other optional Ripped with HiiT workout routines. Three of the optional programs

use only Ripped with HiiT workouts, while the others combine workouts from our XTrain, STS and Low Impact series with workouts from Ripped with HiiT. These are a great option for exercisers seeking greater variety workouts that can still blast away calories and fat!

The nice thing about the way Ripped with HiiT is it designed so that it is very easy to substitute and use workouts from our other videos as well as the numerous pre-mixes included with Ripped with HiiT.

## ABOUT THE SIX RIPPED WITH HiiT ROTATIONS

You can currently select from 6 Ripped with HiiT rotations. We plan on adding even more rotations in the future, so keep checking back. Some of the rotations you see below use just the Ripped with HiiT workouts, while others use workouts from our various other videos like STS, The Low Impact Series and XTrain. You can also find these six rotations in our Workout Manager and on the following pages in this book. Each of these six rotations will tell you which workout to do each day. You just need to select the workout program that best fits your personal schedule and fitness goals or feel free to create your own workout program. Though cardio based HiiT workouts can produce some amazing results, they are very tough on the body and therefore should be limited to three, non-consecutive days per week for HiiT cardio workouts.

1. [Getting Started With Ripped with HiiT](#) (30 days)
2. [One Month Ripped with HiiT - Scrambled](#) (30 days)
3. [Two Month Entirely Ripped with HiiT](#) (60 Days)
4. [Ripped with HiiT & STS](#) (30 days)
5. [Ripped with HiiT & XTrain](#) (30 days)
6. [Ripped with HiiT & Low Impact Series](#) (30 days)

# ROTATIONS

## GETTING STARTED WITH RIPPED WITH HiIT

WEEK 1	WORKOUT	TIME
Monday	<b>Lift It HiIT It: Legs</b>	41 min.
Tuesday	<b>Low Impact HiIT One + Bonus Abs Two</b> (uses no weights)	41 min.
Wednesday	<b>Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.
Thursday	Off	
Friday	<b>Plyo HiIT One + Bonus Abs Two</b> (uses no weights)	40 min.
Saturday	<b>Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Sunday	Off	

WEEK 2	WORKOUT	TIME
Monday	<b>HiIT Circuit Upper Body</b>	46 min.
Tuesday	<b>Low Impact HiIT Two + Bonus Abs One</b> (uses weights)	40 min.
Wednesday	Off	
Thursday	<b>HiIT Circuit Lower Body</b> (uses step)	47 min.
Friday	<b>Plyo HiIT Two</b> (uses step & weights) + <b>Bonus Abs One</b> (uses weights)	37 min.
Saturday	Off	
Sunday	<b>HiIT Circuit Upper Body</b>	46 min.

WEEK 3	WORKOUT	TIME
Monday	<b>Lift It HiIT It: Legs</b>	41 min.
Tuesday	<b>Low Impact HiIT Two</b> (uses weights) + <b>Bonus Abs Two</b> (uses no weights)	43 min.
Wednesday	<b>Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Thursday	Off	
Friday	<b>Plyo HiIT One + Bonus Abs One</b> (uses weights)	37 min.
Saturday	<b>Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.
Sunday	Off	

WEEK 4	WORKOUT	TIME
Monday	<b>HiIT Circuit Upper Body</b>	46 min.
Tuesday	<b>HiIT Circuit Lower Body</b> (uses step)	47 min.
Wednesday	Off	
Thursday	<b>HiIT Circuit Upper Body</b>	46 min.
Friday	<b>HiIT Circuit Lower Body</b> (uses step)	47 min.
Saturday	<b>Low Impact HiIT One + Bonus Abs Two</b> (uses no weights)	41 min.
Sunday	Off	



# ROTATIONS

## ONE MONTH RIPPED WITH HiiT - SCRAMBLED

WEEK 1	WORKOUT	TIME
Monday	<b>Plyo HiiT One + Bonus Abs Two</b> (uses no weights)	40 min.
Tuesday	<b>Lift It HiiT It: Legs</b>	41 min.
Wednesday	Off	
Thursday	<b>Low Impact HiiT One + Bonus Abs One</b> (uses weights)	38 min.
Friday	<b>Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.
Saturday	<b>Plyo HiiT Two + Bonus Abs Two</b> (uses no weights)	40 min.
Sunday	<b>Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.

WEEK 2	WORKOUT	TIME
Monday	<b>Plyo HiiT Two + Bonus Abs One</b> (uses weights)	37 min.
Tuesday	<b>HiiT Circuit Upper Body</b>	46 min.
Wednesday	Off	
Thursday	<b>Low Impact HiiT Two + Bonus Abs One</b> (uses weights)	40 min.
Friday	<b>HiiT Circuit Lower Body</b>	47 min.
Saturday	Off	
Sunday	<b>HiiT Circuit Upper Body</b>	46 min.

WEEK 3	WORKOUT	TIME
Monday	<b>Lift It HiiT It: Legs</b>	41 min.
Tuesday	<b>Low Impact HiiT Two + Bonus Abs One</b> (uses weights)	40 min.
Wednesday	<b>Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.
Thursday	<b>Low Impact HiiT One + Bonus Abs Two</b> (uses no weights)	41 min.
Friday	<b>Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Saturday	<b>HiiT Circuit Lower Body</b>	47 min.
Sunday	Off	

WEEK 4	WORKOUT	TIME
Monday	<b>Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.
Tuesday	<b>Plyo HiiT One + Bonus Abs Two</b> (uses no weights)	40 min.
Wednesday	<b>Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Thursday	<b>Plyo HiiT Two + Bonus Abs One</b> (uses weights)	37 min.
Friday	Off	
Saturday	<b>HiiT Circuit Upper Body</b>	46 min.
Sunday	<b>Lift It HiiT It: Legs</b>	41 min.

# ROTATIONS

## TWO MONTH ENTIRELY RIPPED WITH HiiT • Month 1

WEEK 1	WORKOUT	TIME
Monday	<b>Plyo HiiT One + Bonus Abs Two</b> (uses no weights)	40 min.
Tuesday	<b>Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Wednesday	<b>Lift It HiiT It: Legs</b>	41 min.
Thursday	Off	
Friday	<b>Low Impact HiiT Two + Bonus Abs One</b> (uses weights)	40 min.
Saturday	<b>Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.
Sunday	Off	

WEEK 2	WORKOUT	TIME
Monday	<b>Plyo HiiT Two + Bonus Abs One</b> (uses weights)	37 min.
Tuesday	<b>Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.
Wednesday	<b>Lift It HiiT It: Legs</b>	41 min.
Thursday	Off	
Friday	<b>Low Impact HiiT One + Bonus Abs Two</b> (uses no weights)	41 min.
Saturday	<b>Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Sunday	Off	

WEEK 3	WORKOUT	TIME
Monday	<b>Plyo HiiT One + Bonus Abs One</b> (uses weights)	37 min.
Tuesday	<b>Lift It HiiT It: Legs</b>	41 min.
Wednesday	<b>Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Thursday	Off	
Friday	<b>Low Impact HiiT Two + Bonus Abs Two</b> (uses no weights)	43 min.
Saturday	<b>Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.
Sunday	Off	

WEEK 4	WORKOUT	TIME
Monday	<b>Plyo HiiT One</b> (skip stretch) <b>right into Low Impact HiiT Two</b> (skip warm up)	49 min.
Tuesday	<b>Lift It Hit It: Back, Biceps &amp; Shoulders + Bonus Abs Two</b> (uses no weights)	65 min.
Wednesday	<b>Lift It HiiT It: Legs</b>	41 min.
Thursday	<b>Plyo HiiT Two</b> (skip stretch) <b>right into Low Impact HiiT One</b> (skip warm up)	46 min.
Friday	<b>Lift It Hit It: Chest, Triceps &amp; Shoulders + Bonus Abs One</b> (uses weights)	50 min.
Saturday	Off	
Sunday	Off	

# ROTATIONS

TWO MONTH ENTIRELY RIPPED WITH HiiT • Month 2

WEEK 5	WORKOUT	TIME
Monday	<b>HiiT Circuit Lower Body</b>	47 min.
Tuesday	<b>Low Impact HiiT One + Bonus Abs Two</b> (uses no weights)	41 min.
Wednesday	<b>Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Thursday	<b>Plyo HiiT One + Bonus Abs One</b> (uses weights)	37 min.
Friday	<b>HiiT Circuit Upper Body</b>	46 min.
Saturday	Off	
Sunday	<b>Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.

WEEK 6	WORKOUT	TIME
Monday	<b>HiiT Circuit Upper Body</b>	46 min.
Tuesday	<b>Plyo HiiT Two + Bonus Abs Two</b> (uses no weights)	40 min.
Wednesday	<b>Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Thursday	<b>Lift It HiiT It: Legs</b>	41 min.
Friday	Off	
Saturday	<b>HiiT Circuit Lower Body</b>	47 min.
Sunday	<b>Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.

WEEK 7	WORKOUT	TIME
Monday	<b>HiiT Circuit Upper Body</b>	46 min.
Tuesday	<b>HiiT Circuit Lower Body</b>	47 min.
Wednesday	<b>Plyo HiiT One + Bonus Abs One</b> (uses weights)	37 min.
Thursday	Off	
Friday	<b>HiiT Circuit Upper Body</b>	46 min.
Saturday	<b>HiiT Circuit Lower Body</b>	47 min.
Sunday	Off	

WEEK 8	WORKOUT	TIME
Monday	<b>Lift It HiiT It: Legs</b>	41 min.
Tuesday	<b>Low Impact HiiT One + Bonus Abs Two</b> (uses no weights)	41 min.
Wednesday	<b>HiiT Circuit Lower Body</b>	47 min.
Thursday	Off	
Friday	<b>HiiT Circuit Upper Body</b>	46 min.
Saturday	<b>Low Impact HiiT Two + Bonus Abs One</b> (uses weights)	40 min.
Sunday	<b>HiiT Circuit Upper Body</b>	46 min.

