

STRONG AND SWEATY

USERS GUIDE



cath*e*

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ABOUT THE STRONG AND SWEATY WORKOUT SERIES



OVERVIEW

The Strong and Sweaty series is a collection of six DVDs which are geared toward the advanced exerciser. In this series we will explore multiple types of training methods to shock and challenge your muscles while also providing the cardio factor needed for a complete, well-rounded routine. The workouts in this series will challenge your entire body and will also put your physical endurance to the test! The varied equipment, rep patterns and techniques will ensure that maximum calories and body fat are torched while we also focus on building and shaping lean muscle mass.

Modifications

Although this series is geared toward the advanced exerciser, I will show some modification for some of the more difficult cardio movements. In the *Boot Camp* workout I will offer some modification tips during the main program. *Cardio Slam* offers a premix option that includes modification “pop up” blocks when more intense/ high impact exercises are performed. With this premix you will see a small box appear on your screen which will show me performing a low impact modification of the exercise being performed in the main program. As always with the weight routines, go lighter for less intensity (and or lower with your step height when applicable) and increase weight as you progress.

Premixes / Bonus Abs

Many premixes are offered with these workouts to give you even more exercise options as you progress through the series. This includes extreme premixes, time savers as well as mish moshes and upper only/lower only options. I have also included a fun and challenging new ab routine. We all know that our core gets worked when we perform any type of exercise. We are always working our midsections through stabilization and challenging movement. *Bonus Abs* will add a touch of focused core training to the overall program.

If you're ready to get Strong and Sweaty, grab your weights and your determination and let's get started!

ABOUT THE STRONG AND SWEATY WORKOUT SERIES

ABOUT THE SIX WORKOUTS

Boot Camp

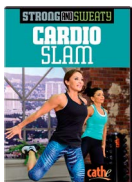


You can do anything for a minute! I've said it before and I'll say it again: You can do anything for a minute! Get ready to breathe heavy as we hit round after round of intense cardio and strength movements. Each of the six rounds consists of one minute of the following components: cardio, upper body, lower body and metabolic segments.

Variation in equipment and exercise selection will give this format a fresh new twist that will leave no muscle untouched and no calorie uncrushed!

This DVD includes the *Bonus Abs* section.

Cardio Slam



Looking to get a solid, sweaty, high-intensity cardio segment in less than an hour? Then this workout is for you! Prepare yourself for an intense mix of high impact and low impact blasts both on and off the step. In this workout you'll transition from floor cardio to mat cardio to step cardio with a mix of lightly weighted exercises throughout. A

mix of new exciting movements as well as some old favorites will keep you moving and breathing! Have your water—or perhaps even two—handy. It's time to sweat and slam!

This DVD includes the *Bonus Abs* section.

Cycle Sweat



We're back on the bikes and ready for action! Indoor cycling is a great cardio addition for anyone that is looking for maximum intensity with no impact. Cycle Sweat delivers just that and then some. This workout is jam packed with jumps, climbs and tabatas to keep that sweat pouring! Strap or snap into those pedals! It's gonna be a

bumpy ride!

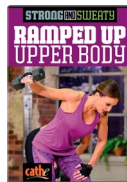
PHA Training



There's no time for downtime and in this workout we set out to prove it! In PHA Training you'll alternate from lower body to upper body with very short rest periods between exercises. The goal is to maximize blood flow between the upper and lower body while the shortened rest periods keep your heart rate up for cardiovascular and fat-burning benefits! In this workout you'll do two rounds of six different upper and lower body exercises with each round being repeated three times. Every muscle group gets its chance to push hard, recover and then push hard again. The results will speak for themselves!

This DVD includes the *Bonus Abs* section.

Ramped Up Upper Body



It's time to chisel some muscles! This workout will utilize both heavy and lighter weights with varied rep patterns to keep your muscles confused and working at maximum capacity. By combining the best of the two techniques your muscles will feel challenged even when it's time for lighter weights.

We will also add in some resistance tubing at the end of some of the rounds for an added bonus burn! In this workout we will stay focused on one particular upper body muscle group to totally fatigue it before moving to the next. Let's ramp up the reps, ramp up the burn and ramp up your results!

This DVD includes the *Bonus Abs* section.

Total Body Giant Sets



This workout will utilize giant sets to fatigue every muscle group while rep pattern and weight variations keep your heart pumping and your body firing! Each of the six giant sets in this workout will focus on a particular set of muscles and will push them to failure before moving on to the next combination of exercises. Giant sets are an amazing technique to add variation to your workout and also keep your muscles primed for continuous results. Roll up your sleeves and get ready to work hard because we're about to show those giant sets who's boss!

This DVD includes the *Bonus Abs* section.

ABOUT THE STRONG AND SWEATY WORKOUT SERIES

ABOUT THE STRONG AND SWEATY ROTATIONS

In this user's guide I've provided four individual rotations to get you started with my new series. Each of these rotations utilizes the **Strong and Sweaty** workouts in a different way and at a

different level of intensity. Choose the one that best suits your current workout needs to get the most out of your routine. Let's take a closer look at all four of the rotations...

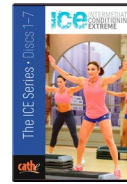
All Strong and Sweaty Rotation



It's time to get *strong and sweaty*! Let's get started with a 30 day rotation that's sure to re-ignite your fitness fire! Only **Strong and Sweaty** workouts are used in this 30-day program. This rotation will put your muscles to the test. Make sure you're getting plenty of water, protein and quality rest. Listen to your body and add in extra recovery if

needed. Strap on those lifting gloves, it's time to get busy!

Mixed Rotations



Strong & Icy – I've added this 30-day rotation for the intermediate exerciser who is now ready for the next level. Each week will include a mix of workouts from the "intermediate" **ICE Series** and the "advanced" **Strong and Sweaty**

Series. Core bonuses are included from both series in this rotation and one day off is scheduled into each week.



Strong & Ripped – This rotation uses workouts from the **Strong and Sweaty Series** and **Ripped with HiiT Series** and is perfect for an exerciser that is looking for a month of higher intensity cardio mixed with heavy weight training. With a

varied mix of HiiT training, solid cardio, solid weight training and circuit style training, you're sure to burn body fat and build solid, lean muscle mass. Strong and Sweaty and Ripped with HiiT core bonuses are included in this rotation and one day off is scheduled into each week.



Strong & Low – I've added this 30-day rotation for the exerciser who has trouble with high impact moves. Each week will include a mix of workouts from the **Low Impact Series** and the **Strong and Sweaty Series**. Don't be fooled! I said low

impact, not low intensity! In this rotation the scheduled "off" day in each week can be replaced with a yoga option to keep your body stretched and your joints flexible. I've also included some Strong and Sweaty core bonuses.

EQUIPMENT USED IN THE STRONG AND SWEATY SERIES

The Strong and Sweaty Series has been designed to be done in your home with minimal equipment. The only equipment needed for Strong and Sweaty is a bench or a step with three risers per side, dumbbells, a barbell, medium resistance tubing, mat, a rag

or sliding device, and stability ball. The dumbbell and barbell weights Cathe uses for every exercise in the Strong and Sweaty Series are included in the workout section of this user guide.

Dumbbells



Barbell



Step with Three Risers per Side



Stretch Band (Medium Tension Green)



Mat



Stability Ball



Rag (or Sliding Device)



QUICK START GUIDE

STEP #1

Select the Strong and Sweaty rotation workout program on the following pages that best fits your needs. Each Strong and Sweaty workout program is divided into weekly workout sections. Each of these weekly workout sections will tell you which Strong and Sweaty workout or pre-mix to do each day and the DVD the workout can be found on.

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 Strong and Sweaty workout listed in the Chapters section of this user guide as well as on each DVD.

STEP #3

Select the proper weights for each exercise. Selecting a weight that is too light or too heavy will greatly diminish the results you can expect from the Strong and Sweaty program.

The weight Cathe uses for every exercise is listed in the Chapters section of this user guide as well as at the beginning of every weight exercise in the Strong and Sweaty video. However, you should always use a weight that is appropriate for your fitness level.

STEP #4

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

STEP #5

Don't forget to use the optional Strong and Sweaty Bonus Abs workout in your Strong and Sweaty workout schedule. Just add it to the end of any workout you like, or select one of our pre-mixes.

On the following pages, you will find four Strong and Sweaty four-week rotations. Strong and Sweaty is 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 the Strong and Sweaty series. You'll get the perfect mix of cardio and strength to keep your body challenged and changing!

