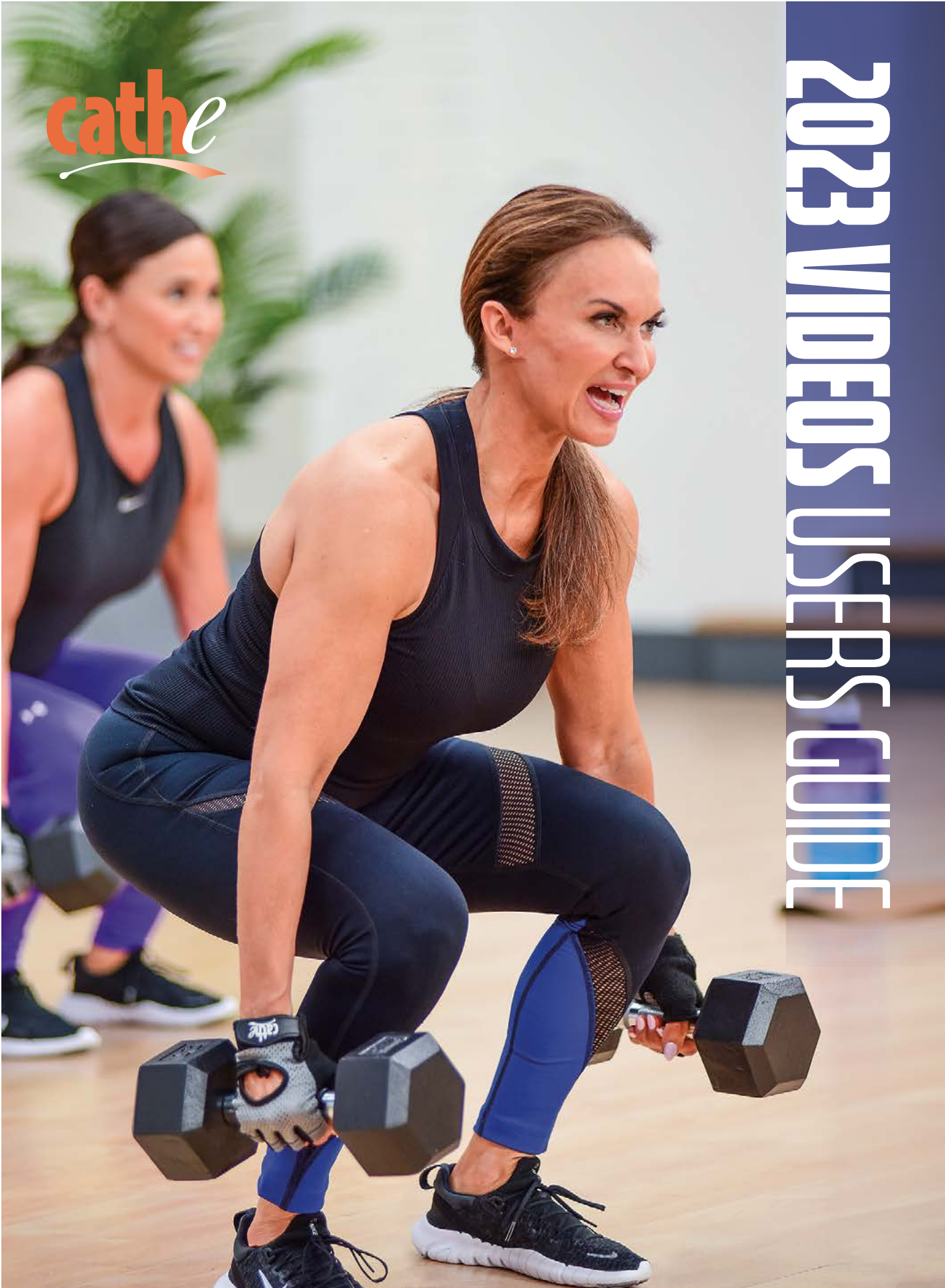


The logo for 'cath e' features the word 'cath' in a bold, orange, sans-serif font, followed by a thin orange swoosh that underlines the letters. The letter 'e' is in a white, cursive script font, positioned to the right of the swoosh.A vertical title '2023 VIDEOS USERS GUIDE' is written in a white, bold, sans-serif font on a dark blue background that runs vertically along the right edge of the page.