# ROTATIONS

## RIPPED WITH HiIT & LOW IMPACT SERIES

WEEK 1	WORKOUT	TIME
Monday	<b>Ripped with HiIT: Low Impact HiIT Two + Bonus Abs One</b> (uses weights)	40 min.
Tuesday	<b>Ripped with HiIT: Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.
Wednesday	<b>Low Impact Series: Athletic Training</b>	56 min.
Thursday	<b>Low Impact Series: Turbo Barre</b>	74 min.
Friday	<b>Low Impact Series: Cardio Super Sets</b>	42 min.
Saturday	<b>Ripped with HiIT: Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Sunday	<b>Low Impact Series: Yoga Relax</b> (or Off)	52 min.

WEEK 2	WORKOUT	TIME
Monday	<b>Low Impact Series: Low Impact Challenge</b>	51 min.
Tuesday	<b>Ripped with HiIT: Low Impact HiIT One + Bonus Abs Two</b> (uses no weights)	41 min.
Wednesday	<b>Low Impact Series: Slide &amp; Glide</b>	52 min.
Thursday	<b>Ripped with HiIT: Low Impact HiIT Two + Bonus Abs One</b> (uses weights)	40 min.
Friday	<b>Low Impact Series: Turbo Barre</b>	74 min.
Saturday	<b>Low Impact Series: AfterBurn</b>	54 min.
Sunday	<b>Low Impact Series: Yoga Max</b> (or Off)	48 min.

WEEK 3	WORKOUT	TIME
Monday	<b>Ripped with HiIT: Low Impact HiIT One + Bonus Abs Two</b> (uses no weights)	41 min.
Tuesday	<b>Low Impact Series: Cycle Max</b> (or <b>Low Impact Challenge</b> – 51 min.)	56 min.
Wednesday	<b>Ripped with HiIT: Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Thursday	<b>Low Impact Series: Athletic Training</b>	56 min.
Friday	<b>Ripped with HiIT: Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.
Saturday	<b>Ripped with HiIT: Low Impact HiIT Two + Bonus Abs One</b> (uses weights)	40 min.
Sunday	<b>Low Impact Series: Yoga Relax</b> (or Off)	52 min.

WEEK 4	WORKOUT	TIME
Monday	<b>Ripped with HiIT: Lift It Hit It: Chest, Triceps &amp; Shoulders</b>	40 min.
Tuesday	<b>Low Impact Series: AfterBurn</b>	54 min.
Wednesday	<b>Ripped with HiIT: Lift It Hit It: Back, Biceps &amp; Shoulders</b>	52 min.
Thursday	<b>Low Impact Series: Turbo Barre</b>	74 min.
Friday	<b>Ripped with HiIT: Low Impact HiIT One + Bonus Abs One</b> (uses weights)	38 min.
Saturday	<b>Ripped with HiIT: Low Impact HiIT Two + Bonus Abs Two</b> (uses no weights)	43 min.
Sunday	<b>Low Impact Series: Yoga Max</b> (or Off)	48 min.

# ROTATIONS

## RIPPED WITH HiiT & XTRAIN (+CrossFire & To The Max)

WEEK 1	WORKOUT	TIME
Monday	<b>XTrain: Hard Strikes</b>	47 min.
Tuesday	<b>Ripped with HiiT: HiiT Circuit Upper Body</b>	46 min.
Wednesday	<b>XTrain: Legs</b>	52 min.
Thursday	<b>To The Max</b>	54 min.
Friday..	<b>Ripped with HiiT: HiiT Circuit Upper Body</b>	46 min.
Saturday	<b>Ripped with HiiT: Low Impact HiiT One + Bonus Abs One</b> (uses weights)	38 min.
Sunday	Off	

WEEK 2	WORKOUT	TIME
Monday	<b>Ripped with HiiT: Lift It HiiT It: Legs</b>	41 min.
Tuesday	<b>XTrain: Bi's &amp; Tri's</b>	46 min.
Wednesday	<b>Ripped with HiiT: HiiT Circuit Lower Body</b>	47 min.
Thursday	<b>XTrain: Chest, Back and Shoulders</b>	51 min.
Friday	<b>Ripped with HiiT: Plyo HiiT One + Bonus Abs One</b> (uses weights)	37 min.
Saturday	<b>CrossFire</b>	55 min.
Sunday	Off	

WEEK 3	WORKOUT	TIME
Monday	<b>XTrain: Cardio Leg Blast</b>	48 min.
Tuesday	<b>Ripped with HiiT: Low Impact HiiT One + Bonus Abs Two</b> (uses no weights)	41 min.
Wednesday	<b>XTrain: Super Cuts</b>	46 min.
Thursday	<b>Ripped with HiiT: Low Impact HiiT Two + Bonus Abs One</b> (uses weights)	40 min.
Friday	<b>XTrain: Hard Strikes</b>	47 min.
Saturday	<b>Ripped with HiiT: HiiT Circuit Upper Body</b>	46 min.
Sunday	Off	

WEEK 4	WORKOUT	TIME
Monday	<b>XTrain: Tabatacise</b>	45 min.
Tuesday	<b>Ripped with HiiT: Lift It Hit It: Back, Biceps &amp; Shoulders + Bonus Abs One</b> (uses weights)	62 min.
Wednesday	<b>XTrain: All Out Low Impact HiiT</b>	39 min.
Thursday	<b>Ripped with HiiT: Lift It Hit It: Chest, Triceps &amp; Shoulders + Bonus Abs Two</b> (uses no weights)	53 min.
Friday	<b>XTrain: Ride</b> (or <b>CrossFire</b> – 55 min.)	57 min.
Saturday	<b>Ripped with HiiT: Lift It HiiT It: Legs</b>	41 min.
Sunday	Off	

# ROTATIONS

## RIPPED WITH HiiT & STS

WEEK 1	WORKOUT	TIME
Monday	<b>Ripped with HiiT: Plyo HiiT One + Bonus Abs One</b> (uses weights)	37 min.
Tuesday	<b>STS Disc 1: Chest, Shoulders and Biceps</b>	50 min.
Wednesday	<b>Ripped with HiiT: Low Impact HiiT One + Bonus Abs Two</b> (uses no weights)	41 min.
Thursday	<b>STS Disc 2: Back and Triceps</b>	56 min.
Friday	<b>Ripped with HiiT: Plyo HiiT Two</b>	27 min.
Saturday	<b>STS Disc 3: Legs</b>	53 min.
Sunday	Off	

WEEK 2	WORKOUT	TIME
Monday	<b>Ripped with HiiT: Plyo HiiT Two + Bonus Abs One</b> (uses weights)	37 min.
Tuesday	<b>STS Disc 13: Chest, Triceps and Shoulders</b>	65 min.
Wednesday	<b>Ripped with HiiT: Plyo HiiT One + Bonus Abs Two</b> (uses no weights)	40 min.
Thursday	<b>STS Disc 14: Legs</b>	48 min.
Friday	<b>Ripped with HiiT: Low Impact HiiT One</b>	28 min.
Saturday	<b>STS Disc 15: Back and Biceps</b>	54 min.
Sunday	Off	

WEEK 3	WORKOUT	TIME
Monday	<b>Ripped with HiiT: Plyo HiiT Two + Bonus Abs Two</b> (uses no weights)	40 min.
Tuesday	<b>STS Disc 16: Chest, Triceps and Shoulders</b>	64 min.
Wednesday	<b>Ripped with HiiT: Plyo HiiT One + Bonus Abs One</b> (uses weights)	37 min.
Thursday	<b>Ripped with HiiT: Lift It HiiT It: Legs</b>	41 min.
Friday	<b>Ripped with HiiT: Low Impact HiiT Two + Bonus Abs One</b> (uses weights)	40 min.
Saturday	<b>STS Disc 18: Back and Biceps</b>	61 min.
Sunday	Off	

WEEK 4	WORKOUT	TIME
Monday	<b>Ripped with HiiT: Low Impact HiiT One + Bonus Abs Two</b> (uses no weights)	41 min.
Tuesday	<b>STS Disc 25: Chest and Back</b>	68 min.
Wednesday	<b>Ripped with HiiT: Low Impact HiiT Two + Bonus Abs One</b> (uses weights)	40 min.
Thursday	<b>STS Disc 29: Plyo Legs</b>	50 min.
Friday	<b>STS Disc 30: Shoulders, Biceps and Triceps</b>	64 min.
Saturday	<b>Ripped with HiiT: HiiT Circuit Lower Body</b>	47 min.
Sunday	Off	

# CHAPTERS

## HiIT CIRCUIT LOWER BODY

### WARM UP • CHAPTER 1

#### POWER BOX

CHAPTER <b>2</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### ICE BREAKERS

CHAPTER <b>3</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### BARBELL SQUATS

CHAPTER <b>4</b>	Equipment: Barbell
	Cathe's Weight <b>40</b> My Weight

#### WEIGHTED PULSE LUNGES

CHAPTER <b>5</b>	Equipment: Dumbbell
	Cathe's Weight <b>12</b> My Weight

#### POWER SCISSORS WITH PULSES

CHAPTER <b>6</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### 4 STEP KNEE DOWN TAP/1 POWER 7 SEQUENCE

CHAPTER <b>7</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### WEIGHTED LATERAL WALKS

CHAPTER <b>8</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>15</b> My Weight

#### SIDE TO SIDE GROUND SWITCHES

CHAPTER <b>9</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### WEIGHTED LUNGE TAPS

CHAPTER <b>10</b>	Equipment: Dumbbell, Step
	Cathe's Weight <b>20</b> My Weight

#### STEP KNEE TAP DOWN/POWER SCISSORS/POWER TURN/POWER 7 SEQUENCE

CHAPTER <b>11</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### WEIGHTED PLIÉ SQUATS