STRONG AND SWEATY ROTATION

ALL STRONG AND SWEATY



WEEK 1	WORKOUT	TIME
Monday	<u>Boot Camp</u>	45 min.
Tuesday	<u>Ramped Up Upper Body</u>	48 min.
Wednesday	<u>Cardio Slam + Bonus Abs</u>	65 min.
Thursday	<u>PHA Training</u>	44 min.
Friday	Off	
Saturday	<u>Cycle Sweat (or cardio of your choice)</u>	54 min.
Sunday	<u>Total Body Giant Sets</u>	52 min.

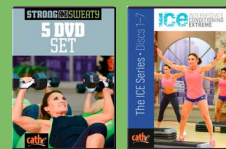
WEEK 2	WORKOUT	TIME
Monday	<u>Cardio Slam + Bonus Abs</u>	65 min.
Tuesday	<u>PHA Training</u>	44 min.
Wednesday	<u>Cycle Sweat (or cardio of your choice)</u>	54 min.
Thursday	<u>Total Body Giant Sets</u>	52 min.
Friday	Off	
Saturday	<u>Boot Camp</u>	45 min.
Sunday	<u>Ramped Up Upper Body</u>	48 min.

WEEK 3	WORKOUT	TIME
Monday	<u>Cardio Slam</u>	51 min.
Tuesday	<u>Total Body Giant Sets + Bonus Abs</u>	66 min.
Wednesday	<u>Cycle Sweat (or cardio of your choice)</u>	54 min.
Thursday	<u>PHA Training</u>	44 min.
Friday	Off	
Saturday	<u>Cardio Slam (premix of your choice)</u>	51 min.
Sunday	<u>Ramped Up Upper Body</u>	48 min.

WEEK 4	WORKOUT	TIME
Monday	<u>Boot Camp</u>	45 min.
Tuesday	<u>Ramped Up Upper Body</u>	48 min.
Wednesday	<u>Cardio Slam</u>	51 min.
Thursday	<u>PHA Training</u>	44 min.
Friday	Off	
Saturday	<u>Cycle Sweat (or cardio of your choice)</u>	54 min.
Sunday	<u>Total Body Giant Sets + Bonus Abs</u>	66 min.

MIXED ROTATIONS

STRONG AND ICY



WEEK 1	WORKOUT	TIME
Monday	ICE: Boot Camp Circuit	46 min.
Tuesday	Strong and Sweaty: Ramped Up Upper Body + Bonus Abs	62 min.
Wednesday	Strong and Sweaty: Cardio Slam	51 min.
Thursday	ICE: To The Mat: Legs & Glutes	50 min.
Friday	ICE: Rock'm Sock'm Kickbox + Icy Core 1	60 min.
Saturday	Off	
Sunday	Strong and Sweaty: Total Body Giant Sets	52 min.

WEEK 2	WORKOUT	TIME
Monday	ICE: Low Impact Sweat	47 min.
Tuesday	ICE: Chiseled Lower Body Blast + Icy Core 2	63 min.
Wednesday	Strong and Sweaty: Cycle Sweat (or cardio of your choice)	54 min.
Thursday	ICE: Chiseled Upper Body	43 min.
Friday	Strong and Sweaty: Cardio Slam + Bonus Abs	65 min.
Saturday	Off	
Sunday	Strong and Sweaty: PHA Training	44 min.

WEEK 3	WORKOUT	TIME
Monday	Strong and Sweaty: Boot Camp	45 min.
Tuesday	Strong and Sweaty: Ramped Up Upper Body + Bonus Abs	62 min.
Wednesday	ICE: Low Impact Sweat	47 min.
Thursday	ICE: To The Mat: Legs & Glutes	50 min.
Friday	ICE: Rock'm Sock'm Kickbox + Icy Core 1	60 min.
Saturday	Off	
Sunday	ICE: Metabolic Total Body	49 min.

WEEK 4	WORKOUT	TIME
Monday	ICE: Boot Camp Circuit	46 min.
Tuesday	ICE: Chiseled Lower Body Blast + Icy Core 2	63 min.
Wednesday	Strong and Sweaty: Cycle Sweat (or cardio of your choice)	54 min.
Thursday	ICE: Chiseled Upper Body	43 min.
Friday	Strong and Sweaty: Boot Camp	45 min.
Saturday	Off	
Sunday	Strong and Sweaty: PHA Training + Bonus Abs	58 min.

MIKED ROTATIONS

STRONG AND RIPPED



WEEK 1	WORKOUT	TIME
Monday	<u>Strong and Sweaty: Total Body Giant Sets</u>	52 min.
Tuesday	<u>Ripped with HiiT: Low Impact HiiT One</u>	30 min.
Wednesday	<u>Strong and Sweaty: Ramped Up Upper Body + Bonus Abs</u>	64 min.
Thursday	<u>Strong and Sweaty: Cycle Sweat (or cardio of your choice)</u>	54 min.
Friday	<u>Ripped with HiiT: HiiT Circuit Lower Body + Bonus Abs One</u>	59 min.
Saturday	Off	
Sunday	<u>Strong and Sweaty: Boot Camp</u>	45 min.

WEEK 2	WORKOUT	TIME
Monday	<u>Ripped with HiiT: Lift It Hit It Back, Biceps & Shoulders</u>	55 min.
Tuesday	<u>Strong and Sweaty: Cardio Slam & Bonus Abs</u>	65 min.
Wednesday	<u>Ripped with HiiT: Lift It Hit It Chest, Triceps & Shoulders</u>	42 min.
Thursday	<u>Ripped with HiiT: Lift It HiiT It Legs</u>	43 min.
Friday	<u>Ripped with HiiT: Low Impact HiiT Two + Bonus Abs Two</u>	45 min.
Saturday	Off	
Sunday	<u>Strong and Sweaty: PHA Training</u>	44 min.

WEEK 3	WORKOUT	TIME
Monday	<u>Strong and Sweaty: Boot Camp</u>	45 min.
Tuesday	<u>Strong and Sweaty: Ramped Up Upper Body + Bonus Abs</u>	64 min.
Wednesday	<u>Strong and Sweaty: Cycle Sweat (or cardio of your choice)</u>	54 min.
Thursday	<u>Ripped with HiiT: HiiT Circuit Lower Body</u>	49 min.
Friday	<u>Ripped with HiiT: Plyo HiiT One + Bonus Abs One</u>	40 min.
Saturday	Off	
Sunday	<u>Ripped with HiiT: HiiT Circuit Upper Body</u>	48 min.

WEEK 4	WORKOUT	TIME
Monday	<u>Ripped with HiiT: Lift It HiiT It Legs</u>	43 min.
Tuesday	<u>Ripped with HiiT: Lift It Hit It Back, Biceps & Shoulders</u>	55 min.
Wednesday	<u>Strong and Sweaty: Cardio Slam + Bonus Abs</u>	65 min.
Thursday	<u>Ripped with HiiT: Lift It Hit It Chest, Triceps & Shoulders</u>	42 min.
Friday	<u>Ripped with HiiT: Plyo HiiT Two + Bonus Abs Two</u>	42 min.
Saturday	Off	
Sunday	<u>Strong and Sweaty: Total Body Giant Sets</u>	52 min.

MIKED ROTATIONS

STRONG AND LOW



WEEK 1	WORKOUT	TIME
Monday	<u>Low Impact Series: Athletic Training</u>	59 min.
Tuesday	<u>Strong and Sweaty: Ramped Up Upper Body + Bonus Abs</u>	64 min.
Wednesday	<u>Low Impact Series: CycleMax (or cardio of your choice)</u>	62 min.
Thursday	<u>Low Impact Series: Turbo Barre</u>	78 min.
Friday	<u>Strong and Sweaty: Cardio Slam (Modification Premix)</u>	51 min.
Saturday	<u>Low Impact Series: Yoga Max or Off</u>	50 min.
Sunday	<u>Strong and Sweaty: PHA Training</u>	44 min.

WEEK 2	WORKOUT	TIME
Monday	<u>Low Impact Series: Cardio Supersets</u>	44 min.
Tuesday	<u>Low Impact Series: Total Body Trisets • Upper Body Split</u>	58 min.
Wednesday	<u>Strong and Sweaty: Cycle Sweat (or cardio of your choice)</u>	54 min.
Thursday	<u>Low Impact Series: Total Body Trisets • Lower Body Split</u>	41 min.
Friday	<u>Low Impact Series: AfterBurn</u>	56 min.
Saturday	<u>Low Impact Series: Yoga Relax or Off</u>	54 min.
Sunday	<u>Strong and Sweaty: Total Body Giant Sets</u>	52 min.