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ABOUT THE WORKOUTS

2023 VIDEOS

In this user's guide you'll find some helpful information to get you started with incorporating my four new workouts into your fitness schedule. The workouts featured in this user's guide were not created with the intention of being a "series," but instead are stand-alone workouts that can be easily mixed and matched with other workout series. Included are two intense cardio routines and two challenging weight routines. These routines are on the shorter side making them great options for a full workout without a huge time commitment. All four of the workouts also offer shorter and longer premixes so you can find your perfect fit!

Total Body Barbell



Grab your barbell and get to work! In this solid weight workout, you'll challenge your muscle endurance and strength using your barbell for a variety of higher- rep, moderate weight exercises. Don't let the moderate weight fool you! That burn will build fast! A mix of isolation exercises, compound exercises, and a play on tempo will keep your muscles guessing. You'll

begin with lower body focus and will work your way through all the different muscle groups, finishing with a bit of core on the floor. Three bonus lower body exercises have been included for days when you want to add a bit of extra lower body/glute focus to your routine. If you don't have a barbell or prefer to use dumbbells, you can easily modify with the equipment that you have available. No matter what you choose, your muscles will stay fired up from start to finish in this intense total body workout!

Gloved Up & Sweaty



Get ready for action in this nonstop, revved-up kickboxing workout! You'll kick, punch, and jump (if you want to) with a mix of fierce and familiar movements that have been stirred up and supercharged so you can just get in and go! A mix of cardio kickboxing drills and easy to follow combinations will keep your mind and muscles busy from start to finish! Boxing gloves are

used in this workout to add intensity to every punch, and although recommended, they are not required. An energy-packed jump rope bonus has been included to crush some extra calories. In this bonus you'll alternate brief rounds of rope jumping with non-rope jumping cardio, for a total of four sweaty rounds! This jump rope bonus can be used as an add on to the main routine or as a stand-alone mini-cardio routine. Although we will use actual jump ropes in this bonus workout, you can easily join in with an imaginary rope if you prefer.

Killer Legs



Who doesn't love leg day! The title says it all for this tough, lower body focused workout! In this high energy routine, you'll use moderate to heavy dumbbells to target the legs and glutes from every angle with a variety of fun and effective exercises! Heavier weighted exercises are mixed with moderate-weight lower body combinations to turn up the heat as we burn up

that bottom line! Many of the exercises in this routine will call for some extra core activation as we squat, lunge, balance, and build our best legs yet! A Killer Barre Bonus has been included for days when you want to turn it up a notch! You can choose to do the main routine as is or add on the bonus for that extra sizzle, but be ready, the bonus is as tough as the main routine! Together, they are the perfect "killer" leg workout! No matter which fiery option you choose, your legs will be shaking!

Cycle Power



Strap or snap in and let's go for a ride! This low impact, indoor cycle workout is jam-packed with heart pumping climbs, tabatas, jumps, and surges in both seated and standing positions. A fun new soundtrack will help to keep you motivated as you pedal your way through each intense drill. Your stamina and endurance will be put to the test both in and out of the saddle

with a mix of heavy and light tension challenges. This ride will require your energy and focus as you sweat your way to the finish line. I can't promise the path will be easy, but it will definitely be worth it!

Premixes

Premix options are available on each of the 4 DVDs and can be used as desired with the rotations in this user's guide. For example, if you're following a particular rotation and know that on a certain day your workout time is limited, you can swap out the main routine for an express option that day. Likewise, if you're feeling extra strong on a given day you may choose to do a premix that includes the bonus exercises for a particular workout, or you may choose to do a more extreme premix. These options are available to work with your schedule and to keep your workouts fresh and challenging.

EQUIPMENT USED IN THE 2023 VIDEOS

Throughout the 2023 workouts I will be showing multiple options to accommodate the equipment that you have at home so that you can get the most of your strength training program.

Dumbbells



STS Adjustable Pull-Up/Dip Bars



Chair



Mini Ball



Medium Tension Firewalker Loop



Step with Preferred Number of Risers (or Weight Bench)



Mat



Mini Mat



Barbell and Weight Plates



Boxing Gloves (optional)



Jump Rope (optional)



Indoor Cycle Bike



QUICK START GUIDE

2023 VIDEOS

STEP #1

Select the rotation that best suits your needs. Each rotation is divided into weekly workout schedules outlining which workout to do each day.