CHAPTER <b>12</b>	Equipment: Barbell
	Cathe's Weight <b>40</b> My Weight

#### POWER CIRCLE/ELBOW TO KNEE JUMPS/INTO STRADDLE JUMPS

CHAPTER <b>13</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

# CHAPTERS

## HiIT CIRCUIT LOWER BODY, continued

### BARBELL SQUATS NARROW STANCE

CHAPTER <b>14</b>	Equipment: Barbell
	Cathe's Weight <b>40</b>   My Weight

### TOUCH DOWN PLIÉ JACKS

CHAPTER <b>15</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### WEIGHTED CROSS BACK LUNGES ON STEP

CHAPTER <b>16</b>	Equipment: Dumbbell, Step
	Cathe's Weight <b>15</b>   My Weight

### PUSH AROUND CORNER/DOUBLES/SINGLES

CHAPTER <b>17</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

### LINE TAPS

CHAPTER <b>18</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### STATIC LUNGES

CHAPTER <b>19</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>20</b>   My Weight

### DEAD LIFTS

CHAPTER <b>20</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>25</b>   My Weight

### WIDE TAP LUNGES

CHAPTER <b>21</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

### SIDE LUNGE INTO ONE LEGGED SQUAT COMBO

CHAPTER <b>22</b>	Equipment: Dumbbell
	Cathe's Weight <b>8</b>   My Weight

### WIDE STANCE DEADLIFT

CHAPTER <b>23</b>	Equipment: Barbell
	Cathe's Weight <b>40</b>   My Weight

**COOLDOWN** • CHAPTER 24 / **STRETCH** • CHAPTER 25



# CHAPTERS

## HiIT CIRCUIT UPPER BODY

**WARM UP • CHAPTER 1**

**ROUND 1**

**SQUAT PRESSES/FRONT SWING LAT PULL DOWN COMBO - SET 1**

CHAPTER <b>2</b>	Equipment: Two Dumbbells	
	Cathe's Weight <b>10</b>	My Weight

**SQUAT PRESSES/FRONT SWING LAT PULL DOWN COMBO - SET 2**

CHAPTER <b>3</b>	Equipment: Two Dumbbells	
	Cathe's Weight <b>10</b>	My Weight

**CARDIO BLAST: HIGH JACKS AND LOW JACKS**

CHAPTER <b>4</b>	Equipment: None	
	Cathe's Weight <b>NA</b>	

**ROUND 2**

**FORWARD LEANING LUNGE WITH REAR DELT INTO REAR LUNGES WITH FRONT RAISE - SET 1**

CHAPTER <b>5</b>	Equipment: Two Dumbbells	
	Cathe's Weight <b>8</b>	My Weight

**FORWARD LEANING LUNGE WITH REAR DELT INTO REAR LUNGES WITH FRONT RAISE - SET 2**

CHAPTER <b>6</b>	Equipment: Two Dumbbells	
	Cathe's Weight <b>8</b>	My Weight

**FORWARD LEANING LUNGE WITH REAR DELT INTO REAR LUNGES WITH FRONT RAISE - SET 3**

CHAPTER <b>7</b>	Equipment: Two Dumbbells	
	Cathe's Weight <b>8</b>	My Weight

**ONE ARM ROWS - SET 1**

CHAPTER <b>8</b>	Equipment: Dumbbell	
	Cathe's Weight <b>20</b>	My Weight

**ONE ARM ROWS - SET 2**

CHAPTER <b>9</b>	Equipment: Dumbbell	
	Cathe's Weight <b>20</b>	My Weight

**CARDIO BLAST: VERTICAL BUTT KICKS**

CHAPTER <b>10</b>	Equipment: None	
	Cathe's Weight <b>NA</b>	

**ROUND 3**

**LUNGE KICK/LUNGE SQUAT COMBO**

CHAPTER <b>11</b>	Equipment: Dumbbell	
	Cathe's Weight <b>8</b>	My Weight

# CHAPTERS

## HiIT CIRCUIT UPPER BODY, continued

### PUSH UP LEG LIFT COMBO

CHAPTER <b>12</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### CARDIO BLAST: LINE TAPS

CHAPTER <b>13</b>	Equipment: None
	Cathe's Weight <b>NA</b>

## ROUND 4

### OVERHEAD PRESS/LUNGE DOWN COMBO

CHAPTER <b>14</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>10</b> My Weight

### CARDIO BLAST: POWER CIRCLE SCISSORS

CHAPTER <b>15</b>	Equipment: None
	Cathe's Weight <b>NA</b>

## ROUND 5

### W-PRESS, W-CURL, REAR LUNGES

CHAPTER <b>16</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>10</b>

### BICEP CURL

CHAPTER <b>17</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>12</b> My Weight

### CARDIO BLAST: SNOWBOARDS

CHAPTER <b>18</b>	Equipment: None
	Cathe's Weight <b>NA</b>

## ROUND 6

### SIDE LUNGE WOOD CHOPS

CHAPTER <b>19</b>	Equipment: Dumbbell
	Cathe's Weight <b>10</b> My Weight

### PLIÉ UPRIGHT ROW/SNATCH COMBO

CHAPTER <b>20</b>	Equipment: Dumbbell
	Cathe's Weight <b>8</b> My Weight

### CARDIO BLAST: Plié JACKS

CHAPTER <b>21</b>	Equipment: None
	Cathe's Weight <b>NA</b>

# CHAPTERS

## HiIT CIRCUIT UPPER BODY, continued

### ROUND 7

#### WEIGHTED MARCHING SUMOS

CHAPTER <b>22</b>	Equipment: Dumbbell
	Cathe's Weight <b>12</b> My Weight

#### SINGLE LEG DEAD LIFT/FRONT RAISE

CHAPTER <b>23</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>8</b> My Weight

#### CARDIO BLAST: LATERAL SKATES

CHAPTER <b>24</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### ROUND 8

#### REAR LUNGES, LATERAL RAISE

CHAPTER <b>25</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>8</b> My Weight

#### SUMO DROP SQUAT/TRICEP EXTENSION COMBO

CHAPTER <b>26</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>10</b> My Weight

#### TRICEP/CHEST ISOLATION WORK - KICKBACKS

CHAPTER <b>27</b>	Equipment: Dumbbell
	Cathe's Weight <b>8</b> My Weight

#### TRICEP/CHEST ISOLATION WORK - CHEST FLYS

CHAPTER <b>28</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>8</b>

#### CARDIO BLAST: TOTAL BODY

CHAPTER <b>29</b>	Equipment: None
	Cathe's Weight <b>NA</b>

**COOLDOWN** • CHAPTER 30 / **STRETCH** • CHAPTER 31

# CHAPTERS

## LIFT IT HIIT IT LEGS

### WARM UP • CHAPTER 1

#### SQUATS

CHAPTER <b>2</b>	<b>Lower Body</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>20</b>	My Weight

#### SQUAT DIGS

CHAPTER <b>3</b>	<b>Lower Body</b>	Equipment: None
	Cathe's Weight <b>NA</b>	

#### PLIÉ SQUATS

CHAPTER <b>4</b>	<b>Lower Body</b>	Equipment: Dumbbell
	Cathe's Weight <b>35</b>	My Weight

#### PLIÉ JACKS

CHAPTER <b>5</b>	<b>Lower Body</b>	Equipment: None
	Cathe's Weight <b>NA</b>	

#### STATIC LUNGE RIGHT SIDE

CHAPTER <b>6</b>	<b>Lower Body</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>20</b>	My Weight

#### SPLIT JUMPS

CHAPTER <b>7</b>	<b>Lower Body</b>	Equipment: None
	Cathe's Weight <b>NA</b>	

#### STATIC LUNGE LEFT SIDE

CHAPTER <b>8</b>	<b>Lower Body</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>20</b>	My Weight

#### SPLIT JUMPS

CHAPTER <b>9</b>	<b>Lower Body</b>	Equipment: None
	Cathe's Weight <b>NA</b>	

#### SQUATS

CHAPTER <b>10</b>	<b>Lower Body</b>	Equipment: Two Dumbbells
	Cathe's Weight <b>25</b>	My Weight

#### POP SQUATS

CHAPTER <b>11</b>	<b>Lower Body</b>	Equipment: None
	Cathe's Weight <b>NA</b>	

#### PLIÉ SQUATS

CHAPTER <b>12</b>	<b>Lower Body</b>	Equipment: Dumbbell
	Cathe's Weight <b>40</b>	My Weight

#### NARROW PLIÉ TOUCH DOWN JACKS

CHAPTER <b>13</b>	<b>Lower Body</b>	Equipment: None
	Cathe's Weight <b>NA</b>	

# CHAPTERS

## LIFT IT HiIT IT LEGS, continued

### WOOD CHOP SIDE LUNGES

CHAPTER <b>14</b>	Lower Body	Equipment: Dumbbell
	Cathe's Weight 10	My Weight

### EXPLOSIVE SIDE LUNGES

CHAPTER <b>15</b>	Lower Body	Equipment: Dumbbell
	Cathe's Weight 12	My Weight

### CROSS BACK LUNGES

CHAPTER <b>16</b>	Lower Body	Equipment: Dumbbell
	Cathe's Weight 15	My Weight

### LATERAL SKATES

CHAPTER <b>17</b>	Lower Body	Equipment: None
	Cathe's Weight NA	

### LOW PULSE LUNGES

CHAPTER <b>18</b>	Lower Body	Equipment: Dumbbell
	Cathe's Weight 15	My Weight

### POWER CIRCLE SCISSORS

CHAPTER <b>19</b>	Lower Body	Equipment: None
	Cathe's Weight NA	

### DEAD LIFT

CHAPTER <b>20</b>	Lower Body	Equipment: Two Dumbbells
	Cathe's Weight 25	My Weight