WEEK 3	WORKOUT	TIME
Monday	<u>Strong and Sweaty: Boot Camp (Low Impact Modifications)</u>	45 min.
Tuesday	<u>Low Impact Series: Slide & Glide</u>	55 min.
Wednesday	<u>Strong and Sweaty: Ramped Up Upper Body + Bonus Abs</u>	64 min.
Thursday	<u>Low Impact Series: Turbo Barre</u>	78 min.
Friday	<u>Low Impact Series: Athletic Training</u>	59 min.
Saturday	<u>Low Impact Series: Yoga Max or Off</u>	50 min.
Sunday	<u>Strong and Sweaty: PHA Training</u>	44 min.

WEEK 4	WORKOUT	TIME
Monday	<u>Low Impact Series: AfterBurn</u>	56 min.
Tuesday	<u>Low Impact Series: Total Body Trisets • Upper Body Split</u>	58 min.
Wednesday	<u>Strong and Sweaty: Cardio Slam (Modification Premix) + Bonus Abs</u>	65 min.
Thursday	<u>Low Impact Series: Total Body Trisets • Lower Body Split</u>	41 min.
Friday	<u>Low Impact Series: Low Impact Challenge</u>	54 min.
Saturday	<u>Low Impact Series: Yoga Relax or Off</u>	54 min.
Sunday	<u>Strong and Sweaty: Total Body Giant Sets</u>	52 min.

CHAPTERS

BOOT CAMP



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight NA

ROUND 1 - PLUNGE LUNGES

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

ROUND 1 - ELEVATED LUNGES

CHAPTER 3	Equipment: Barbell, Step with 2 Risers per Side
	Cathe's Weight 20 lb. My Weight

ROUND 1 - STATIC LUNGE & FRONT SIDE RAISE

CHAPTER 4	Equipment: Dumbbells
	Cathe's Weight 8 lb. My Weight

ROUND 1 - BICEP CURLS

CHAPTER 5	Equipment: Dumbbells
	Cathe's Weight 15 lb. My Weight

ROUND 2 - WIDE BOX JUMPS / PLYO JACKS / POWER 7S

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

ROUND 2 - MARCHING SUMOS

CHAPTER 7	Equipment: Barbell
	Cathe's Weight 20 lb. My Weight

ROUND 2 - FRONT SWING OVERHEAD PRESS

CHAPTER 8	Equipment: Dumbbells
	Cathe's Weight 10 lb. My Weight

ROUND 2 - PUSH UPS

CHAPTER 9	Equipment: None
	Cathe's Weight NA

ROUND 3 - SQUATS IN A BOX

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

ROUND 3 - CROSS BACK LUNGE SUMO SQUAT

CHAPTER 11	Equipment: Dumbbell
	Cathe's Weight 10 lb. My Weight

ROUND 3 - SINGLE LEG DEADLIFT WITH FRONT RAISE & UPRIGHT ROW

CHAPTER 12	Equipment: Barbell
	Cathe's Weight 20 lb. My Weight

ROUND 3 - DIPS

CHAPTER 13	Equipment: Barbell, Step with 2 Risers per Side
	Cathe's Weight 20 lb. My Weight

CHAPTERS

BOOT CAMP, CONTINUED



ROUND 4 - SQUAT THRUST / 2 PLANK JACKS / BOX JUMPS

CHAPTER 14	Equipment: Step with 2 Risers per Side	
	Cathe's Weight NA	

ROUND 4 - SQUAT TOSS

CHAPTER 15	Equipment: Dumbbell	
	Cathe's Weight 10 lb.	My Weight

ROUND 4 - REAR LUNGE (2 TRIPLES / 4 SINGLES)

CHAPTER 16	Equipment: Barbell, Step with 2 Risers per Side	
	Cathe's Weight 20 lb.	My Weight

ROUND 4 - ONE ARM BACK FLY & REVERSE FLY

CHAPTER 17	Equipment: Dumbbell	
	Cathe's Weight 12 lb.	My Weight

ROUND 5 - 2 STRADDLE JUMPS

CHAPTER 18	Equipment: Step with 2 Risers per Side	
	Cathe's Weight NA	

ROUND 5 - SIDE TO SIDE TOSS LUNGES

CHAPTER 19	Equipment: Dumbbell	
	Cathe's Weight 12 lb.	My Weight

ROUND 5 - CROSS OVER TOP CLEAN & PRESS

CHAPTER 20	Equipment: Barbell, Step with 2 Risers per Side	
	Cathe's Weight 20 lb.	My Weight

ROUND 5 - W CURLS

CHAPTER 21	Equipment: Dumbbells	
	Cathe's Weight 12 lb.	My Weight

ROUND 6 - SWIM LUNGES & PEAK LUNGES

CHAPTER 22	Equipment: Step with 2 Risers per Side	
	Cathe's Weight NA	

ROUND 6 - DIAGONAL FRONT LUNGES

CHAPTER 23	Equipment: Barbell	
	Cathe's Weight 20 lb.	My Weight

ROUND 6 - PULLOVERS & CHEST FLYS

CHAPTER 24	Equipment: Dumbbells, Step with 2 Risers per Side	
	Cathe's Weight 12 lb.	My Weight

ROUND 6 - KICKBACK PLANKS

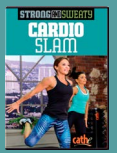
CHAPTER 25	Equipment: Dumbbell	
	Cathe's Weight 10 lb.	My Weight

STRETCH

CHAPTER 26	Equipment: Step with 2 Risers per Side	
	Cathe's Weight NA	

CHAPTERS

CARDIO SLAM



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight NA

FLOOR - POWER SCISSOR (MODIFICATION AVAILABLE)

CHAPTER 2	Equipment: Dumbbell
	Cathe's Weight 5 lb. My Weight

FLOOR - DROP SQUAT & CROSS JACK

CHAPTER 3	Equipment: None
	Cathe's Weight NA

FLOOR - DOUBLE UNDERS

CHAPTER 4	Equipment: None
	Cathe's Weight NA

FLOOR - SCISSOR SCISSOR WIDE Plié JACK (MODIFICATION AVAILABLE)

CHAPTER 5	Equipment: None
	Cathe's Weight NA

FLOOR - LOW LOADED SQUAT (MODIFICATION AVAILABLE)

CHAPTER 6	Equipment: Dumbbells
	Cathe's Weight 3 lb. My Weight

FLOOR - SHUFFLE SHUFFLE LONG REACH

CHAPTER 7	Equipment: None
	Cathe's Weight NA

FLOOR - 3 LATERAL SKATES / 2 HIGH KNEE RUNS (MODIFICATION AVAILABLE)

CHAPTER 8	Equipment: None
	Cathe's Weight NA

FLOOR - POWER SCISSORS WITH LATERAL ARM RAISE (MODIFICATION AVAILABLE)

CHAPTER 9	Equipment: Dumbbells
	Cathe's Weight 3 lb. My Weight

FLOOR - LOW IMPACT SQUAT BUTT KICKS

CHAPTER 10	Equipment: Dumbbells
	Cathe's Weight 3 lb. My Weight

FLOOR - FRONT/BACK JACK / JACK / AIR JACK (MODIFICATION AVAILABLE)

CHAPTER 11	Equipment: None
	Cathe's Weight NA

FLOOR - TOUCH DOWN JACKS

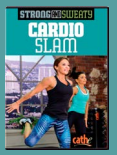
CHAPTER 12	Equipment: Dumbbell
	Cathe's Weight 5 lb. My Weight

FLOOR - FRONT SWING TREE POSE

CHAPTER 13	Equipment: Dumbbell
	Cathe's Weight 5 lb. My Weight

CHAPTERS

CARDIO SLAM, CONTINUED



FLOOR - WIDE SQUAT THRUST BURPEE WITH CRISS CROSS JACK (MODIFICATION AVAILABLE)

CHAPTER 14	Equipment: None
	Cathe's Weight NA

FLOOR - EXPLOSIVE BUTT KICKS

CHAPTER 15	Equipment: None
	Cathe's Weight NA

MAT - SLAM ITS

CHAPTER 16	Equipment: Mat
	Cathe's Weight NA

MAT - TRAVELING POWER SCISSOR (MODIFICATION AVAILABLE)

CHAPTER 17	Equipment: Mat
	Cathe's Weight NA

MAT - POWER HOP FORWARD / BLOCK JACK BACK (MODIFICATION AVAILABLE)

CHAPTER 18	Equipment: Mat
	Cathe's Weight NA

MAT - SPIDERMAN

CHAPTER 19	Equipment: Mat
	Cathe's Weight NA

MAT - SQUAT THRUST JUMP OVER TOP (MODIFICATION AVAILABLE)