STEP #2

Gather all the equipment you will need for your workout. You can find a list of equipment needed for each workout listed in the Chapters section of this users guide as well as on each DVD.

STEP #3

Select the proper weights for each exercise. You should always use a weight that is appropriate for your strength level.

STEP #4

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

ABOUT THE ROTATIONS

2023 VIDEOS

The three rotations offered in this user's guide are strongly focused on the new workouts to give you an opportunity to get confident with the routines and to find your perfect weight selection for each exercise before incorporating them into your other fitness schedules and rotations. As always, when an exercise starts getting easier try increasing your weight selection so that you continue to see strength gains.

Kickbox Lovers Rotation

In this rotation you'll do each of the new workouts once per week along with an additional total body workout and an additional kickboxing workout each week. This rotation is great for those of you who enjoy kickboxing as your choice of cardio in a rotation.

Cycle Lovers Rotation

In this rotation you'll do each of the new workouts once per week along with an added upper body workout and an additional cycling workout each week. This rotation is great for those of you who enjoy cycling as your choice of cardio in a rotation.

Weight Lovers Rotation

In this rotation you'll do each of the new workouts once per week. You'll also re-visit STS 2.0 with an additional total body workout and an additional upper body workout from that series each week. This rotation is great for those of you who prefer less cardio and more heavy weight training in your rotation.

Additional Notes for All Rotations

- 1) USE OF BONUS CONTENT** - Some of the new workouts offer bonus content. Please feel free to use these bonus exercises on days when you want to give your workout a little extra boost.
- 2) USE OF PREMIXES** - Feel free to substitute a premix option instead of the main routine listed in your rotation.
- 3) DAYS OFF** - Off days have been included in these rotations to give your body time to recover. If at any point during your rotation you feel that you need additional days OFF completely, please take them. Remember, rotations are just a guide to help you as you progress through your fitness program. Listen to your body throughout and make changes as necessary. If you would rather not have a day off completely you can choose a recovery workout or ab/core workout to do on these days instead.
- 4) CYCLE WORKOUTS** - For those of you who do not have an indoor cycle bike, please substitute cycle days with any cardio workout of your choice in any of the rotations.

ROTATIONS

KICKBOX LOVERS ROTATION

WEEK 1	WORKOUT
Monday	<u>Gloved Up and Sweaty</u>
Tuesday	<u>Total Body Barbell</u>
Wednesday	<u>Cycle Power</u>
Thursday	<u>Killer Legs</u>
Friday	<u>XTrain 08 Hard Strikes</u>
Saturday	OFF
Sunday	<u>STS Total Body</u>

WEEK 2	WORKOUT
Monday	<u>Gloved Up and Sweaty</u>
Tuesday	<u>Killer Legs</u>
Wednesday	<u>Cycle Power</u>
Thursday	<u>Total Body Barbell</u>
Friday	<u>LITE Rev'd Up Rumble</u>
Saturday	OFF
Sunday	<u>LITE PHA 2</u>

WEEK 3	WORKOUT
Monday	<u>Cycle Power</u>
Tuesday	<u>Gloved Up and Sweaty</u>
Wednesday	<u>Total Body Barbell</u>
Thursday	<u>BodyBlast Series: Kick, Punch and Crunch</u>
Friday	<u>Killer Legs</u>
Saturday	OFF
Sunday	<u>Strong and Sweaty Total Body Giant Sets</u>

WEEK 4	WORKOUT
Monday	<u>Gloved Up and Sweaty</u>
Tuesday	<u>Killer Legs</u>
Wednesday	<u>Cycle Power</u>
Thursday	<u>Total Body Barbell</u>
Friday	<u>Rockout Knockout</u>
Saturday	OFF
Sunday	<u>Strong and Sweaty PHA Training</u>

ROTATIONS

CYCLE LOVERS ROTATION

WEEK 1	WORKOUT
Monday	<u>Cycle Power</u>
Tuesday	<u>Total Body Barbell</u>
Wednesday	<u>Gloved Up & Sweaty</u>
Thursday	<u>Killer Legs</u>
Friday	<u>Strong and Sweaty Ramped Up Upper Body</u>
Saturday	<u>Low Impact Series - CycleMax</u>
Sunday	OFF