### SNOW ANGEL JACKS

CHAPTER <b>21</b>	Lower Body	Equipment: None
	Cathe's Weight NA	

### DEAD LIFT WIDE STANCE

CHAPTER <b>22</b>	Lower Body	Equipment: Two Dumbbells
	Cathe's Weight 25	My Weight

### FROG JUMPS WITH QUARTER TURNS

CHAPTER <b>23</b>	Lower Body	Equipment: None
	Cathe's Weight NA	

### WALKING LUNGES

CHAPTER <b>24</b>	Lower Body	Equipment: Two Dumbbells
	Cathe's Weight 15	My Weight

### SCISSOR SCISSOR WIDE TUCK JUMPS

CHAPTER <b>25</b>	Lower Body	Equipment: None
	Cathe's Weight NA	

COOLDOWN • CHAPTER 26 / STRETCH • CHAPTER 27

# CHAPTERS

## LIFT IT HIT IT BACK, BICEPS & SHOULDERS

### WARM UP • CHAPTER 1

#### ONE ARM ROW - SET 1

CHAPTER <b>2</b>	WM #134	Back	Equipment: Dumbbell, Bench or Chair	
	1RM 75	12 Reps	Cathe's Weight 35	My Weight

#### ONE ARM ROW - SET 2

CHAPTER <b>3</b>	WM #134	Back	Equipment: Dumbbell, Bench or Chair	
	1RM 75	12 Reps	Cathe's Weight 35	My Weight

#### ONE ARM ROW - SET 3

CHAPTER <b>4</b>	WM #134	Back	Equipment: Dumbbell, Bench or Chair	
	1RM 75	12 Reps	Cathe's Weight 35	My Weight

#### FINISHER: BARBELL ROWS AND BAND POWER PULLS

CHAPTER <b>5</b>	Back	Equipment: Barbell, 6 Foot Stretch Band		
	20 Reps Each	Cathe's Weight 35	My Weight	

#### PULL OVERS - SET 1

CHAPTER <b>6</b>	WM #315	Back	Equipment: Dumbbell, Bench	
	1RM 75	12 Reps	Cathe's Weight 35	My Weight

#### PULL OVERS - SET 2

CHAPTER <b>7</b>	WM #315	Back	Equipment: Dumbbell, Bench	
	1RM 75	12 Reps	Cathe's Weight 35	My Weight

#### PULL OVERS - SET 3

CHAPTER <b>8</b>	WM #315	Back	Equipment: Dumbbell, Bench	
	1RM 75	12 Reps	Cathe's Weight 35	My Weight

#### BARBELL FINISHER: DUMBBELL ROW AND SUPINE BAND PULLS

CHAPTER <b>9</b>	Back	Equipment: Barbell, 6 Foot Stretch Band		
	20 Reps / 21 Reps	Cathe's Weight 35	My Weight	

#### ONE ARM ANGLED ROW - SET 1

CHAPTER <b>10</b>	WM #1095	Back	Equipment: Dumbbell, Bench or Chair	
	1RM 75	12 Reps	Cathe's Weight 30	My Weight

#### ONE ARM ANGLED ROW - SET 2

CHAPTER <b>11</b>	WM #1095	Back	Equipment: Dumbbell, Bench or Chair	
	1RM 75	12 Reps	Cathe's Weight 30	My Weight

#### ONE ARM ANGLED ROW - SET 3

CHAPTER <b>12</b>	WM #1095	Back	Equipment: Dumbbell, Bench or Chair	
	1RM 75	12 Reps	Cathe's Weight 30	My Weight

#### FINISHER: ONE ARM SEATED BAND PULLS

CHAPTER <b>13</b>	Back	Equipment: 6 Foot Stretch Band		
	Cathe's Weight NA			

# CHAPTERS

## LIFT IT HIT IT BACK, BICEPS & SHOULDERS, cont'd

### REAR DELT FLYS - SET 1

CHAPTER <b>14</b>	WM #1068	Shoulders	Equipment: Two Dumbbells	
	1RM 75	12 Reps	Cathe's Weight 15	My Weight

### REAR DELT FLYS - SET 2

CHAPTER <b>15</b>	WM #1068	Shoulders	Equipment: Two Dumbbells	
	1RM 75	12 Reps	Cathe's Weight 12	My Weight

### REAR DELT FLYS - SET 3

CHAPTER <b>16</b>	WM #1068	Shoulders	Equipment: Two Dumbbells	
	1RM 75	12 Reps	Cathe's Weight 12	My Weight

### FINISHER: ONE ARM BAND PULLS

CHAPTER <b>17</b>	Shoulders	Equipment: 6 Foot Stretch Band	
	20 Reps	Cathe's Weight NA	My Weight

### PRONE REAR DELTS - SET 1

CHAPTER <b>18</b>	Shoulders	Equipment: Two Dumbbells, Bench, Mat	
	Cathe's Weight 8	My Weight	

### PRONE REAR DELTS - SET 2

CHAPTER <b>19</b>	Shoulders	Equipment: Two Dumbbells, Bench, Mat	
	Cathe's Weight 5	My Weight	

### PRONE REAR DELTS - SET 3

CHAPTER <b>20</b>	Shoulders	Equipment: Two Dumbbells, Bench, Mat	
	Cathe's Weight 5	My Weight	

### FINISHER: SEATED T-BAND PULLS

CHAPTER <b>21</b>	Shoulders	Equipment: 6 Foot Stretch Band	
	Cathe's Weight NA		

### BICEP CURLS - SET 1

CHAPTER <b>22</b>	WM #180	Biceps	Equipment: Barbell	
	1RM 75	12 Reps	Cathe's Weight 35	My Weight

### BICEP CURLS - SET 2

CHAPTER <b>23</b>	WM #180	Biceps	Equipment: Barbell	
	1RM 75	12 Reps	Cathe's Weight 35	My Weight

### BICEP CURLS - SET 3

CHAPTER <b>24</b>	WM #180	Biceps	Equipment: Barbell	
	1RM 75	12 Reps	Cathe's Weight 35	My Weight

### FINISHER: W-CURLS

CHAPTER <b>25</b>	Biceps	Equipment: Two Dumbbells	
	20 Reps	Cathe's Weight 8	My Weight

# CHAPTERS

## LIFT IT HIT IT BACK, BICEPS & SHOULDERS, cont'd

### CONCENTRATION CURLS - SET 1

CHAPTER <b>26</b>	WM #237	<b>Biceps</b>	Equipment: Dumbbell, Bench	
	1RM 75	12 Reps	Cathe's Weight 20	My Weight

### CONCENTRATION CURLS - SET 2

CHAPTER <b>27</b>	WM #237	<b>Biceps</b>	Equipment: Dumbbell, Bench	
	1RM 75	10 Reps	Cathe's Weight 20	My Weight

### CONCENTRATION CURLS - SET 3

CHAPTER <b>28</b>	WM #237	<b>Biceps</b>	Equipment: Dumbbell, Bench	
	1RM 75	10 Reps	Cathe's Weight 20	My Weight

### FINISHER: CRAZY EIGHTS

CHAPTER <b>29</b>	WM #180	<b>Biceps</b>	Equipment: Barbell	
	1RM 55	24 Reps	Cathe's Weight 25	My Weight

### SIMULTANEOUS STANDING HAMMER CURLS - SET 1

CHAPTER <b>30</b>	WM #1097	<b>Biceps</b>	Equipment: Two Dumbbells	
	1RM 75	12 Reps	Cathe's Weight 15	My Weight

### SIMULTANEOUS STANDING HAMMER CURLS - SET 2

CHAPTER <b>31</b>	WM #1097	<b>Biceps</b>	Equipment: Two Dumbbells	
	1RM 75	12 Reps	Cathe's Weight 15	My Weight

### SIMULTANEOUS STANDING HAMMER CURLS - SET 3

CHAPTER <b>32</b>	WM #1097	<b>Biceps</b>	Equipment: Two Dumbbells	
	1RM 75	12 Reps	Cathe's Weight 15	My Weight

### FINISHER: CRAZY EIGHTS

CHAPTER <b>33</b>	WM #180	<b>Biceps</b>	Equipment: Barbell	
	1RM 55	24 Reps	Cathe's Weight 25	My Weight

COOLDOWN • CHAPTER 34 / STRETCH • CHAPTER 35



# CHAPTERS

## LIFT IT HIT IT CHEST, TRICEPS & SHOULDERS

### WARM UP • CHAPTER 1

#### FLAT BENCH PRESS - SET 1

CHAPTER <b>2</b>	WM #307	Chest	Equipment: Two Dumbbells, Bench	
	1RM 75	12 Reps	Cathe's Weight 30	My Weight

#### FLAT BENCH PRESS - SET 2

CHAPTER <b>3</b>	WM #307	Chest	Equipment: Two Dumbbells, Bench	
	1RM 75	12 Reps	Cathe's Weight 30	My Weight

#### FLAT BENCH PRESS - SET 3

CHAPTER <b>4</b>	WM #307	Chest	Equipment: Two Dumbbells, Bench	
	1RM 75	12 Reps	Cathe's Weight 30	My Weight

#### FINISHER: PUSH UP

CHAPTER <b>5</b>	Chest		Equipment: None	
	15 Reps		Cathe's Weight NA	

#### INCLINE BENCH PRESS - SET 1

CHAPTER <b>6</b>	WM #309	Chest	Equipment: Two Dumbbells, Bench	
	1RM 75	12 Reps	Cathe's Weight 30	My Weight

#### INCLINE BENCH PRESS - SET 2

CHAPTER <b>7</b>	WM #309	Chest	Equipment: Two Dumbbells, Bench	
	1RM 75	12 Reps	Cathe's Weight 25	My Weight