CHAPTER 20	Equipment: Mat
	Cathe's Weight NA

MAT - 2 LATERAL HOPS / JUMP FRONT / JUMP BACK (MODIFICATION AVAILABLE)

CHAPTER 21	Equipment: Mat
	Cathe's Weight NA

MAT - LONG JUMP / STRADDLE JUMP (MODIFICATION AVAILABLE)

CHAPTER 22	Equipment: Mat
	Cathe's Weight NA

MAT - FOOTBALL RUNS

CHAPTER 23	Equipment: Mat
	Cathe's Weight NA

MAT - LATERAL SKATE OVER / JUMP RETURN (MODIFICATION AVAILABLE)

CHAPTER 24	Equipment: Mat
	Cathe's Weight NA

MAT - SPEED LATERAL RUNS

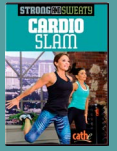
CHAPTER 25	Equipment: Mat
	Cathe's Weight NA

STEP - HOPSCOTCH (MODIFICATION AVAILABLE)

CHAPTER 26	Equipment: Step (Platform Only), Mat
	Cathe's Weight NA

CHAPTERS

CARDIO SLAM, CONTINUED



STEP - LOW IMPACT SPRINTERS

CHAPTER 27	Equipment: Step (Platform Only), Mat
	Cathe's Weight NA

STEP - ELEVATED JACKS (MODIFICATION AVAILABLE)

CHAPTER 28	Equipment: Step (Platform Only), Mat
	Cathe's Weight NA

STEP - SQUAT THRUST / 2 PLANK JACKS (MODIFICATION AVAILABLE)

CHAPTER 29	Equipment: Step (Platform Only), Mat
	Cathe's Weight NA

STEP - STRADDLE TAPS (MODIFICATION AVAILABLE)

CHAPTER 30	Equipment: Step (Platform Only), Mat
	Cathe's Weight NA

STEP - SWIM LUNGES (MODIFICATION AVAILABLE)

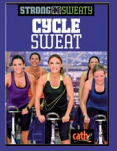
CHAPTER 31	Equipment: Dumbbells, Step (Platform Only), Mat
	Cathe's Weight 3 lb. My Weight

STRETCH

CHAPTER 32	Equipment: Mat
	Cathe's Weight NA

CHAPTERS

CYCLE SWEAT



WARM UP

CHAPTER 1	Equipment: Indoor Cycle
	Cathe's Weight NA

LIGHT STANDING CLIMB

CHAPTER 2	Equipment: Indoor Cycle
	Cathe's Weight NA

ENDURANCE RIDE

CHAPTER 3	Equipment: Indoor Cycle
	Cathe's Weight NA

STANDING IN SECOND / HINGE TO THIRD

CHAPTER 4	Equipment: Indoor Cycle
	Cathe's Weight NA

ONE MINUTE ENDURANCE RIDE

CHAPTER 5	Equipment: Indoor Cycle
	Cathe's Weight NA

SEATED 4 COUNTS TO STANDING 4 COUNTS + SURGE

CHAPTER 6	Equipment: Indoor Cycle
	Cathe's Weight NA

SINGLE LIFTS

CHAPTER 7	Equipment: Indoor Cycle
	Cathe's Weight NA

THIRD POSITION HILL CLIMB + SURGE

CHAPTER 8	Equipment: Indoor Cycle
	Cathe's Weight NA

TABATAS

CHAPTER 9	Equipment: Indoor Cycle
	Cathe's Weight NA

SECOND / THIRD / SECOND / SIT

CHAPTER 10	Equipment: Indoor Cycle
	Cathe's Weight NA

SEATED HEAVY HILL CLIMB

CHAPTER 11	Equipment: Indoor Cycle
	Cathe's Weight NA

TABATAS

CHAPTER 12	Equipment: Indoor Cycle
	Cathe's Weight NA

ONE MINUTE ENDURANCE RIDE

CHAPTER 13	Equipment: Indoor Cycle
	Cathe's Weight NA

CHAPTERS

CYCLE SWEAT, CONTINUED



COOLDOWN / STRETCH

CHAPTER	Equipment: Indoor Cycle
14	Cathe's Weight NA

CHAPTERS

PHA TRAINING



WARM UP

CHAPTER 1	Equipment: Step with 3 Risers per Side
	Cathe's Weight NA

ROUND 1A - SQUAT OFF THE END

CHAPTER 2	Equipment: Dumbbell, Step with 3 Risers per Side
	Cathe's Weight 15 lb. My Weight

ROUND 1A - OVERHEAD PRESSES

CHAPTER 3	Equipment: Dumbbells
	Cathe's Weight 15 lb. My Weight

ROUND 1A - SIDE LUNGES

CHAPTER 4	Equipment: Dumbbells
	Cathe's Weight 12 lb. My Weight

ROUND 1A - UPRIGHT ROWS

CHAPTER 5	Equipment: Dumbbells
	Cathe's Weight 15 lb. My Weight

ROUND 1A - STEP UPS

CHAPTER 6	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight 12 lb. My Weight

ROUND 1A - RELEASE PUSH UPS

CHAPTER 7	Equipment: Mat
	Cathe's Weight NA

ROUND 1B - SQUAT OFF THE END

CHAPTER 8	Equipment: Dumbbell, Step with 3 Risers per Side
	Cathe's Weight 15 lb. My Weight

ROUND 1B - OVERHEAD PRESSES

CHAPTER 9	Equipment: Dumbbells
	Cathe's Weight 15 lb. My Weight

ROUND 1B - SIDE LUNGES

CHAPTER 10	Equipment: Dumbbells
	Cathe's Weight 12 lb. My Weight

ROUND 1B - UPRIGHT ROWS

CHAPTER 11	Equipment: Dumbbells
	Cathe's Weight 15 lb. My Weight

ROUND 1B - STEP UPS

CHAPTER 12	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight 12 lb. My Weight

ROUND 1B - RELEASE PUSH UPS

CHAPTER 13	Equipment: Mat
	Cathe's Weight NA

CHAPTERS

PHA TRAINING, CONTINUED



ROUND 1C - SQUAT OFF THE END

CHAPTER 14	Equipment: Dumbbell, Step with 3 Risers per Side
	Cathe's Weight 15 lb. My Weight

ROUND 1C - OVERHEAD PRESSES

CHAPTER 15	Equipment: Dumbbells
	Cathe's Weight 15 lb. My Weight

ROUND 1C - SIDE LUNGES

CHAPTER 16	Equipment: Dumbbells
	Cathe's Weight 12 lb. My Weight

ROUND 1C - UPRIGHT ROWS

CHAPTER 17	Equipment: Dumbbells
	Cathe's Weight 15 lb. My Weight

ROUND 1C - STEP UPS

CHAPTER 18	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight 12 lb. My Weight

ROUND 1C - RELEASE PUSH UPS

CHAPTER 19	Equipment: Mat
	Cathe's Weight NA

ROUND 2A - CROSS BACK LUNGES

CHAPTER 20	Equipment: Dumbbell, Step with 3 Risers per Side
	Cathe's Weight 15 lb. My Weight

ROUND 2A - BICEP CURLS

CHAPTER 21	Equipment: Dumbbells
	Cathe's Weight 15 lb. My Weight

ROUND 2A - DEADLIFTS

CHAPTER 22	Equipment: Dumbbells
	Cathe's Weight 25 lb. My Weight

ROUND 2A - PULLOVERS

CHAPTER 23	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight 15 lb. My Weight

ROUND 2A - STANDING SQUATS

CHAPTER 24	Equipment: Dumbbells
	Cathe's Weight 20 lb. My Weight

ROUND 2A - LYING EXTENSIONS

CHAPTER 25	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight 12 lb. My Weight

ROUND 2B - CROSS BACK LUNGES

CHAPTER 26	Equipment: Dumbbell, Step with 3 Risers per Side
	Cathe's Weight 15 lb. My Weight

CHAPTERS

PHA TRAINING, CONTINUED



ROUND 2B - BICEP CURLS

CHAPTER 27	Equipment: Dumbbells	
	Cathe's Weight 15 lb.	My Weight

ROUND 2B - DEADLIFTS

CHAPTER 28	Equipment: Dumbbells	
	Cathe's Weight 25 lb.	My Weight

ROUND 2B - PULLOVERS

CHAPTER 29	Equipment: Dumbbells, Step with 3 Risers per Side	
	Cathe's Weight 15 lb.	My Weight

ROUND 2B - STANDING SQUATS

CHAPTER 30	Equipment: Dumbbells	
	Cathe's Weight 20 lb.	My Weight

ROUND 2B - LYING EXTENSIONS

CHAPTER 31	Equipment: Dumbbells, Step with 3 Risers per Side	
	Cathe's Weight 12 lb.	My Weight