WEEK 2	WORKOUT
Monday	<u>Total Body Barbell</u>
Tuesday	<u>Gloved Up and Sweaty</u>
Wednesday	<u>Cycle Power</u>
Thursday	<u>LITE Strong Body Stacked Sets: Upper</u>
Friday	<u>Killer Legs</u>
Saturday	OFF
Sunday	<u>Pedal Power</u>

WEEK 3	WORKOUT
Monday	<u>Total Body Barbell</u>
Tuesday	<u>Gloved Up and Sweaty</u>
Wednesday	<u>Cycle Power</u>
Thursday	<u>Killer Legs</u>
Friday	<u>Perfect30 Perfect Pump: Upper Body</u>
Saturday	<u>Strong and Sweaty Cycle Sweat</u>
Sunday	OFF

WEEK 4	WORKOUT
Monday	<u>Gloved Up and Sweaty</u>
Tuesday	<u>Killer Legs</u>
Wednesday	<u>ICE Chiseled Upper Body</u>
Thursday	<u>Cycle Power</u>
Friday	OFF
Saturday	<u>Total Body Barbell</u>
Sunday	<u>XTrain 10 Ride</u>

ROTATIONS

WEIGHT LOVERS ROTATION

WEEK 1	WORKOUT
Monday	Total Body Barbell
Tuesday	Gloved Up and Sweaty
Wednesday	Killer Legs
Thursday	STS 2 Upper Body 1
Friday	Cycle Power
Saturday	OFF
Sunday	STS 2 Giant Sets Total Body

WEEK 2	WORKOUT
Monday	Gloved Up and Sweaty
Tuesday	Killer Legs
Wednesday	STS 2 Upper Body 2
Thursday	Cycle Power
Friday	Total Body Barbell
Saturday	OFF
Sunday	STS 2 Super Sets Total Body

WEEK 3	WORKOUT
Monday	Gloved Up and Sweaty
Tuesday	Killer Legs
Wednesday	STS 2 Upper Body 1
Thursday	OFF
Friday	Total Body Barbell
Saturday	Cycle Power
Sunday	STS 2 Tri Sets Total Body

WEEK 4	WORKOUT
Monday	Gloved Up and Sweaty
Tuesday	Killer Legs
Wednesday	STS 2 Upper Body 2
Thursday	OFF
Friday	Total Body Barbell
Saturday	Cycle Power
Sunday	STS 2 Giant Sets Total Body

CHAPTERS

TOTAL BODY BARBELL



WARM UP

CHAPTER 1	Equipment: Step, Barbell
	Cathe's Weight: 15 lbs.

SQUATS

CHAPTER 2	Equipment: Barbell
	Cathe's Weight: 35 lbs.

DEADLIFTS

CHAPTER 3	Equipment: Barbell
	Cathe's Weight: 55 lbs.

REAR LUNGES

CHAPTER 4	Equipment: Barbell Plates
	Cathe's Weight: 10 lbs.

DEADLIFTS

CHAPTER 5	Equipment: Barbell
	Cathe's Weight: 55 lbs.

PLIE SQUATS

CHAPTER 6	Equipment: Barbell
	Cathe's Weight: 35 lbs.

DEADROWS

CHAPTER 7	Equipment: Barbell
	Cathe's Weight: 40 lbs.

SQUAT PRESSES

CHAPTER 8	Equipment: Barbell Plate
	Cathe's Weight: 10 lbs.

DEADROWS

CHAPTER 9	Equipment: Barbell
	Cathe's Weight: 40 lbs.

BICEP CURLS

CHAPTER 10	Equipment: Barbell
	Cathe's Weight: 25 lbs.

UPRIGHT ROWS

CHAPTER 11	Equipment: Barbell
	Cathe's Weight: 25 lbs.

BICEP CURLS

CHAPTER 12	Equipment: Barbell
	Cathe's Weight: 25 lbs.

OVERHEAD PRESSES

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

CHAPTERS

TOTAL BODY BARBELL



ALTERNATING REAR LUNGES WITH BICEP CURLS

CHAPTER 14	Equipment: Barbell
	Cathe's Weight: 20 lbs.

LATERAL RAISES

CHAPTER 15	Equipment: Barbell Plates
	Cathe's Weight: 5 lbs.

BENCH PRESS

CHAPTER 16	Equipment: Step, Barbell
	Cathe's Weight: 35 lbs.