#### INCLINE BENCH PRESS - SET 3

CHAPTER <b>8</b>	WM #309	Chest	Equipment: Two Dumbbells, Bench	
	1RM 75	12 Reps	Cathe's Weight 25	My Weight

#### FINISHER: TRICEP PUSH UP

CHAPTER <b>9</b>	Chest & Triceps		Equipment: Mat	
	15 Reps		Cathe's Weight NA	

#### INCLINE FLY - SET 1

CHAPTER <b>10</b>	WM #326	Chest	Equipment: Two Dumbbells, Bench	
	1RM 75	12 Reps	Cathe's Weight 25	My Weight

#### INCLINE FLY - SET 2

CHAPTER <b>11</b>	WM #326	Chest	Equipment: Two Dumbbells, Bench	
	1RM 75	12 Reps	Cathe's Weight 25	My Weight

#### INCLINE FLY - SET 3

CHAPTER <b>12</b>	WM #326	Chest	Equipment: Two Dumbbells, Bench	
	1RM 75	12 Reps	Cathe's Weight 25	My Weight

#### FINISHER: DECLINE PUSH UP

CHAPTER <b>13</b>	Chest		Equipment: Bench	
	15 Reps		Cathe's Weight NA	

# CHAPTERS

## LIFT IT HIT IT CHEST, TRICEPS & SHOULDERS, cont'd

### SUPER SET: BARBELL OVERHEAD PRESS/UPRIGHT ROW - SET 1

CHAPTER <b>14</b>	Shoulders	Equipment: Barbell	
	10/10 Reps	Cathe's Weight <b>35</b>	My Weight

### SUPER SET: BARBELL OVERHEAD PRESS/UPRIGHT ROW - SET 2

CHAPTER <b>15</b>	Shoulders	Equipment: Barbell	
	10/10 Reps	Cathe's Weight <b>35</b>	My Weight

### SUPER SET: BARBELL OVERHEAD PRESS/UPRIGHT ROW - SET 3

CHAPTER <b>16</b>	Shoulders	Equipment: Barbell	
	10/10 Reps	Cathe's Weight <b>30</b>	My Weight

### FINISHER: SCARECROWS

CHAPTER <b>17</b>	Shoulders	Equipment: Two Dumbbells	
	20 Reps	Cathe's Weight <b>5</b>	My Weight

### SUPER SET: LATERAL RAISE AND FRONT RAISE - SET 1

CHAPTER <b>18</b>	Shoulders	Equipment: Multiple Dumbbells	
	10 & 10 Reps	Cathe's Weight <b>10 &amp; 15</b>	My Weight

### SUPER SET: LATERAL RAISE AND FRONT RAISE - SET 2

CHAPTER <b>19</b>	Shoulders	Equipment: Multiple Dumbbells	
	10 & 10 Reps	Cathe's Weight <b>10 &amp; 12</b>	My Weight

### SUPER SET: LATERAL RAISE AND FRONT RAISE - SET 3

CHAPTER <b>20</b>	Shoulders	Equipment: Multiple Dumbbells	
	10 & 10 Reps	Cathe's Weight <b>10 &amp; 15</b>	My Weight

### FINISHER: EXTERNAL ROTATION LATERAL RAISES

CHAPTER <b>21</b>	Shoulders	Equipment: Two Dumbbells	
	15 Reps	Cathe's Weight <b>8</b>	My Weight

### OVERHEAD EXTENSIONS - SET 1

CHAPTER <b>22</b>	WM #1093	Triceps	Equipment: Dumbbell	
	1RM 75	12 Reps	Cathe's Weight <b>35</b>	My Weight

### OVERHEAD EXTENSIONS - SET 2

CHAPTER <b>23</b>	WM #1093	Triceps	Equipment: Dumbbell	
	1RM 75	12 Reps	Cathe's Weight <b>35</b>	My Weight

### OVERHEAD EXTENSIONS - SET 3

CHAPTER <b>24</b>	WM #1093	Triceps	Equipment: Dumbbell	
	1RM 75	12 Reps	Cathe's Weight <b>35</b>	My Weight

### FINISHER: DIPS

CHAPTER <b>25</b>	Triceps	Equipment: Bench	
	20 & 20 Reps	Cathe's Weight <b>NA</b>	

# CHAPTERS

## LIFT IT HIT IT CHEST, TRICEPS & SHOULDERS, cont'd

### BARBELL LYING EXTENSION - SET 1

CHAPTER <b>26</b>	WM #716	Triceps	Equipment: Barbell, Bench	
	1RM 75	12 Reps	Cathe's Weight <b>30</b>	My Weight

### BARBELL LYING EXTENSION - SET 2

CHAPTER <b>27</b>	WM #716	Triceps	Equipment: Barbell, Bench	
	1RM 75	12 Reps	Cathe's Weight <b>30</b>	My Weight

### BARBELL LYING EXTENSION - SET 3

CHAPTER <b>28</b>	WM #716	Triceps	Equipment: Barbell, Bench	
	1RM 75	12 Reps	Cathe's Weight <b>30</b>	My Weight

### FINISHER: KICKBACKS

CHAPTER <b>29</b>	Triceps	Equipment: Two Dumbbells		
	20 Reps	Cathe's Weight <b>10</b>	My Weight	

**COOLDOWN** • CHAPTER 30 / **STRETCH** • CHAPTER 31

# CHAPTERS

## LOW IMPACT HIIT ONE

### WARM UP • CHAPTER 1

#### SLAM ITS

CHAPTER <b>2</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

#### JUMP SHOT WITH A 7 KNEE REPEATER

CHAPTER <b>3</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

#### FOOTBALL RUNS

CHAPTER <b>4</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

#### ZIG ZAG PUDDLE JUMPS

CHAPTER <b>5</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

#### DIXIE CUP SHUFFLES - 1

CHAPTER <b>6</b>	Equipment: Mat, Dixie Cups
	Cathe's Weight <b>NA</b>

#### DIXIE CUP SHUFFLES - 2

CHAPTER <b>7</b>	Equipment: Mat, Dixie Cups
	Cathe's Weight <b>NA</b>

#### 3 POWER PUSHES AND LIFT - 1

CHAPTER <b>8</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

#### 3 POWER PUSHES AND LIFT - 2

CHAPTER <b>9</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

#### FORWARD LEANING LUNGES/LOW GALLOPING JACKS - 1

CHAPTER <b>10</b>	Equipment: Dixie Cups
	Cathe's Weight <b>NA</b>

#### FORWARD LEANING LUNGES/LOW GALLOPING JACKS - 2

CHAPTER <b>11</b>	Equipment: Dixie Cups
	Cathe's Weight <b>NA</b>

#### HIGH LOW BOXING JABS

CHAPTER <b>12</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### FRED ASTAIR - 1

CHAPTER <b>13</b>	Equipment: None
	Cathe's Weight <b>NA</b>

# CHAPTERS

## LOW IMPACT HiIT ONE, continued

### FRED ASTAIR - 2

CHAPTER <b>14</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### JUMP SHOT AND LUNGE DROP - 1

CHAPTER <b>15</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### JUMP SHOT AND LUNGE DROP - 2

CHAPTER <b>16</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### LEAN BACK AND VOLLEY FORWARD - 1

CHAPTER <b>17</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### LEAN BACK AND VOLLEY FORWARD - 2

CHAPTER <b>18</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### SURFER THRUSTS - 1

CHAPTER <b>19</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### SURFER THRUSTS - 2

CHAPTER <b>20</b>	Equipment: None
	Cathe's Weight <b>NA</b>

**COOLDOWN** • CHAPTER 21 / **STRETCH** • CHAPTER 22

# CHAPTERS

## LOW IMPACT HIIT TWO

### WARM UP • CHAPTER 1

#### PIVOTING APPLE PICKERS

CHAPTER <b>2</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### WEIGHTED KNEE UP SQUATS

CHAPTER <b>3</b>	Equipment: Dumbbell
	Cathe's Weight <b>8</b> My Weight

#### MOUNTAIN CLIMBERS (TOES AIM IN)

CHAPTER <b>4</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### DOWN UP DOWN ABDUCTIONS

CHAPTER <b>5</b>	Equipment: Dumbbell
	Cathe's Weight <b>10</b> My Weight

#### EXPLOSIVE LUNGES

CHAPTER <b>6</b>	Equipment: Dumbbell
	Cathe's Weight <b>10</b> My Weight

#### PIVOTING SUMO SQUATS

CHAPTER <b>7</b>	Equipment: Dumbbell
	Cathe's Weight <b>10</b> My Weight

#### SQUAT KICK SQUAT LUNGE

CHAPTER <b>8</b>	Equipment: Dumbbell
	Cathe's Weight <b>8</b> My Weight

#### SIDE LUNGE WOOD CHOPS

CHAPTER <b>9</b>	Equipment: Dumbbell
	Cathe's Weight <b>8</b> My Weight

#### CORNER TO CORNER DIAGONAL LUNGES

CHAPTER <b>10</b>	Equipment: Dumbbell
	Cathe's Weight <b>8</b> My Weight

#### TRAVEL BOB AND WEAVES

CHAPTER <b>11</b>	Equipment: Dumbbell
	Cathe's Weight <b>8</b> My Weight

#### RUNNING BURPEES

CHAPTER <b>12</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### MARCHING SUMOS

CHAPTER <b>13</b>	Equipment: Dumbbell
	Cathe's Weight <b>10</b> My Weight

# CHAPTERS

## LOW IMPACT HiIT TWO, continued

### 3 ROPE CLIMBS/1 ELBOW STRIKE

CHAPTER <b>14</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### CROSS UNDER KICKS