ROUND 2C - CROSS BACK LUNGES

CHAPTER 32	Equipment: Dumbbell, Step with 3 Risers per Side	
	Cathe's Weight 15 lb.	My Weight

ROUND 2C - BICEP CURLS

CHAPTER 33	Equipment: Dumbbells	
	Cathe's Weight 15 lb.	My Weight

ROUND 2C - DEADLIFTS

CHAPTER 34	Equipment: Dumbbells	
	Cathe's Weight 25 lb.	My Weight

ROUND 2C - PULLOVERS

CHAPTER 35	Equipment: Dumbbells, Step with 3 Risers per Side	
	Cathe's Weight 15 lb.	My Weight

ROUND 2C - STANDING SQUATS

CHAPTER 36	Equipment: Dumbbells	
	Cathe's Weight 20 lb.	My Weight

ROUND 2C - LYING EXTENSIONS

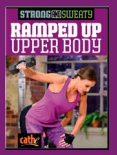
CHAPTER 37	Equipment: Dumbbells, Step with 3 Risers per Side	
	Cathe's Weight 12 lb.	My Weight

STRETCH

CHAPTER 38	Equipment: Step with 3 Risers per Side	
	Cathe's Weight NA	

CHAPTERS

RAMPED UP UPPER BODY



WARM UP

CHAPTER 1	Equipment: None	
	Cathe's Weight NA	

BACK - ONE ARM ROW (R)

CHAPTER 2	Equipment: Dumbbell, Step with 3 Risers per Side	
	Cathe's Weight 30 lb.	My Weight

BACK - ONE ARM BACK FLY (R)

CHAPTER 3	Equipment: Dumbbell	
	Cathe's Weight 10 lb.	My Weight

BACK - ONE ARM ROW (L)

CHAPTER 4	Equipment: Dumbbell, Step with 3 Risers per Side	
	Cathe's Weight 30 lb.	My Weight

BACK - ONE ARM BACK FLY (L)

CHAPTER 5	Equipment: Dumbbell	
	Cathe's Weight 10 lb.	My Weight

BACK - ONE ARM ROW (R)

CHAPTER 6	Equipment: Dumbbell, Step with 3 Risers per Side	
	Cathe's Weight 30 lb.	My Weight

BACK - ONE ARM BACK FLY (R)

CHAPTER 7	Equipment: Dumbbell	
	Cathe's Weight 10 lb.	My Weight

BACK - ONE ARM ROW (L)

CHAPTER 8	Equipment: Dumbbell, Step with 3 Risers per Side	
	Cathe's Weight 30 lb.	My Weight

BACK - ONE ARM BACK FLY (L)

CHAPTER 9	Equipment: Dumbbell	
	Cathe's Weight 10 lb.	My Weight

BACK - PULLOVERS

CHAPTER 10	Equipment: Dumbbell, Step with 3 Risers per Side	
	Cathe's Weight 35 lb.	My Weight

BACK - PULLOVERS

CHAPTER 11	Equipment: Dumbbell, Step with 3 Risers per Side	
	Cathe's Weight 35 lb.	My Weight

BACK - REAR DELT FLYS

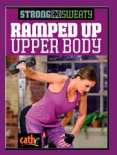
CHAPTER 12	Equipment: Dumbbell	
	Cathe's Weight 10 lb.	My Weight

BACK - REAR DELT FLYS

CHAPTER 13	Equipment: Dumbbell	
	Cathe's Weight 10 lb.	My Weight

CHAPTERS

RAMPED UP UPPER BODY, CONTINUED



BACK - T-BAND PULLS

CHAPTER 14	Equipment: Resistance Tubing (Medium)	
	Cathe's Weight NA	

CHEST - CHEST FLYS

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

CHEST - PUSH UPS

CHAPTER 16	Equipment: None	
	Cathe's Weight NA	

CHEST - CHEST FLYS

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

CHEST - PUSH UPS

CHAPTER 18	Equipment: None	
	Cathe's Weight NA	

TRICEPS - CLOSE GRIP BENCH PRESSES

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

TRICEPS - CLOSE GRIP BENCH PRESSES

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

TRICEPS - DIPS

CHAPTER 21	Equipment: Step with 3 Risers per Side	
	Cathe's Weight NA	

TRICEPS - LYING EXTENSIONS

CHAPTER 22	Equipment: Dumbbells, Step with 3 Risers per Side	
	Cathe's Weight 10 lb.	My Weight

TRICEPS - LYING EXTENSIONS

CHAPTER 23	Equipment: Dumbbells, Step with 3 Risers per Side	
	Cathe's Weight 10 lb.	My Weight

TRICEPS - LYING EXTENSIONS

CHAPTER 24	Equipment: Dumbbells, Step with 3 Risers per Side	
	Cathe's Weight 10 lb.	My Weight

TRICEPS - STANDING OVERHEAD EXTENSIONS

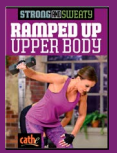
CHAPTER 25	Equipment: Dumbbells	
	Cathe's Weight 12 lb.	My Weight

TRICEPS - BAND KICKBACKS

CHAPTER 26	Equipment: Resistance Tubing (Medium)	
	Cathe's Weight NA	

CHAPTERS

RAMPED UP UPPER BODY, CONTINUED



SHOULDERS - OVERHEAD PRESSES

CHAPTER 27	Equipment: Dumbbells	
	Cathe's Weight 15 lb.	My Weight

SHOULDERS - FRONT RAISES

CHAPTER 28	Equipment: Dumbbell	
	Cathe's Weight 15 lb.	My Weight

SHOULDERS - LATERAL RAISES

CHAPTER 29	Equipment: Dumbbells	
	Cathe's Weight 5 lb.	My Weight

SHOULDERS - OVERHEAD PRESSES

CHAPTER 30	Equipment: Dumbbells	
	Cathe's Weight 15 lb.	My Weight

SHOULDERS - FRONT RAISES

CHAPTER 31	Equipment: Dumbbell	
	Cathe's Weight 15 lb.	My Weight

SHOULDERS - LATERAL RAISES

CHAPTER 32	Equipment: Dumbbells	
	Cathe's Weight 5 lb.	My Weight

SHOULDERS - LATERAL BAND CIRCLES

CHAPTER 33	Equipment: Resistance Tubing (Medium)	
	Cathe's Weight NA	

SHOULDERS - BAND KICK BACKS - REAR DELTS

CHAPTER 34	Equipment: Resistance Tubing (Medium), Step with 3 Risers per Side	
	Cathe's Weight NA	

BICEPS - HAMMER CURLS

CHAPTER 35	Equipment: Dumbbells	
	Cathe's Weight 15 lb.	My Weight

BICEPS - SWEEPING CURLS

CHAPTER 36	Equipment: Dumbbells	
	Cathe's Weight 15 lb.	My Weight

BICEPS - ISOLATION CURLS

CHAPTER 37	Equipment: Dumbbells	
	Cathe's Weight 12 lb.	My Weight

BICEPS - STANDING BICEP CURLS

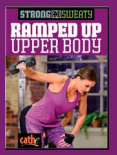
CHAPTER 38	Equipment: Dumbbells	
	Cathe's Weight 15 lb.	My Weight

BICEPS - CRAZY EIGHTS

CHAPTER 39	Equipment: Resistance Tubing (Medium)	
	Cathe's Weight NA	

CHAPTERS

RAMPED UP UPPER BODY, CONTINUED



STRETCH

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

CHAPTERS

TOTAL BODY GIANT SETS



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight NA

ROUND 1 - SQUATS

CHAPTER 2	Equipment: Barbell
	Cathe's Weight 40 lb. My Weight

ROUND 1 - REAR SLIDING LUNGES

CHAPTER 3	Equipment: Dumbbells, Rag (or Sliding Device)
	Cathe's Weight 12 lb. My Weight

ROUND 1 - Plié SQUATS

CHAPTER 4	Equipment: Barbell
	Cathe's Weight 40 lb. My Weight

ROUND 1 - SIDE SLIDE LUNGES

CHAPTER 5	Equipment: Dumbbell, Rag (or Sliding Device)
	Cathe's Weight 15 lb. My Weight