PEC SQUEEZE

CHAPTER 17	Equipment: Barbell Plate
	Cathe's Weight: 2.5 lbs.

CLOSE GRIP BENCH PRESS

CHAPTER 18	Equipment: Step, Barbell
	Cathe's Weight: 30 lbs.

PULLOVERS

CHAPTER 19	Equipment: Step, Barbell
	Cathe's Weight: 30 lbs.

LYING TRICEP EXTENSIONS

CHAPTER 20	Equipment: Step, Barbell
	Cathe's Weight: 25 lbs.

DIPS

CHAPTER 21	Equipment: Step, Barbell
	Cathe's Weight: 25 lbs.

SIT UP OVERHEAD PRESS

CHAPTER 22	Equipment: Mat, Barbell Plate
	Cathe's Weight: 10 lbs.

SEATED TWIST

CHAPTER 23	Equipment: Mat, Barbell Plate
	Cathe's Weight: 10 lbs.

PUSH UPS

CHAPTER 24	Equipment: Mat
	Cathe's Weight: N/A

FOREARM PLANK

CHAPTER 25	Equipment: Mat
	Cathe's Weight: N/A

SIT UP OVERHEAD PRESS

CHAPTER 26	Equipment: Mat, Barbell Plate
	Cathe's Weight: 10 lbs.

CHAPTERS

TOTAL BODY BARBELL



SEATED TWIST

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

PUSH UPS

CHAPTER 28	Equipment: Mat
	Cathe's Weight: N/A

FOREARM PLANK

CHAPTER 29	Equipment: Mat
	Cathe's Weight: N/A

COOLDOWN STRETCH

CHAPTER 30	Equipment: None
	Cathe's Weight: N/A

CHAPTERS

TOTAL BODY BARBELL WEIGHT PLATE/BARBELL BONUS



STEP UPS

CHAPTER 1	Equipment: Step, Barbell Plate
	Cathe's Weight: 10 lbs.

SQUAT CROSSOVER

CHAPTER 2	Equipment: Step, Barbell Plate
	Cathe's Weight: 10 lbs.

GLUTE BRIDGE

CHAPTER 3	Equipment: Mat, Barbell
	Cathe's Weight: 35 lbs.

CHAPTERS

GLOVED UP AND SWEATY



WARM UP

CHAPTER 1	Equipment: Boxing Gloves
	Cathe's Weight: N/A

CARDIO KICKBOXING 1

CHAPTER 2	Equipment: Boxing Gloves
	Cathe's Weight: N/A

KICKBOXING COMBO 1

CHAPTER 3	Equipment: Boxing Gloves
	Cathe's Weight: N/A

CARDIO KICKBOXING 2

CHAPTER 4	Equipment: Boxing Gloves
	Cathe's Weight: N/A

KICKBOXING COMBO 2

CHAPTER 5	Equipment: Boxing Gloves
	Cathe's Weight: N/A

CARDIO KICKBOXING 3

CHAPTER 6	Equipment: Boxing Gloves
	Cathe's Weight: N/A

KICKBOXING COMBO 3

CHAPTER 7	Equipment: Boxing Gloves
	Cathe's Weight: N/A

KICK COMBO

CHAPTER 8	Equipment: Boxing Gloves
	Cathe's Weight: N/A

CARDIO KICKBOXING 4

CHAPTER 9	Equipment: Boxing Gloves
	Cathe's Weight: N/A

KICKBOXING COMBO 4

CHAPTER 10	Equipment: Boxing Gloves
	Cathe's Weight: N/A

COOLDOWN STRETCH

CHAPTER 11	Equipment: None
	Cathe's Weight: N/A

CHAPTERS

GLOVED UP AND SWEATY JUMP ROPE BONUS



JUMP ROPE 1

CHAPTER 1	Equipment: Jump Rope
	Cathe's Weight: N/A

STRADDLE RUN

CHAPTER 2	Equipment: Jump Rope
	Cathe's Weight: N/A

JUMP ROPE 2

CHAPTER 3	Equipment: Jump Rope
	Cathe's Weight: N/A

LATERAL SKATES

CHAPTER 4	Equipment: Jump Rope
	Cathe's Weight: N/A

JUMP ROPE 3

CHAPTER 5	Equipment: Jump Rope
	Cathe's Weight: N/A

ONE ARM SPEEDBAG

CHAPTER 6	Equipment: None
	Cathe's Weight: N/A

JUMP ROPE 4

CHAPTER 7	Equipment: Jump Rope
	Cathe's Weight: N/A

RAPID RUN/TAP THE CHAINS

CHAPTER 8	Equipment: None
	Cathe's Weight: N/A

COOLDOWN

CHAPTER 9	Equipment: None
	Cathe's Weight: N/A

CHAPTERS

KILLER LEGS



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: N/A

SQUAT OBLIQUE TWIST

CHAPTER 2	Equipment: Dumbbell
	Cathe's Weight: 10 lbs.