CHAPTER <b>15</b>	Equipment: None
	Cathe's Weight <b>NA</b>

### WINDMILLS

CHAPTER <b>16</b>	Equipment: None
	Cathe's Weight <b>NA</b>

**COOLDOWN** • CHAPTER 17 / **STRETCH** • CHAPTER 18

# CHAPTERS

## PLYO HiIT ONE

### WARM UP • CHAPTER 1

#### RUN 3 AND LEAP

CHAPTER <b>2</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### SNOWBOARDS

CHAPTER <b>3</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### GRAPEVINE TAP, 6 POWER SCISSORS

CHAPTER <b>4</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### ONE ARM BURPEES

CHAPTER <b>5</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### VERTICAL BUTT KICKS

CHAPTER <b>6</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### JUMP FRONT/BACK PLIÉ JACKS/2 BOXES

CHAPTER <b>7</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### VERTICAL KNEE SLAPS

CHAPTER <b>8</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### LATERAL LEG THRUST BURPEES

CHAPTER <b>9</b>	Equipment: None
	Cathe's Weight <b>NA</b>

#### HALF CIRCLE SHUFFLE SPRINTS

CHAPTER <b>10</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

#### 2 FORWARD HOPS, 1 HOP TURN, AIR JACK

CHAPTER <b>11</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

#### WIDE BURPEES

CHAPTER <b>12</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

#### LATERAL HOPS AND 1 TUCK JUMP

CHAPTER <b>13</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>



# CHAPTERS

PLYO HiIT ONE, continued

## HIGH REACHING POP SQUAT

CHAPTER <b>14</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

## 4 POWER HOPS/2 PLYO JACKS

CHAPTER <b>15</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

**COOLDOWN** • CHAPTER 16 / **STRETCH** • CHAPTER 17

# CHAPTERS

## PLYO HIIT TWO

### WARM UP • CHAPTER 1

#### STRADDLE JUMP FREEZES

CHAPTER <b>2</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### OVER AND OVER JUMPS

CHAPTER <b>3</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### KNEE OFF SIDE/6 PULSE SQUATS

CHAPTER <b>4</b>	Equipment: Dumbbell, Step
	Cathe's Weight <b>10</b> My Weight

#### JUMP UP AND DOWN/1 POWER 7

CHAPTER <b>5</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### SQUATS IN A BOX

CHAPTER <b>6</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### 3 WIDE BOX JUMPS/1 PLYO JACK

CHAPTER <b>7</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### FAST FEET STRADDLE SHUFFLES

CHAPTER <b>8</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### FORWARD BACK STRADDLE HOPS

CHAPTER <b>9</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### 6 WIDE TAP LUNGES

CHAPTER <b>10</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### 7 POWER TURNING SQUATS WITH ROCKBACK

CHAPTER <b>11</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### OVER AND BACK BURPEE/2 TUCK JUMPS

CHAPTER <b>12</b>	Equipment: Step
	Cathe's Weight <b>NA</b>

#### CORNER TO CORNER FRONT AND BACK LUNGES

CHAPTER <b>13</b>	Equipment: Dumbbell, Step
	Cathe's Weight <b>10</b> My Weight

# CHAPTERS

PLYO HiIT TWO, continued

## JUMP UP STEP DOWN/SKI HOPS/POWER 7

CHAPTER <b>14</b>	Equipment: Step Cathe's Weight <b>NA</b>
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**COOLDOWN** • CHAPTER 15 / **STRETCH** • CHAPTER 16

# CHAPTERS

## BONUS ABS ONE

### STANDING OBLIQUE CRUNCHES

CHAPTER <b>1</b>	Equipment: Mat
	Cathe's Weight <b>8</b>

### ALTERNATING OBLIQUE CRUNCHES WITH KNEE LIFT

CHAPTER <b>2</b>	Equipment: Mat
	Cathe's Weight <b>8</b>

### SEATED LEAN BACK CRUNCHES

CHAPTER <b>3</b>	Equipment: Mat
	Cathe's Weight <b>8</b>

### PULLOVER SIT UPS WITH A TWIST

CHAPTER <b>4</b>	Equipment: Mat
	Cathe's Weight <b>8</b>

### PULLOVER HEEL TAP EXTENDED CRUNCHES

CHAPTER <b>5</b>	Equipment: Mat
	Cathe's Weight <b>8</b>

### HIGH LOW PLANKS WITH JACKS

CHAPTER <b>6</b>	Equipment: Mat
	Cathe's Weight <b>NA</b>

### STRETCH • CHAPTER 7

# CHAPTERS

## BONUS ABS TWO

### SEATED ONE ARM V-UPS

CHAPTER <b>1</b>	Equipment: Dumbbell	
	Cathe's Weight <b>NA</b>	My Weight

### ANKLE GRABBER SIT UPS

CHAPTER <b>2</b>	Equipment: Dumbbell	
	Cathe's Weight <b>NA</b>	My Weight

### BENT LEG/STRAIGHT LEG BIKE MANEUVER

CHAPTER <b>3</b>	Equipment: Dumbbell, Mat	
	Cathe's Weight <b>NA</b>	My Weight

### BANANA HOLDS

CHAPTER <b>4</b>	Equipment: Dumbbell, Mat	
	Cathe's Weight <b>NA</b>	My Weight

### ALTERNATING LEG FORWARD CRUNCHES

CHAPTER <b>5</b>	Equipment: Dumbbell, Mat	
	Cathe's Weight <b>NA</b>	My Weight

### HIP LIFTS INTO BALANCING SNOW ANGELS

CHAPTER <b>6</b>	Equipment: Dumbbell, Mat	
	Cathe's Weight <b>NA</b>	My Weight

### SUPERMANS INTO SWIMMERS

CHAPTER <b>7</b>	Equipment: Mat	
	Cathe's Weight <b>NA</b>	

### STRETCH • CHAPTER 8

# PREMIXES

## HiIT CIRCUIT LOWER BODY

Premix #1	<b>Scrambled #1</b>	In this premix we change the order of the exercises to keep your body challenged in a slightly different way.	48:08
Premix #2	<b>Scrambled Express</b>	In this timesaver premix we change the order of the exercises and reduce the intervals to save time and to keep your mind and body challenged in the least amount time.	32:23
Premix #3	<b>All Blasts</b>	This premix includes only the blasts from the main workout. Warm up and a stretch are also included.	27:35
Premix #4	<b>No Blasts</b>	We've eliminated all of the blasts in the main workout with this premix. Warm up and a stretch are also included.	31:06
Premix #5	<b>Abs Mixed In</b>	In this premix we add ab exercises throughout the main exercise program. Warm up and a stretch are also included.	50:18
Premix #6	<b>Extreme Lower Body Circuit</b>	After the warm up in this extreme premix you will then repeat several of the intervals you just completed for an extra intense workout.	67:06
Premix #7	<b>Entire Routine + Bonus Abs One</b>	This premix includes the entire normal workout plus Bonus Abs One. The stretch follows the ab workout.	51:24
Premix #8	<b>Entire Routine + Bonus Abs Two</b>	This premix includes the entire normal workout plus Bonus Abs Two. The stretch follows the ab workout.	53:55

## HiIT CIRCUIT UPPER BODY

Premix #1	<b>All Blasts</b>	This premix includes only the blasts from the main workout. Warm up and a stretch are also included.	22:06
Premix #2	<b>No Blasts</b>	We've eliminated all of the blasts in the main workout with this premix. Warm up and a stretch are also included.	36:48
Premix #3	<b>Scrambled Rounds</b>	We've mixed up all of the eight rounds in this workout to challenge you in a different way.	46:37
Premix #4	<b>Timesaver</b>	This timesaver workout includes five of the eight rounds from the routine for when you're short on time.	34:22
Premix #5	<b>Upper Body Mixed With Abs</b>	We've added one or two ab exercises to each round in this premix.	59:32
Premix #6	<b>Upper Body Mixed With Abs: No Blasts</b>	We've eliminated the Cardio Blasts, but have added one or two ab exercises to each round in this premix.	50:56
Premix #7	<b>Entire Routine + Bonus Abs One</b>	This premix includes the entire normal workout plus Bonus Abs One. The stretch follows the Ab workout.	48:42
Premix #8	<b>Entire Routine + Bonus Abs Two</b>	This premix includes the entire normal workout plus Bonus Abs Two. The stretch follows the Ab workout.	51:13

# PREMIXES

## LIFT IT HIIT IT LEGS

Premix #1	<b>All Strength</b>	This premix includes just the strength exercises along with the warm up and stretch.	29:33
Premix #2	<b>All Blast</b>	This premix includes just the blast exercises along with the warm up and stretch.	22:23
Premix #3	<b>Scrambler #1</b>	In this premix we change the order of the exercises to keep your body challenged in a slightly different way.	39:12
Premix #4	<b>Scrambler #2</b>	In this premix we again change the order of the exercises to keep your body challenged in a slightly different way.	39:12
Premix #5	<b>Strength &amp; Blasts</b>	You will do three rounds in this premix. Each round consists of four strength exercises followed by four blasts. A warm up and stretch are also included.	41:01
Premix #6	<b>Strength + Blasts + Abs</b>	In the normal Lift It HiIT Lower Body workout you do numerous contrast training intervals consisting of a strength exercise followed by a blast. In this premix we add one ab exercise to each interval.	53:10
Premix #7	<b>Lower Body + Bonus Abs One</b>	This premix includes the entire normal workout plus Bonus Abs One. The stretch follows the ab workout.	46:37
Premix #8	<b>Lower Body + Bonus Abs Two</b>	This premix includes the entire normal workout plus Bonus Abs Two. The stretch follows the ab workout.	49:08