ROUND 1 - DEADLIFTS

CHAPTER 6	Equipment: Dumbbells
	Cathe's Weight 25 lb. My Weight

ROUND 2 - SHOULDER OVERHEAD PRESS

CHAPTER 7	Equipment: Dumbbells
	Cathe's Weight 15 lb. My Weight

ROUND 2 - UPRIGHT ROWS

CHAPTER 8	Equipment: Dumbbells
	Cathe's Weight 15 lb. My Weight

ROUND 2 - REAR DELT FLYS

CHAPTER 9	Equipment: Dumbbells
	Cathe's Weight 12 lb. My Weight

ROUND 2 - INCLINE FRONT RAISE

CHAPTER 10	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight 8 lb. My Weight

ROUND 2 - SEATED LATERAL RAISE

CHAPTER 11	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight 8 lb. My Weight

ROUND 3 - WIDE STANCE DEADLIFTS

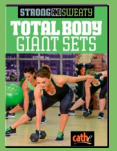
CHAPTER 12	Equipment: Barbell
	Cathe's Weight 55 lb. My Weight

ROUND 3 - CROSS BACK SLIDE LUNGES

CHAPTER 13	Equipment: Dumbbell, Rag (or Sliding Device)
	Cathe's Weight 15 lb. My Weight

CHAPTERS

TOTAL BODY GIANT SETS, CONTINUED



ROUND 3 - DIAGONAL LUNGES

CHAPTER 14	Equipment: Dumbbells	
	Cathe's Weight 12 lb.	My Weight

ROUND 3 - STATIC LUNGES

CHAPTER 15	Equipment: Dumbbell	
	Cathe's Weight 20 lb.	My Weight

ROUND 3 - WARRIOR LUNGES

CHAPTER 16	Equipment: Rag (or Sliding Device)	
	Cathe's Weight NA	

ROUND 4 - ONE ARM ROW

CHAPTER 17	Equipment: Dumbbell, Stability Ball, Mat	
	Cathe's Weight 25 lb.	My Weight

ROUND 4 - PULL OVERS

CHAPTER 18	Equipment: Dumbbells, Stability Ball, Mat	
	Cathe's Weight 15 lb.	My Weight

ROUND 4 - CHEST FLYS

CHAPTER 19	Equipment: Dumbbells, Stability Ball, Mat	
	Cathe's Weight 20 lb.	My Weight

ROUND 4 - INCLINE PRESS

CHAPTER 20	Equipment: Dumbbells, Stability Ball, Mat	
	Cathe's Weight 20 lb.	My Weight

ROUND 4 - PUSH UPS

CHAPTER 21	Equipment: Mat	
	Cathe's Weight NA	

ROUND 5 - SQUATS

CHAPTER 22	Equipment: Barbell	
	Cathe's Weight 40 lb.	My Weight

ROUND 5 - DEADLIFTS

CHAPTER 23	Equipment: Dumbbells	
	Cathe's Weight 25 lb.	My Weight

ROUND 5 - PLIÉ SQUATS

CHAPTER 24	Equipment: Barbell	
	Cathe's Weight 40 lb.	My Weight

ROUND 5 - SWEEPER LUNGES

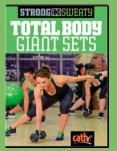
CHAPTER 25	Equipment: Rag (or Sliding Device)	
	Cathe's Weight NA	

ROUND 5 - SIDE SLIDE PICK UPS

CHAPTER 26	Equipment: Dumbbell, Rag (or Sliding Device)	
	Cathe's Weight 15 lb.	My Weight

CHAPTERS

TOTAL BODY GIANT SETS, CONTINUED



ROUND 6 - SEATED OVERHEAD EXTENSIONS

CHAPTER 27	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight 15 lb. My Weight

ROUND 6 - CLOSE GRIP BENCH PRESS

CHAPTER 28	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight 15 lb. My Weight

ROUND 6 - LYING EXTENSIONS

CHAPTER 29	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight 12 lb. My Weight

ROUND 6 - SEATED W CURLS

CHAPTER 30	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight 15 lb. My Weight

ROUND 6 - INCLINE HAMMER CURLS

CHAPTER 31	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight 15 lb. My Weight

ROUND 6 - PREACHER CURLS

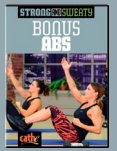
CHAPTER 32	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight 12 lb. My Weight

STRETCH

CHAPTER 33	Equipment: Stability Ball
	Cathe's Weight NA

CHAPTERS

BONUS ABS



ROLL DOWNS

CHAPTER 1	Equipment: Mat
	Cathe's Weight NA

REVERSE CRUNCH & PILATE PRESSES

CHAPTER 2	Equipment: Mat
	Cathe's Weight NA

SIDE PLANK ELEVATED TOE TAPS

CHAPTER 3	Equipment: Mat
	Cathe's Weight NA

SIDE TAP OBLIQUES

CHAPTER 4	Equipment: Mat
	Cathe's Weight NA

ROPE CLIMB

CHAPTER 5	Equipment: Mat
	Cathe's Weight NA

L POSITION LEG CIRCLES

CHAPTER 6	Equipment: Mat
	Cathe's Weight NA

WEIGHTED SIT UPS

CHAPTER 7	Equipment: Dumbbell, Mat	
	Cathe's Weight 8 lb.	My Weight

SIT UP TWIST

CHAPTER 8	Equipment: Dumbbell, Mat	
	Cathe's Weight 8 lb.	My Weight

L POSITION PULLOVERS

CHAPTER 9	Equipment: Dumbbells, Mat	
	Cathe's Weight 8 lb.	My Weight

PLANK COMPLEX

CHAPTER 10	Equipment: Mat
	Cathe's Weight NA

PREMIXES

BOOT CAMP



BASIC PREMIXES

Premix #1	Warm Up + Rounds 1-6 + Bonus Abs + Stretch	56:14
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TIMESAVER PREMIXES

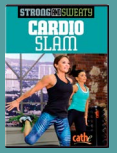
Premix #1	Warm Up + Rounds 1-3 + Stretch	25:29
Premix #2	Warm Up + Rounds 1-4 + Stretch	31:36
Premix #3	Warm Up + Rounds 1-5 + Stretch	37:51
Premix #4	No Cardio Exercises	35:37
Premix #5	No Lower Body Exercises	33:59
Premix #6	No Metabolic Exercises	34:39
Premix #7	No Upper Body Exercises	35:22

MISHMOSH PREMIXES

Extreme #1	(Double It) Warm Up + Rounds 1-6 + Rounds 1-6 + Stretch	80:34
Extreme #2	Warm Up + Rounds 1-6 + Round 2 + Round 3 + Round 5 + Stretch	62:12
Extreme #3	(Includes Bonus Abs Mixed In) Warm Up + Round 1 + Bonus Abs (Roll Downs + Reverse Crunch & Pilate Presses) + Round 2 + Bonus Abs (Side Plank Elevated Toe Taps) + Round 3 + Bonus Abs (Side Tap Obliques) + Round 4 + Bonus Abs (Rope Climb) + Round 5 + Bonus Abs (L Position Circles) + Round 6 + Bonus Abs (Weighted Sit Ups + Sit Up Twist + L Position Pullovers Plank Complex) + Stretch	57:18
Scrambled #1	Warm Up + Rounds 4-6 + Rounds 1-3 + Stretch	43:44
Scrambled #2	Warm Up + Round 1 + Round 5 + Round 3 + Round 4 + Round 2 + Round 6 + Stretch	44:07

PREMIXES

CARDIO SLAM



BASIC PREMIXES

Premix #1	Warm Up + Floor Cardio + Mat Cardio + Step Cardio + Bonus Abs + Stretch	62:43
Modification #1	Normal routine is shown with modifications.	49:16
Modification #2	Normal routine is shown with modifications + Bonus Abs + Stretch	62:27

TIMESAVER PREMIXES

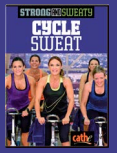
Premix #1	(No Mat Cardio): Warm Up + Floor Cardio + Step Cardio + Stretch	33:52
Premix #2	(No Step Cardio): Warm Up + Floor Cardio + Mat Cardio + Stretch	40:41
Premix #3	(No Floor Cardio): Warm Up Mat Cardio + Step Cardio + Stretch	33:10
Premix #4	(Floor Cardio Only): Warm Up + Floor Cardio + Stretch	25:02
Premix #5	(Mat Cardio Only): Warm Up + Mat Cardio + Stretch	24:19
Premix #6	(Step Cardio Only): Warm Up + Floor Cardio + Stretch	17:31
Premix #7	(Floor & Mat Cardio Exercises Reduced): Warm Up + Floor Cardio First Half (Power Scissor through 3 Lateral Skates) + Mat Cardio Second Half (Squat Thrust Jump Over The Top through Speed Lateral Runs) + Step Cardio (All Exercises) + Stretch	35:24

MISHMOSH PREMIXES

Scrambled #1	(Step First): Warm Up + Step Cardio + Floor Cardio + Mat Cardio + Stretch	49:32
Scrambled #2	(Mat First): Warm Up + Mat Cardio + Floor Cardio + Step Cardio + Stretch	49:32
Extreme #1	(Double It): Warm Up + Floor Cardio + Mat Cardio + Step Cardio + Floor Cardio + Mat Cardio + Step Cardio + Stretch	90:23
Extreme #2	(2 Rounds of Abs Mixed In): Warm Up + Floor Cardio + Bonus Abs (Roll Downs through Rope Climb) + Mat Cardio + Bonus Abs (L Position Leg Circles through Plank Complex) + Step Cardio + Stretch	62:43

PREMIXES

CYCLE SWEAT



TIMESAVER PREMIXES

Premix #1	4 sections eliminated from the main workout in this ride.	36:04
Premix #2	5 sections eliminated from the main workout in this ride.	38:03
Premix #3	Another 4 sections eliminated from the main workout in this ride.	39:26

MISHMOSH PREMIXES

Scrambled	All 14 sections, but in a different order in this ride.	57:13
Extreme	Take it to the max in this ride. After doing the main workout 6 segments are repeated including 3 Tabata sections.	74:22

PREMIXES

PHA TRAINING



BASIC PREMIXES

Premix #1	Warm Up + All Six Rounds + Bonus Abs + Stretch	56:31
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TIMESAVER PREMIXES

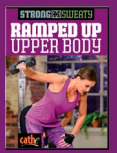
Premix #1	Warm Up + Rounds 1A + 1B + 2A + 2B + Stretch	31:07
Premix #2	Warm Up + Rounds 2A + 2B + 2C + Stretch	25:21
Premix #3	Warm Up + Rounds 1A + 2A + 1B + 2B + Stretch	31:07
Premix #4	Warm Up + Rounds 1A + 1B + 1C + Stretch	25:11
Premix #5	Warm Up + Rounds 1A + 1B + 1C + 2A + Stretch	31:06
Premix #6	Warm Up + Rounds 1A + 1B + 1C + 2A + 2B + Stretch	37:02

MISHMOSH PREMIXES

Scrambled #1	Warm Up + Rounds 2A + 2B + 2C + 1A + 1B + 1C + Stretch	43:04
Scrambled #2	Warm Up + Rounds 2A + 1A + 2B + 1B + 2C + 1C + Stretch	43:04
Upper Body Split #1	All of the upper body exercises in their original order repeated three times.	23:09
Upper Body Split #2	You will do three sets of the same upper body exercise before moving on to the next exercise.	23:09
Lower Body Split #1	All of the lower body exercises in their original order repeated three times.	27:22
Lower Body Split #2	You will do three sets of the same lower body exercise before moving on to the next exercise.	27:22
Extreme #1	Warm Up + Rounds 1A + 1B + 1C + 2A + 2B + 2C + 1A + 1B + 1C + 2A + 2B + 2C + Stretch	78:56
Extreme #2	Warm Up + Rounds 1A + 1B + 1C + 2A + 2B + 2C + 1A + 2A + Stretch	55:03

PREMIXES

RAMPED UP UPPER BODY



BASIC PREMIXES

Premix #1	Warm Up + Back + Chest + Triceps + Shoulders + Biceps + Bonus Abs + Stretch	59:52
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TIMESAVER PREMIXES

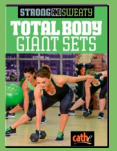
Premix #1	Double Back: Warm Up + Back + Back + Stretch	29:02
Premix #2	Triple Back: Warm Up + Back + Back + Back + Stretch	39:35
Premix #3	Double Chest: Warm Up + Chest + Chest + Stretch	16:24
Premix #4	Triple Chest: Warm Up + Chest + Chest + Chest + Stretch	20:53
Premix #5	Double Triceps: Warm Up + Triceps + Triceps + Stretch	23:13
Premix #6	Triple Triceps: Warm Up + Triceps + Triceps + Triceps + Stretch	30:40
Premix #7	Double Shoulders: Warm Up + Shoulders + Shoulders + Stretch	23:25
Premix #8	Triple Shoulders: Warm Up + Shoulders + Shoulders + Shoulders + Stretch	31:11
Premix #9	Double Biceps: Warm Up + Biceps + Biceps + Stretch	21:05
Premix #10	Triple Biceps: Warm Up + Biceps + Biceps + Biceps + Stretch	27:38
Premix #11	Back & Chest: Warm Up + Back + Back + Chest + Chest + Stretch	38:00
Premix #12	Tri's and Bi's: Warm Up + Triceps + Triceps + Biceps + Biceps + Stretch	36:53

MISHMOSH PREMIXES

Scrambled	(Push Pull): Warm Up + Chest + Back + Triceps + Biceps + Shoulders + Stretch	44:48
Extreme #1	(Double It): Warm Up + Back + Chest + Triceps + Shoulders + Biceps + Back + Chest + Triceps + Shoulders + Biceps + Stretch	83:28
Extreme #2	(Double Each Round): Warm Up + Back + Back + Chest + Chest + Triceps + Triceps + Shoulders + Shoulders + Biceps + Biceps + Stretch	83:28
Extreme #3	(Includes 2 Rounds of Bonus Abs): Warm Up + Back + Chest + Bonus Abs (Roll Downs through Rope Climb) + Triceps + Biceps + Bonus Abs (L Position Leg Circles through Plank Complex) + Shoulders + Stretch	59:17

PREMIXES

TOTAL BODY GIANT SETS



BASIC PREMIXES

Premix #1	Warm Up + Round 1 + Round 2 + Round 3 + Round 4 + Round 5 + Round 6 + Bonus Abs + Stretch	63:54
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TIMESAVER PREMIXES

Premix #1	Lower Body Only: Warm Up + Round 1 + Round 3 + Round 5 + Stretch	31:10
Premix #2	Upper Body Only: Warm Up + Round 2 + Round 4 + Round 6 + Stretch	27:58
Premix #3	No Round 5: Warm Up + Round 1 + Round 2 + Round 3 + Round 4 + Round 6 + Stretch	43:25
Premix #4	No Round 3: Warm Up + Round 1 + Round 2 + Round 4 + Round 5 + Round 6 + Stretch	42:04
Premix #5	No Rounds 3 or 5: Warm Up + Round 1 + Round 2 + Round 4 + Round 6 + Stretch	34:47

MISHMOSH PREMIXES

Scrambled	Warm Up + Round 1 + Round 4 + Round 3 + Round 2 + Round 5 + Round 6 + Stretch	50:42
Extreme #1	Includes Two Extra Bonus Ab Rounds	63:54
Extreme #2	Ab Exercise Added to Each Round	63:54
Extreme #3	Double Upper Body (2 Sets): Warm Up + Round 2 + Round 2 + Round 4 + Round 4 + Round 6 + Round 6 + Stretch	47:30
Extreme #4	Triple Upper Body (3 Sets): Warm Up + Round 2 + Round 2 + Round 2 + Round 4 + Round 4 + Round 4 + Round 6 + Round 6 + Round 6 + Stretch	67:03
Extreme #5	Double Lower Body (2 Sets): Warm Up + Round 1 + Round 1 + Round 3 + Round 3 + Round 5 + Round 5 + Stretch	53:54
Extreme #6	Triple Lower Body (3 Sets): Warm Up + Round 1 + Round 1 + Round 1 + Round 3 + Round 3 + Round 3 + Round 5 + Round 5 + Round 5 + Stretch	76:38
Extreme #7	Double It: Warm Up + Round 1-6 + Round 1-6 + Stretch	92:58

WORKOUT CARD

PHA TRAINING



CHAPTER 2 ROUND 1A - SQUAT OFF THE END Dumbbell 15 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 3 ROUND 1A - OVERHEAD PRESSES Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 4 ROUND 1A - SIDE LUNGES Dumbbells 12 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 5 ROUND 1A - UPRIGHT ROWS Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 6 ROUND 1A - STEP UPS Dumbbells 12 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 7 ROUND 1A - RELEASE PUSH UPS Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 8 ROUND 1B - SQUAT OFF THE END Dumbbell 15 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 9 ROUND 1B - OVERHEAD PRESSES Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

PHA TRAINING, CONTINUED



CHAPTER 10 ROUND 1B - SIDE LUNGES Dumbbells 12 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 11 ROUND 1B - UPRIGHT ROWS Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 12 ROUND 1B - STEP UPS Dumbbells 12 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 13 ROUND 1B - RELEASE PUSH UPS Mat	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps

CHAPTER 14 ROUND 1C - SQUAT OFF THE END Dumbbell 15 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 15 ROUND 1C - OVERHEAD PRESSES Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 16 ROUND 1C - SIDE LUNGES Dumbbells 12 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 17 ROUND 1C - UPRIGHT ROWS Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

PHA TRAINING, CONTINUED



CHAPTER 18 ROUND 1C - STEP UPS Dumbbells 12 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 19 ROUND 1C - RELEASE PUSH UPS Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 20 ROUND 2A - CROSS BACK LUNGES Dumbbell 15 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 21 ROUND 2A - BICEP CURLS Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 22 ROUND 2A - DEADLIFTS Dumbbells 25 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 23 ROUND 2A - PULLOVERS Dumbbells 15 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 24 ROUND 2A - STANDING SQUATS Dumbbells 20 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 25 ROUND 2A - LYING EXTENSIONS Dumbbells 12 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

PHA TRAINING, CONTINUED



CHAPTER 26 ROUND 2B - CROSS BACK LUNGES Dumbbell 15 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 27 ROUND 2B - BICEP CURLS Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 ROUND 2B - DEADLIFTS Dumbbells 25 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 ROUND 2B - PULLOVERS Dumbbells 15 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 30 ROUND 2B - STANDING SQUATS Dumbbells 20 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 ROUND 2B - LYING EXTENSIONS Dumbbells 12 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 32 ROUND 2C - CROSS BACK LUNGES Dumbbell 15 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 33 ROUND 2C - BICEP CURLS Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

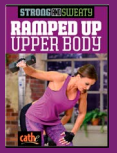
PHA TRAINING, CONTINUED



CHAPTER 34 ROUND 2C - DEADLIFTS Dumbbells 25 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 35 ROUND 2C - PULLOVERS Dumbbells 15 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 36 ROUND 2C - STANDING SQUATS Dumbbells 20 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 37 ROUND 2C - LYING EXTENSIONS Dumbbells 12 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

RAMPED UP UPPER BODY



CHAPTER 2 BACK - ONE ARM ROW (R) Dumbbell 30 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 3 BACK - ONE ARM BACK FLY (R) Dumbbell 10 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 4 BACK - ONE ARM ROW (L) Dumbbell 30 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 5 BACK - ONE ARM BACK FLY (L) Dumbbell 10 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 6 BACK - ONE ARM ROW (R) Dumbbell 30 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

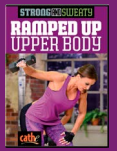
CHAPTER 7 BACK - ONE ARM BACK FLY (R) Dumbbell 10 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 8 BACK - ONE ARM ROW (L) Dumbbell 30 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 9 BACK - ONE ARM BACK FLY (L) Dumbbell 10 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

RAMPED UP UPPER BODY, CONTINUED



CHAPTER 10 BACK - PULLOVERS Dumbbell 35 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 11 BACK - PULLOVERS Dumbbell 35 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 12 BACK - REAR DELT FLYS Dumbbell 10 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 13 BACK - REAR DELT FLYS Dumbbell 10 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 14 BACK - T-BAND PULLS Resistance Tubing (Medium)	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps

CHAPTER 15 CHEST - CHEST FLYS Dumbbells 20 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 16 CHEST - PUSH UPS	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps

CHAPTER 17 CHEST - CHEST FLYS Dumbbells 20 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

RAMPED UP UPPER BODY, CONTINUED



CHAPTER 18 CHEST - PUSH UPS	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 19 TRICEPS - CLOSE GRIP BENCH PRESSES Dumbbells 20 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 20 TRICEPS - CLOSE GRIP BENCH PRESSES Dumbbells 20 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 21 TRICEPS - DIPS Step with 3 Risers per Side	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 22 TRICEPS - LYING EXTENSIONS Dumbbells 10 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

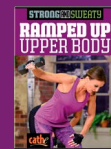
CHAPTER 23 TRICEPS - LYING EXTENSIONS Dumbbells 10 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 24 TRICEPS - LYING EXTENSIONS Dumbbells 10 lb Step with 3 Risers per Side	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 25 TRICEPS - STANDING OVERHEAD EXTENSIONS Dumbbells 12 lb	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

RAMPED UP UPPER BODY, CONTINUED



CHAPTER 26 TRICEPS - BAND KICKBACKS Resistance Tubing (Medium)	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 27 SHOULDERS - OVERHEAD PRESSES Dumbbells 15 lb	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 SHOULDERS - FRONT RAISES Dumbbell 15 lb	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 SHOULDERS - LATERAL RAISES Dumbbells 5 lb	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 SHOULDERS - OVERHEAD PRESSES Dumbbells 15 lb	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 SHOULDERS - FRONT RAISES Dumbbell 15 lb	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 SHOULDERS - LATERAL RAISES Dumbbells 5 lb	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 SHOULDERS - LATERAL BAND CIRCLES Resistance Tubing (Medium)	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

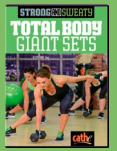
RAMPED UP UPPER BODY, CONTINUED



CHAPTER 34 SHOULDERS - BAND KICK BACKS - REAR DELTS Resistance Tubing (Medium) Step with 3 Risers per Side	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
CHAPTER 35 BICEPS - HAMMER CURLS Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 36 BICEPS - SWEEPING CURLS Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 37 BICEPS - ISOLATION CURLS Dumbbells 12 lb	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 38 BICEPS - STANDING BICEP CURLS Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 39 BICEPS - CRAZY EIGHTS Resistance Tubing (Medium)	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

TOTAL BODY GIANT SETS



CHAPTER 2 ROUND 1 - SQUATS Barbell 40 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 3 ROUND 1 - REAR SLIDING LUNGES Dumbbells 12 lb Rag (or Sliding Device)	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 4 ROUND 1 - PLIE SQUATS Barbell 40 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 5 ROUND 1 - SIDE SLIDE LUNGES Dumbbell 15 lb Rag (or Sliding Device)	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 6 ROUND 1 - DEADLIFTS Dumbbells 25 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

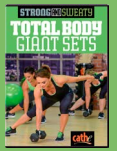
CHAPTER 7 ROUND 2 - SHOULDER OVERHEAD PRESS Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 8 ROUND 2 - UPRIGHT ROWS Dumbbells 15 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 9 ROUND 2 - REAR DELT FLYS Dumbbells 12 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

TOTAL BODY GIANT SETS, CONTINUED



CHAPTER 10 ROUND 2 - INCLINE FRONT RAISE Dumbbells 8 lb Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 11 ROUND 2 - SEATED LATERAL RAISE Dumbbells 8 lb Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 12 ROUND 3 - WIDE STANCE DEADLIFTS Barbell 55 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 13 ROUND 3 - CROSS BACK SLIDE LUNGES Dumbbell 15 lb Rag (or Sliding Device)	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 14 ROUND 3 - DIAGONAL LUNGES Dumbbells 12 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

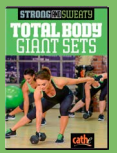
CHAPTER 15 ROUND 3 - STATIC LUNGES Dumbbell 20 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 16 ROUND 3 - WARRIOR LUNGES Rag (or Sliding Device)	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 17 ROUND 4 - ONE ARM ROW Dumbbell 25 lb Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

TOTAL BODY GIANT SETS, CONTINUED



CHAPTER 18 ROUND 4 - PULL OVERS Dumbbells 15 lb Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 19 ROUND 4 - CHEST FLYS Dumbbells 20 lb Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 20 ROUND 4 - INCLINE PRESS Dumbbells 20 lb Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 21 ROUND 4 - PUSH UPS Mat	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps

CHAPTER 22 ROUND 5 - SQUATS Barbell 40 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 23 ROUND 5 - DEADLIFTS Dumbbells 25 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 24 ROUND 5 - PLIÉ SQUATS Barbell 40 lb	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 25 ROUND 5 - SWEEPER LUNGES Rag (or Sliding Device)	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps

WORKOUT CARD

TOTAL BODY GIANT SETS, CONTINUED



CHAPTER 26 ROUND 5 - SIDE SLIDE PICK UPS Dumbbell 15 lb Rag (or Sliding Device)	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 27 ROUND 6 - SEATED OVERHEAD EXTENSIONS Dumbbells 15 lb Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 28 ROUND 6 - CLOSE GRIP BENCH PRESS Dumbbells 15 lb Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 29 ROUND 6 - LYING EXTENSIONS Dumbbells 12 lb Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 30 ROUND 6 - SEATED W CURLS Dumbbells 15 lb Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 31 ROUND 6 - INCLINE HAMMER CURLS Dumbbells 15 lb Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 32 ROUND 6 - PREACHER CURLS Dumbbells 12 lb Stability Ball Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps



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