SQUAT ALTERNATING ARM UP

CHAPTER 3	Equipment: Dumbbell
	Cathe's Weight: 10 lbs.

ALTERNATING REAR LUNGES

CHAPTER 4	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

DEADLIFTS

CHAPTER 5	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

SQUAT DEADLIFT COMBO

CHAPTER 6	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

SQUATS

CHAPTER 7	Equipment: Dumbbells
	Cathe's Weight: 20 lbs.

CLOSE GRIP SUMO SQUATS

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

PASS UNDER SQUATS

CHAPTER 9	Equipment: Dumbbell
	Cathe's Weight: 12 lbs.

DEADLIFTS

CHAPTER 10	Equipment: Dumbbells
	Cathe's Weight: 25 lbs.

TOUCH DOWN LUNGES

CHAPTER 11	Equipment: Dumbbell
	Cathe's Weight: 20 lbs.

DEADLIFTS

CHAPTER 12	Equipment: Dumbbells
	Cathe's Weight: 25 lbs.

CROSSBACK LUNGES

CHAPTER 13	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

CHAPTERS

KILLER LEGS



CROSSBACK LUNGE DEADLIFT COMBO

CHAPTER 14	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

STATIC LUNGES

CHAPTER 15	Equipment: Dumbbells
	Cathe's Weight: 20 lbs.

TAP LUNGE COMBO

CHAPTER 16	Equipment: Dumbbells
	Cathe's Weight: 12 lbs..

CALF RAISES

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

SUMO CALF RAISE COMBO

CHAPTER 18	Equipment: Dumbbell
	Cathe's Weight: 20 lbs.

SIDE TO SIDE SUMO SQUATS

CHAPTER 19	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

TRIPLE SIDE LUNGES

CHAPTER 20	Equipment: Dumbbell
	Cathe's Weight: 15 lbs.

ALTERNATING FRONT LUNGES

CHAPTER 21	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

FRONT LUNGE KNEE LIFT

CHAPTER 22	Equipment: None
	Cathe's Weight: N/A

LUNGE SIDE BEND COMBO

CHAPTER 23	Equipment: Dumbbell
	Cathe's Weight: 10 lbs.

SUMO SQUAT TO SIDE LUNGE

CHAPTER 24	Equipment: Dumbbell
	Cathe's Weight: 15 lbs.

COOLDOWN STRETCH

CHAPTER 25	Equipment: None
	Cathe's Weight: N/A

CHAPTERS

KILLER LEGS KILLER BARRE BONUS



KILLER BARRE BONUS

CHAPTER 1	Equipment: STS Bars, Mini Ball, Light Tension Resistance Loop
	Cathe's Weight: N/A