## LIFT IT HIT IT BACK, BICEPS & SHOULDERS

Premix #1	<b>Shoulders Last</b>	In this premix we've changed the order of the exercises and moved shoulders from the middle to the end of the routine. Exercise order is back, biceps, and shoulders for this mix.	52:45
Premix #2	<b>Timesaver One: No Shoulders</b>	In this timesaver workout you will only do back and biceps.	43:27
Premix #3	<b>Timesaver Two: No Finishers</b>	Finishers are eliminated in this timesaver premix, but all of the other weight sets are still included.	38:15
Premix #4	<b>Timesaver Three: One Set Only - No Finishers</b>	This timesaver premix features only one set of every exercise and no finishers.	19:46
Premix #5	<b>Timesaver Four: One Set Only + Finishers</b>	This timesaver premix features only one set of every exercise and also includes finishers.	29:06
Premix #6	<b>Timesaver Five: Two Sets Only - No Finishers</b>	This timesaver premix features only two sets of every exercise and no finishers.	30:27
Premix #7	<b>Timesaver Six: Two Sets Only + Finishers</b>	This timesaver premix features only two sets of every exercise and also includes finishers.	39:47
Premix #8	<b>Entire Routine + Bonus Abs One</b>	This premix includes the normal routine plus Bonus Abs One included at the end just before the stretch.	59:12
Premix #9	<b>Entire Routine + Bonus Abs Two</b>	This premix includes the normal routine plus Bonus Abs Two included at the end just before the stretch.	61:42
Premix #10	<b>Abs Instead of Finishers</b>	This unique premix features the normal routine, but instead of finishers you will do abs after each muscle group.	46:30
Premix #11	<b>Extreme: Four Sets + Finishers</b>	This extreme premix features one extra set for each exercise by repeating set two and also still includes finishers for an extra tough workout.	63:34

# PREMIXES

## LIFT IT HIT IT CHEST, TRICEPS & SHOULDERS

Premix #1	<b>Shoulders Last</b>	In this premix we've changed the order of the exercises and moved shoulders from the middle to the end of the routine. Exercise order is chest, triceps, and shoulders for this mix.	39:42
Premix #2	<b>Timesaver One: No Shoulders</b>	In this timesaver workout you will only do chest and triceps.	29:04
Premix #3	<b>Timesaver Two: No Finishers</b>	Finishers are eliminated in this timesaver premix, but all of the other weight sets are still included.	32:15
Premix #4	<b>Timesaver Three: One Set Only - No Finishers</b>	This timesaver premix features only one set of every exercise and no finishers.	17:19
Premix #5	<b>Timesaver Four: One Set Only + Finishers</b>	This timesaver premix features only one set of every exercise and also includes finishers.	19:19
Premix #6	<b>Timesaver Five: Two Sets Only - No Finishers</b>	This timesaver premix features only two sets of every exercise and no finishers.	25:34
Premix #7	<b>Timesaver Six: Two Sets Only + Finishers</b>	This timesaver premix features only two sets of every exercise and also includes finishers.	27:35
Premix #8	<b>Entire Routine + Bonus Abs One</b>	This premix includes the normal routine plus Bonus Abs One included at the end just before the stretch.	47:58
Premix #9	<b>Entire Routine + Bonus Abs Two</b>	This premix includes the normal routine plus Bonus Abs Two included at the end just before the stretch.	50:30
Premix #10	<b>Abs Instead of Finishers</b>	This unique premix features the normal routine, but instead of finishers you will do abs after each muscle group.	40:31
Premix #11	<b>Extreme: Four Sets + Finishers</b>	This extreme premix features one extra set for each exercise by repeating set two and also still includes finishers for an extra tough workout.	48:10

## LOW IMPACT HIIT ONE

Premix #1	<b>Extreme: Low Impact Hiit One – Double It</b>	You will repeat all of the high intensity intervals in Low Impact Hiit One for an extreme workout. Includes warm up and stretch.	47:40
Premix #2	<b>Extreme: Low Impact Hiit One and Two Combined</b>	You will do the warm up and all of the high intensity intervals from Low Impact Hiit One followed by all of the high intensity intervals from Low Impact Hiit Two.	50:08
Premix #3	<b>First Half of Low Impact Hiit One and Last Half of Two</b>	After the warm up you will do the first half of the high intensity intervals from Low Impact Hiit One followed by the last half of the high intensity intervals from Low Impact Hiit Two.	31:38
Premix #4	<b>First Half of Low Impact Hiit Two and Last Half of One</b>	After the warm up you will do the first half of the high intensity intervals from Low Impact Hiit Two followed by the last half of the high intensity intervals from Low Impact Hiit One.	26:54
Premix #5	<b>Low Impact Hiit One + Bonus Abs One</b>	Includes the entire Low Impact Hiit One workout plus Bonus Abs One. The stretch follows the ab routine.	35:45
Premix #6	<b>Low Impact Hiit One + Bonus Abs Two</b>	Includes the entire Low Impact Hiit One workout plus Bonus Abs Two. The stretch follows the ab routine.	38:16
Premix #7	<b>Scrambled Mix One</b>	This premix scrambles the high intensity intervals from both Low Impact Hiit One and Two. Includes warm up and stretch.	29:15



# PREMIXES

## LOW IMPACT HiiT TWO

Premix #1	<b>Extreme: Low Impact HiiT Two – Double It</b>	You will repeat all of the high intensity intervals in Low Impact HiiT Two for an extreme workout. Includes warm up and stretch.	51:21
Premix #2	<b>Extreme: Low Impact HiiT Two and One Combined</b>	You will do the warm up and all of the high intensity intervals from Low Impact HiiT Two followed by all of the high intensity intervals from Low Impact HiiT One.	48:53
Premix #3	<b>First Half of Low Impact HiiT Two and First Half of One</b>	After the warm up you will do the first half of the high intensity intervals from Low Impact HiiT Two followed by the first half of the high intensity intervals from Low Impact HiiT One.	27:10
Premix #4	<b>Last Half of Low Impact HiiT Two and Last Half of One</b>	After the warm up you will do the last half of the high intensity intervals from Low Impact HiiT Two followed by the last half of the high intensity intervals from Low Impact HiiT One.	30:06
Premix #5	<b>Low Impact HiiT Two + Bonus Abs One</b>	Includes the entire Low Impact HiiT Two workout plus Bonus Abs One. The stretch follows the ab routine.	36:42
Premix #6	<b>Low Impact HiiT Two + Bonus Abs Two</b>	Includes the entire Low Impact HiiT Two workout plus Bonus Abs Two. The stretch follows the ab routine.	39:12
Premix #7	<b>Scrambled Mix Two</b>	This premix scrambles the high intensity intervals from both Low Impact HiiT Two and One. Includes warm up and stretch.	27:26

## PLYO HiiT ONE

Premix #1	<b>Extreme: Plyo HiiT One – Double It</b>	You will repeat all of the high intensity intervals in Plyo HiiT One for an extreme workout. Includes warm up and stretch.	44:13
Premix #2	<b>Extreme: Plyo HiiT One and Two Combined</b>	You will do the warm up and all of the high intensity intervals from Plyo HiiT One followed by all of the high intensity intervals from Plyo HiiT Two.	44:40
Premix #3	<b>First Half of Plyo HiiT One and Last Half of Plyo HiiT Two</b>	After the warm up you will do the first half of the high intensity intervals from Plyo HiiT One followed by the last half of the high intensity intervals from Plyo HiiT Two.	27:14
Premix #4	<b>First Half of Plyo HiiT Two and Last Half of Plyo HiiT One</b>	After the warm up you will do the first half of the high intensity intervals from Plyo HiiT Two followed by the last half of the high intensity intervals from Plyo HiiT One.	27:56
Premix #5	<b>Plyo HiiT One + Bonus Abs One</b>	Includes the entire Plyo HiiT One workout plus Bonus Abs One. The stretch follows the ab routine.	33:43
Premix #6	<b>Plyo HiiT One + Bonus Abs Two</b>	Includes the entire Plyo HiiT One workout plus Bonus Abs Two. The stretch follows the ab routine.	36:13
Premix #7	<b>Scrambled Mix One</b>	This premix scrambles the high intensity intervals from both Plyo HiiT One and Two. Includes warm up and stretch.	27:40

# PREMIXES

## PLYO HIIT TWO

Premix #1	<b>Extreme: Plyo Hiit Two – Double It</b>	You will repeat all of the high intensity intervals in Plyo Hiit Two for an extreme workout. Includes warm up and stretch.	44:49
Premix #2	<b>Extreme: Plyo Hiit Two and One Combined</b>	You will do the warm up and all of the high intensity intervals from Plyo Hiit Two followed by all of the high intensity intervals from Plyo Hiit One.	44:22
Premix #3	<b>First Half of Plyo Hiit Two and First Half of Plyo Hiit One</b>	After the warm up you will do the first half of the high intensity intervals from Plyo Hiit Two followed by the first half of the high intensity intervals from Plyo Hiit One.	25:33
Premix #4	<b>Last Half of Plyo Hiit Two and Last Half of Plyo Hiit One</b>	After the warm up you will do the last half of the high intensity intervals from Plyo Hiit Two followed by the last half of the high intensity intervals from Plyo Hiit One.	29:19
Premix #5	<b>Plyo Hiit Two + Bonus Abs One</b>	Includes the entire Plyo Hiit Two workout plus Bonus Abs One. The stretch follows the ab routine.	32:38
Premix #6	<b>Plyo Hiit Two + Bonus Abs Two</b>	Includes the entire Plyo Hiit Two workout plus Bonus Abs Two. The stretch follows the ab routine.	36:18
Premix #7	<b>Scrambled Mix Two</b>	This premix scrambles the high intensity intervals from both Plyo Hiit Two and One. Includes warm up and stretch.	27:55