CHAPTERS

CYCLE POWER



WARM UP

CHAPTER 1	Equipment: Indoor Cycle Bike
	Cathe's Weight: N/A

STANDING CLIMB

CHAPTER 2	Equipment: Indoor Cycle Bike
	Cathe's Weight: N/A

ROLLING HILLS

CHAPTER 3	Equipment: Indoor Cycle Bike
	Cathe's Weight: N/A

STANDING CLIMB WITH SURGES

CHAPTER 4	Equipment: Indoor Cycle Bike
	Cathe's Weight: N/A

SEATED TABATAS

CHAPTER 5	Equipment: Indoor Cycle Bike
	Cathe's Weight: N/A

JUMPS

CHAPTER 6	Equipment: Indoor Cycle Bike
	Cathe's Weight: N/A

HEAVY TABATAS

CHAPTER 7	Equipment: Indoor Cycle Bike
	Cathe's Weight: N/A

HOVERS AND JUMPS

CHAPTER 8	Equipment: Indoor Cycle Bike
	Cathe's Weight: N/A

ROLLING HILLS

CHAPTER 9	Equipment: Indoor Cycle Bike
	Cathe's Weight: N/A

COOLDOWN

CHAPTER 10	Equipment: Indoor Cycle Bike
	Cathe's Weight: N/A

PREMIXES

2023 VIDEOS

TOTAL BODY BARBELL

Total Body Barbell + Weight Plate Bonus	59:24
Total Body Barbell Upper Body + Core	40:27
Total Body Barbell Upper Body Only	34:11
Total Body Barbell Double Lower Body	49:22
Total Body Barbell Lower Body + Core	35:52
Total Body Barbell Scrambled	59:24
Total Body Barbell Plate Only Add On	18:20

GLOVED UP AND SWEATY

Gloved Up and Sweaty + Jump Rope Bonus	49:51
Jump Rope Bonus + Gloved Up and Sweaty	49:51
Double Gloved Up and Sweaty	74:41
Gloved Up and Sweaty + Jump Rope Only	44:02
Gloved Up and Sweaty + Floor Cardio Only	44:58
Double Jump Rope Bonus	21:06

KILLER LEGS

Killer Legs + Killer Barre Bonus	56:41
Killer Legs Timesaver 1 Heavy Weight	21:46
Killer Legs Timesaver 2 Moderate Weight	23:58
Killer Barre Bonus + Killer Legs	56:41
Killer Barre Bonus + Warm Up/Cooldown	28:00
Killer Legs Extreme	43:51
Killer Legs Timesaver + Killer Barre Bonus	39:26

CYCLE POWER

Cycle Power Scrambled	46:57
Cycle Power Extreme	84:33
Cycle Power Timesaver 1	30:05
Cycle Power Timesaver 2	26:12
Cycle Power Timesaver 3	32:42

WORKOUT CARDS

TOTAL BODY BARBELL



WARM UP 15 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SQUATS 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

DEADLIFTS 55 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

REAR LUNGES 10 lb. Barbell Plates	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

DEADLIFTS 55 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

PLIE SQUATS 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

DEADROWS 40 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SQUAT PRESSES 10 lb. Barbell Plate	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

TOTAL BODY BARBELL



DEADROWS 40 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BICEP CURLS 25 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPRIGHT ROWS 25 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BICEP CURLS 25 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

OVERHEAD PRESSES 25 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ALTERNATING REAR LUNGES WITH BICEP CURLS 20 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LATERAL RAISES 5 lb. Barbell Plates	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BENCH PRESS 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

TOTAL BODY BARBELL



PEC SQUEEZE 2.5 lb. Barbell Plate	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CLOSE GRIP BENCH PRESS 30 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

PULLOVERS 30 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LYING TRICEP EXTENSIONS 25 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

DIPS 25 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SIT UP OVERHEAD PRESS 10 lb. Barbell Plate	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SEATED TWIST 10 lb. Barbell Plate	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SIT UP OVERHEAD PRESS 10 lb. Barbell Plate	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

TOTAL BODY BARBELL



SEATED TWIST 10 lb. Barbell Plate	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

TOTAL BODY BARBELL WEIGHT PLATE/BARBELL BONUS



STEP UPS 10 lb. Barbell Plate	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SQUAT CROSSOVER 10 lb. Barbell Plate	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

GLUTE BRIDGE 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

KILLER LEGS



SQUAT OBLIQUE TWIST 10 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SQUAT ALTERNATING ARM UP 10 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ALTERNATING REAR LUNGES 10 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

DEADLIFTS 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SQUAT DEADLIFT COMBO 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SQUATS 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CLOSE GRIP SUMO SQUATS 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

PASS UNDER SQUATS 12 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

KILLER LEGS



DEADLIFTS 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

TOUCH DOWN LUNGES 20 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

DEADLIFTS 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CROSSBACK LUNGES 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CROSSBACK LUNGE DEADLIFT COMBO 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

STATIC LUNGES 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

TAP LUNGE COMBO 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CALF RAISES 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

KILLER LEGS



SUMO CALF RAISE COMBO 20 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SIDE TO SIDE SUMO SQUATS 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

TRIPLE SIDE LUNGES 15 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ALTERNATING FRONT LUNGES 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LUNGE SIDE BEND COMBO 10 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SUMO SQUAT TO SIDE LUNGE 15 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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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