# WORKOUT CARD

## LIFT IT HIT IT LEGS

<b>CHAPTER 2</b> <b>Squats</b> Two Dumbbells Cathe's Weight <b>20</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 3</b> <b>Squat Digs</b> No Equipment	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
<b>CHAPTER 4</b> <b>Plié Squats</b> Dumbbell Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 5</b> <b>Plié Jacks</b> No Equipment	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
<b>CHAPTER 6</b> <b>Static Lunge Right Side</b> Two Dumbbells Cathe's Weight <b>20</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 7</b> <b>Split Jumps</b> No Equipment	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
<b>CHAPTER 8</b> <b>Static Lunge Left Side</b> Two Dumbbells Cathe's Weight <b>20</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 9</b> <b>Split Jumps</b> No Equipment	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 CARD

## LIFT IT HiIT IT LEGS, cont'd

<b>CHAPTER 10</b> <b>Squats</b> Two Dumbbells Cathe's Weight <b>25</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 11</b> <b>Pop Squats</b> No Equipment	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
<b>CHAPTER 12</b> <b>Plié Squats</b> Dumbbell Cathe's Weight <b>40</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 13</b> <b>Narrow Plié Touch Down Jacks</b> No Equipment	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
<b>CHAPTER 14</b> <b>Wood Chop Side Lunges</b> Dumbbell Cathe's Weight <b>10</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 15</b> <b>Explosive Side Lunges</b> Dumbbell Cathe's Weight <b>12</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 16</b> <b>Cross Back Lunges</b> Dumbbell Cathe's Weight <b>15</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 17</b> <b>Lateral Skates</b> No Equipment	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 CARD

## LIFT IT HiIT IT LEGS, cont'd

<b>CHAPTER 18</b> <b>Low Pulse Lunges</b> Dumbbell Cathe's Weight <b>15</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 19</b> <b>Power Circle Scissors</b> No Equipment	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
<b>CHAPTER 20</b> <b>Dead Lift</b> Two Dumbbells Cathe's Weight <b>25</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 21</b> <b>Snow Angel Jacks</b> No Equipment	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
<b>CHAPTER 22</b> <b>Dead Lift Wide Stance</b> Two Dumbbells Cathe's Weight <b>25</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 23</b> <b>Frog Jumps with Quarter Turns</b> No Equipment	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 24</b> <b>Walking Lunges</b> Two Dumbbells Cathe's Weight <b>15</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 25</b> <b>Scissor Scissor</b> <b>Wide Tuck Jumps</b> No Equipment	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 CARD

## LIFT IT HIT IT BACK, BICEPS & SHOULDERS

<b>CHAPTER 2</b> <b>One Arm Row - Set 1</b> Dumbbell, Bench or Chair Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 3</b> <b>One Arm Row - Set 2</b> Dumbbell, Bench or Chair Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 4</b> <b>One Arm Row - Set 3</b> Dumbbell, Bench or Chair Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 5</b> <b>Finisher: Barbell Rows and Band Power Pulls</b> Barbell, 6 Foot Stretch Band Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 6</b> <b>Pull Overs - Set 1</b> Dumbbell, Bench Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 7</b> <b>Pull Overs - Set 2</b> Dumbbell, Bench Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 8</b> <b>Pull Overs - Set 3</b> Dumbbell, Bench Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 9</b> <b>Finisher: Dumbbell Row &amp; Supine Band Pulls</b> Barbell, 6 Foot Stretch Band Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 CARD

## LIFT IT HIT IT BACK, BICEPS & SHOULDERS, cont'd

<b>CHAPTER 10</b> <b>One Arm Angled Row - Set 1</b> Dumbbell, Bench or Chair Cathe's Weight <b>30</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 11</b> <b>One Arm Angled Row - Set 2</b> Dumbbell, Bench or Chair Cathe's Weight <b>30</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 12</b> <b>One Arm Angled Row - Set 3</b> Dumbbell, Bench or Chair Cathe's Weight <b>30</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 13</b> <b>Finisher: One Arm Seated Band Pulls</b> 6 Foot Stretch Band	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
<b>CHAPTER 14</b> <b>Rear Delt Flys - Set 1</b> Two Dumbbells Cathe's Weight <b>15</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 15</b> <b>Rear Delt Flys - Set 2</b> Two Dumbbells Cathe's Weight <b>12</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 16</b> <b>Rear Delt Flys - Set 3</b> Two Dumbbells Cathe's Weight <b>12</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 17</b> <b>Finisher: One Arm Band Pulls</b> 6 Foot Stretch Band	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 CARD

## LIFT IT HIT IT BACK, BICEPS & SHOULDERS, cont'd

<b>CHAPTER 18</b> <b>Prone Rear Delts - Set 1</b> Two Dumbbells, Bench, Mat Cathe's Weight <b>8</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 19</b> <b>Prone Rear Delts - Set 2</b> Two Dumbbells, Bench, Mat Cathe's Weight <b>5</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 20</b> <b>Prone Rear Delts - Set 3</b> Two Dumbbells, Bench, Mat Cathe's Weight <b>5</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 21</b> <b>Finisher: Seated T-Band Pulls</b> 6 Foot Stretch Band	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
<b>CHAPTER 22</b> <b>Bicep Curls - Set 1</b> Dumbbell Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 23</b> <b>Bicep Curls - Set 2</b> Dumbbell Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 24</b> <b>Bicep Curls - Set 3</b> Dumbbell Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 25</b> <b>Finisher: W-Curls</b> Two Dumbbells Cathe's Weight <b>8</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 CARD

## LIFT IT HIT IT BACK, BICEPS & SHOULDERS, cont'd

CHAPTER 26 <b>Concentration Curls - Set 1</b> Dumbbell, Bench Cathe's Weight 20	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 <b>Concentration Curls - Set 2</b> Dumbbell, Bench Cathe's Weight 20	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 <b>Concentration Curls - Set 3</b> Dumbbell, Bench Cathe's Weight 20	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 <b>Finisher: Crazy Eights</b> Barbell Cathe's Weight 25	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 <b>Simultaneous Standing Hammer Curls - Set 1</b> Two Dumbbells Cathe's Weight 15	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 <b>Simultaneous Standing Hammer Curls - Set 2</b> Two Dumbbells Cathe's Weight 15	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 <b>Simultaneous Standing Hammer Curls - Set 3</b> Two Dumbbells Cathe's Weight 15	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 <b>Finisher: Crazy Eights</b> Barbell Cathe's Weight 25	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 CARD

## LIFT IT HIT IT CHEST, TRICEPS & SHOULDERS

<b>CHAPTER 2</b> <b>Flat Bench Press - Set 1</b> Two Dumbbells, Bench Cathe's Weight <b>30</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 3</b> <b>Flat Bench Press - Set 2</b> Two Dumbbells, Bench Cathe's Weight <b>30</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 4</b> <b>Flat Bench Press - Set 3</b> Two Dumbbells, Bench Cathe's Weight <b>30</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 5</b> <b>Finisher: Push Up</b> 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
<b>CHAPTER 6</b> <b>Incline Bench Press - Set 1</b> Two Dumbbells, Bench Cathe's Weight <b>30</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 7</b> <b>Incline Bench Press - Set 2</b> Two Dumbbells, Bench Cathe's Weight <b>25</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 8</b> <b>Incline Bench Press - Set 3</b> Two Dumbbells, Bench Cathe's Weight <b>25</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 9</b> <b>Finisher: Tricep Push Up</b> 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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<b>CHAPTER 10</b> <b>Incline Fly - Set 1</b> Two Dumbbells, Bench Cathe's Weight <b>25</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 11</b> <b>Incline Fly - Set 2</b> Two Dumbbells, Bench Cathe's Weight <b>25</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 12</b> <b>Incline Fly - Set 3</b> Two Dumbbells, Bench Cathe's Weight <b>25</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 13</b> <b>Finisher: Decline Push Up</b> Bench	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
<b>CHAPTER 14</b> <b>Super Set: BB Overhead Press/Uprt. Row - Set 1</b> Barbell Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 15</b> <b>Super Set: BB Overhead Press/Uprt. Row - Set 2</b> Barbell Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 16</b> <b>Super Set: BB Overhead Press/Uprt. Row - Set 3</b> Barbell Cathe's Weight <b>30</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 17</b> <b>Finisher: Scarecrows</b> Two Dumbbells Cathe's Weight <b>5</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

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<b>CHAPTER 18</b> <b>Super Set: Lateral Raise &amp; Front Raise - Set 1</b> Multiple Dumbbells Cathe's Weight <b>10 &amp; 15</b>	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
<b>CHAPTER 19</b> <b>Super Set: Lateral Raise &amp; Front Raise - Set 2</b> Multiple Dumbbells Cathe's Weight <b>10 &amp; 12</b>	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
<b>CHAPTER 20</b> <b>Super Set: Lateral Raise &amp; Front Raise - Set 3</b> Multiple Dumbbells Cathe's Weight <b>10 &amp; 15</b>	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
	Date	Weights	Reps	Date	Weights	Reps	Date	Weights	Reps
<b>CHAPTER 21</b> <b>Finisher: External Rotation Lateral Raises</b> Two Dumbbells Cathe's Weight <b>8</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 22</b> <b>Overhead Extensions - Set 1</b> Dumbbell Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 23</b> <b>Overhead Extensions - Set 2</b> Dumbbell Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 24</b> <b>Overhead Extensions - Set 3</b> Dumbbell Cathe's Weight <b>35</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CHAPTER 25</b> <b>Finisher: Dips</b> Bench	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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CHAPTER 26 <b>Barbell Lying Extension</b> <b>- Set 1</b> Barbell, Bench Cathe's Weight <b>30</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 <b>Barbell Lying Extension</b> <b>- Set 2</b> Barbell, Bench Cathe's Weight <b>30</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 <b>Barbell Lying Extension</b> <b>- Set 3</b> Barbell, Bench Cathe's Weight <b>30</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 <b>Finisher: Kickbacks</b> Two Dumbbells Cathe's Weight <b>10</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps