

USER'S GUIDE

BOSS BANDS & BOSS LOOPS



cath*e*

CONTENTS

BOSS BANDS & BOSS LOOPS USER'S GUIDE

OVERVIEW	2
ABOUT THE WORKOUTS	3
EQUIPMENT USED IN BOSS BANDS & BOSS LOOPS.....	4
QUICK START GUIDE.....	5
ROTATIONS	6
About the Rotations	6
Minimal Equipment / Travel Rotation.....	7
Low Impact Rotation.....	8
Boss Bands / Boss Loops / Perfect30 Rotation	9
CHAPTERS.....	10
Boss Bands: Total Body	10
Boss Loops: Glutes & Core.....	13
PREMIXES	16
Boss Bands: Total Body	16
Boss Loops: Glutes & Core.....	17

OVERVIEW

BOSS BANDS & BOSS LOOPS

Time to put down your weights and grab your Boss Bands and Boss Loops! We all know that weights are great and they will always be a staple in our fitness lifestyle, but a well-rounded strength and endurance routine requires us to mix things up to challenge our muscles in different ways. The new Cathe fabric Boss Bands and fabric Boss Loops call on your muscles to perform in new ways from head to toe through a variety of compound movements and resistance variations. Great for at home or on the go, these Boss Bands and Boss Loops will add a whole new dimension to your fitness routine! Cathe has designed these two workouts, Boss Bands: Total Body and Boss Loops: Glutes & Core, to be challenging for both your muscles and your mind as you learn to master your movements against the fabric resistance. These are great workouts to incorporate in your fitness schedule when you want to work your muscles, but don't want to work with weights.

In **Boss Bands: Total Body** you'll work through an extended working warmup before moving on to multiple compound strength segments that will challenge each muscle group with various resistance changes. As you become stronger within each segment you can choose a higher resistance band level to keep yourself challenged. The workout will finish with a focused core segment.

In **Boss Loops: Glutes & Core** you will work your legs, glutes, and core from all angles with challenging standing and floor work exercises as well as some sweaty cardio pushes! You'll begin with standing lower body strength and cardio followed by glute focused floor work and a challenging core segment. As with the Boss Bands, the Boss Loops also come in three resistance levels which should be increased as you get stronger with the routine.

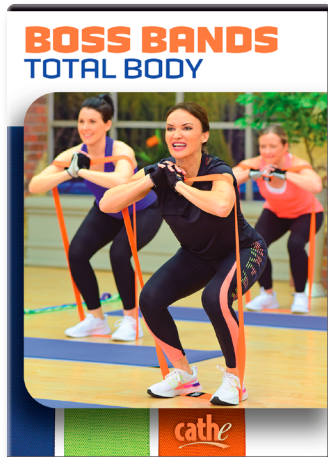
In this user's guide you will find three rotations to get you started with Boss Bands: Total Body and Boss Loops: Glutes & Core. Choose the rotation that best fits your needs. It's recommended that you watch the routines one time through before getting started. Don't be discouraged if you find yourself needing extra time to get into different positions with your Boss Bands and Boss Loops at first. Once you get comfortable with them you will find that the transitions will become smoother and more comfortable.

Whether you choose to use these DVDs as stand-alone workouts, choose to use one of the provided rotations in this guide to follow, or use them as part of an existing fitness regime, you will not be disappointed with your results!



ABOUT THE WORKOUTS

BOSS BANDS & BOSS LOOPS

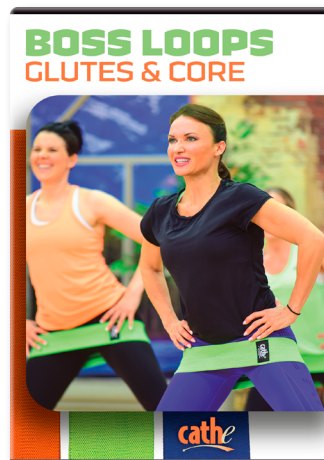


Boss Bands: Total Body

Time to put down your weights and grab your Boss Bands! This Cathe Friedrich low impact total body workout is a whole new challenge for your muscles and your mind! We all know that weights are great and they will always be a staple in our fitness lifestyle, but a well-rounded strength and endurance routine requires us to mix things up to challenge our muscles in different ways. The Cathe fabric Boss Bands will call on your muscles to perform in new ways from head to toe through a variety of compound movements and resistance variations. Great for at home or on the go, these Boss Bands will add a whole new dimension to your fitness routine!

Boss Loops: Glutes & Core

Are you ready to up your glutes game?! This intense low impact workout using Cathe's fabric Boss Loops will attack those legs, glutes, and core from all angles with challenging standing and floorwork exercises and some sweaty cardio pushes sprinkled in! Boss Loops are also great to grab on the go when you want a solid lower body workout while traveling. Don't underestimate the power of this fabric resistance! Your lower body and core will surely be talking to you when you're done!



EQUIPMENT

USED IN BOSS BANDS & BOSS LOOPS

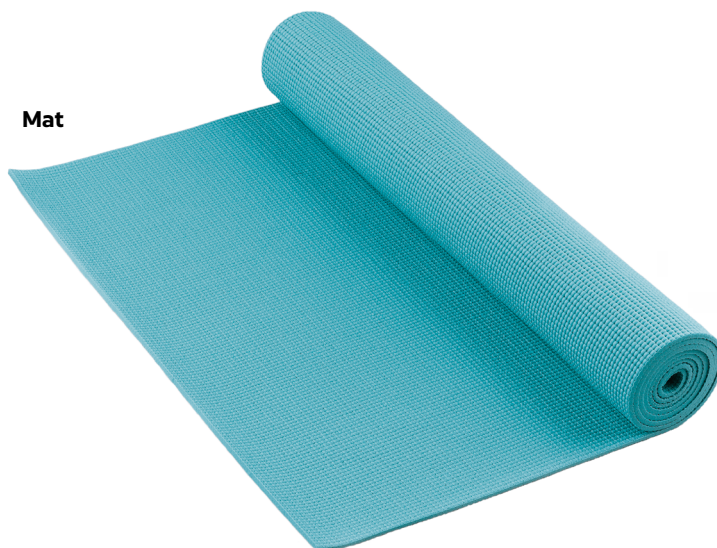
Set of Boss Bands



Set of Boss Loops



Mat



QUICK START GUIDE

BOSS BANDS & BOSS LOOPS

STEP #1

To begin, select the rotation workout program on the following pages that best fits your needs. Each workout program is divided into weekly workout sections. Each of these weekly workout sections will tell you which workout to do each day.

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 workout listed in the Chapters section of this user's guide as well as on each DVD.

STEP #3

Select the proper resistance level for your band or loop as well as the appropriate dumbbell weight for each exercise. Selecting a resistance level or weight that is too light or too heavy will greatly diminish the results you can expect. The resistance/ weight Cathe uses for every exercise is listed in the Chapters section of this user's guide, however, you should always use a resistance/ 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.

ABOUT THE ROTATIONS

BOSS BANDS & BOSS LOOPS

In this user's guide I've provided three rotations to help you incorporate the Boss Bands and Boss Loops DVDs into your workout routine. The first rotation is a complete, limited equipment/travel rotation that's a perfect choice when you're away from home. Just throw a few bands into your suitcase and you're good to go! The second option is an all low impact rotation for those of you that prefer something gentler on the joints without sacrificing intensity! The third rotation in this guide utilizes the Boss Bands and Boss Loops DVDs along with the Perfect 30 series for a complete cardio/weight schedule that doesn't take up a lot of time each day.

Of course, if you're a beginner you can start by doing only the Boss Bands and Boss Loops DVDs one to two times per week on non-consecutive days. If these two DVDs are too much to complete at first, just do as much of these workouts as you can handle on a given day and work your way up to the full routines. On the days you're not doing these DVD's, I suggest doing some lighter workouts such as a 10 to 15 minute walk or a 10 to 15 minute stretching session to help with any soreness/tightness while your body is recovering.

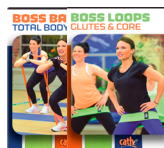
The key to any successful fitness routine is consistency! Stay focused, work hard, eat well and don't forget about proper recovery! I've put one active recovery day in each week with either a yoga or mobility workout. Feel free to take this day as a full rest day if you prefer and as always, add in extra rest days whenever needed.

Minimal Equipment/Travel Rotation



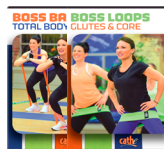
This rotation utilizes many different workouts from many different series, but the thing they all have in common is that they use little to no equipment. This is the perfect rotation for times when you are away from home and want to stay on track without taking up precious room in your suitcase. Throw in a few bands, sliding devices and dixie cups and you'll be set! There are also times when we just don't feel like dealing with loads of equipment. Maybe we have a stressful month ahead with work obligations. Maybe it's the holiday season and we need to get in and get out without a ton of cleanup. Whatever the case may be, this rotation will make it easy to get going without a ton of setup!

Low Impact Rotation



This is the perfect rotation for those exercisers who prefer workouts that are easier on the joints without sacrificing the satisfaction you get from a tough workout routine! Whether you can't jump, don't want to jump or just want something different, you'll love this rotation. There are very few repeated workouts in this rotation so things will stay fresh and exciting throughout the 4 weeks. I always say, don't let the low impact label fool you, this rotation is intense! Low impact cardio, weights, bands and loops equals a whole lot of sweat and muscle!

Boss Bands/Boss Loops/Perfect 30 Rotation



The Perfect 30 series proved once again that you don't need a huge time commitment to get and stay fit! In

this rotation we will re-visit Perfect 30 as a complete series with the addition of Boss Bands: Total Body and Boss Loops: Glutes & Core to shake things up and keep the muscles firing without needing hours to do it! This rotation will also give you an opportunity to double up workouts as needed. If you know you'll have to skip an extra day or if you're just feeling like you need an extra challenge, at any given point you can choose two Perfect 30 routines, do an extended premix or utilize the Perfect 30 bonuses to customize your workout! No matter how you slice it, you'll be earning some great results!

BOSS BANDS & BOSS LOOPS

MINIMAL EQUIPMENT / TRAVEL ROTATION

WEEK 1	WORKOUT
Monday	<u>Boss Bands: Total Body</u>
Tuesday	<u>Rockout Knockout</u>
Wednesday	<u>Perfect30 Perfect HIIT: High Impact HIIT</u>
Thursday	<u>Boss Loops: Glutes & Core</u>
Friday	<u>Ripped with HiiT: Low Impact HiiT One</u>
Saturday	<u>LITE: Body Weight & Bands</u>
Sunday	<u>Low Impact Series: YogaMax</u>

WEEK 2	WORKOUT
Monday	<u>Boss Loops: Glutes & Core</u>
Tuesday	<u>Ripped with HiiT: Plyo HiiT One</u>
Wednesday	<u>Boss Bands: Total Body</u>
Thursday	<u>LITE: Rev'd Up Rumble</u>
Friday	<u>TravelFit</u>
Saturday	<u>Low Impact Series: Slide & Glide</u>
Sunday	<u>Perfect30 Perfect Flow: Mobility Basics</u>

WEEK 3	WORKOUT
Monday	<u>LITE: Body Weight & Bands</u>
Tuesday	<u>Cardio Core Circuit</u>
Wednesday	<u>Boss Bands: Total Body</u>
Thursday	<u>Perfect30 Perfect HIIT: Low Impact HIIT</u>
Friday	<u>XTrain: Hard Strikes</u>
Saturday	<u>Boss Loops: Glutes & Core</u>
Sunday	<u>Low Impact Series: YogaRelax</u>

WEEK 4	WORKOUT
Monday	<u>TravelFit</u>
Tuesday	<u>Boss Loops: Glutes & Core</u>
Wednesday	<u>BodyBlast Series: Kick, Punch and Crunch</u>
Thursday	<u>Ripped with HiiT: Plyo HiiT Two</u>
Friday	<u>Boss Bands: Total Body</u>
Saturday	<u>X10 2 segments of choice</u>
Sunday	<u>Perfect30 Perfect Flow: Yoga Strength & Flexibility</u>

BOSS BANDS & BOSS LOOPS

LOW IMPACT ROTATION

WEEK 1	WORKOUT
Monday	<u>Boss Bands: Total Body</u>
Tuesday	<u>XTrain: All Out Low Impact HiiT</u>
Wednesday	<u>Low Impact Series: AfterBurn</u>
Thursday	<u>Boss Loops: Glutes & Core</u>
Friday	<u>Step Boss: PHA3</u>
Saturday	<u>LITE: Metabolic Blast</u>
Sunday	<u>Perfect30 Perfect Flow: Yoga Strength & Flexibility</u> or <u>Perfect30 Perfect Flow: Mobility Basics</u>

WEEK 2	WORKOUT
Monday	<u>Low Impact Series: AthleticTraining</u>
Tuesday	<u>LITE: Cardio Party</u>
Wednesday	<u>Boss Loops: Glutes & Core</u>
Thursday	<u>ICE: Low Impact Sweat</u>
Friday	<u>Boss Bands: Total Body</u>
Saturday	<u>LITE: PHA 2</u>
Sunday	<u>Perfect30 Perfect Flow: Yoga Strength & Flexibility</u> or <u>Perfect30 Perfect Flow: Mobility Basics</u>

WEEK 3	WORKOUT
Monday	<u>Ripped with HiiT: Low Impact HiiT Two</u>
Tuesday	<u>Boss Loops: Glutes & Core</u>
Wednesday	<u>Strong and Sweaty: Total Body Giant Sets</u>
Thursday	<u>Perfect30 Perfect HIIT: Low Impact HIIT</u>
Friday	<u>Boss Bands: Total Body</u>
Saturday	<u>Fit Split: Low Impact Cardio Metabolic Conditioning</u>
Sunday	<u>Perfect30 Perfect Flow: Yoga Strength & Flexibility</u> or <u>Perfect30 Perfect Flow: Mobility Basics</u>

WEEK 4	WORKOUT
Monday	<u>Strong and Sweaty: PHA Training</u>
Tuesday	<u>Ripped with HiiT: Low Impact HiiT One</u>
Wednesday	<u>Boss Bands: Total Body</u>
Thursday	<u>X10: Low Impact</u>
Friday	<u>Boss Loops: Glutes & Core</u>
Saturday	<u>XTrain: Super Cuts</u>
Sunday	<u>Perfect30 Perfect Flow: Yoga Strength & Flexibility</u> or <u>Perfect30 Perfect Flow: Mobility Basics</u>

BOSS BANDS & BOSS LOOPS

BOSS BANDS / BOSS LOOPS / PERFECT 30 ROTATION

WEEK 1	WORKOUT
Monday	<u>Boss Loops: Glutes & Core</u>
Tuesday	<u>Perfect30 Perfect Pump: Upper Body</u>
Wednesday	<u>Perfect 30 Perfect HIIT: Low Impact HIIT</u>
Thursday	<u>Boss Bands: Total Body</u>
Friday	<u>Perfect30 Perfect Pump: Lower Body</u>
Saturday	<u>Perfect30 Perfect HIIT: High Impact HIIT</u>
Sunday	<u>Perfect30 Perfect Flow: Mobility Basics</u>

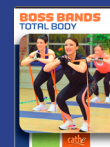
WEEK 2	WORKOUT
Monday	<u>Boss Bands: Total Body</u>
Tuesday	<u>Perfect30 Perfect HIIT: Low Impact HIIT</u>
Wednesday	<u>Perfect30 Perfect Pump: Lower Body + Perfect30 Perfect Pump: Lower Body Bonus</u>
Thursday	<u>Perfect30 Perfect HIIT: High Impact HIIT</u>
Friday	<u>Perfect30 Perfect Pump: Upper Body</u>
Saturday	<u>Boss Loops: Glutes & Core</u>
Sunday	<u>Perfect30 Perfect Flow: Yoga Strength & Flexibility</u>

WEEK 3	WORKOUT
Monday	<u>Perfect30 Perfect HIIT: Low Impact HIIT</u>
Tuesday	<u>Boss Bands: Total Body</u>
Wednesday	<u>Perfect30 Perfect Pump: Lower Body + Perfect30 Perfect Pump: Lower Body Bonus</u>
Thursday	<u>Perfect30 Perfect HIIT: High Impact HIIT</u>
Friday	<u>Boss Loops: Glutes & Core</u>
Saturday	<u>Perfect30 Perfect Pump: Upper Body + Perfect 30 Perfect Pump: Upper Body Bonus</u>
Sunday	<u>Perfect30 Perfect Flow: Mobility Basics</u>

WEEK 4	WORKOUT
Monday	<u>Boss Loops: Glutes & Core</u>
Tuesday	<u>Perfect30 Perfect Pump: Upper Body</u>
Wednesday	<u>Perfect30 Perfect Pump: Lower Body</u>
Thursday	<u>Perfect30 Perfect HIIT: Low Impact HIIT</u>
Friday	<u>Boss Bands: Total Body</u>
Saturday	<u>Perfect30 Perfect HIIT: High Impact HIIT</u>
Sunday	<u>Perfect30 Perfect Flow: Yoga Strength & Flexibility</u>

CHAPTERS

BOSS BANDS: TOTAL BODY



WARM-UP

CHAPTER 1	Equipment: Boss Bands
	Cathe's Resistance: Light

LEGS & SHOULDERS - STATIC LUNGE / DEADLIFTS (R)

CHAPTER 2	Equipment: Boss Bands
	Cathe's Resistance: Medium

LEGS & SHOULDERS - STATIC LUNGE / DEADLIFTS (L)

CHAPTER 3	Equipment: Boss Bands
	Cathe's Resistance: Medium

LEGS & SHOULDERS - ALTERNATING FORWARD SLICE LUNGES

CHAPTER 4	Equipment: Boss Bands
	Cathe's Resistance: Medium

LEGS & SHOULDERS - ALTERNATING FORWARD SLICE WITH LAT PULL DOWN

CHAPTER 5	Equipment: Boss Bands
	Cathe's Resistance: Medium

LEGS & SHOULDERS - SHRUG #1

CHAPTER 6	Equipment: Boss Bands
	Cathe's Resistance: Heavy

LEGS & SHOULDERS - UPRIGHT ROW #1

CHAPTER 7	Equipment: Boss Bands
	Cathe's Resistance: Heavy

LEGS & SHOULDERS - SHRUG #2

CHAPTER 8	Equipment: Boss Bands
	Cathe's Resistance: Heavy

LEGS & SHOULDERS - UPRIGHT ROW #2

CHAPTER 9	Equipment: Boss Bands
	Cathe's Resistance: Heavy

LEGS & SHOULDERS - STRAIGHT ARM CIRCLES

CHAPTER 10	Equipment: Boss Bands
	Cathe's Resistance: Heavy

LEGS & SHOULDERS - SUMO SQUAT WITH FRONT RAISE

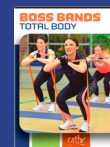
CHAPTER 11	Equipment: Boss Bands
	Cathe's Resistance: Heavy

BACK - SEATED DOUBLE ARM ROW / REAR DELT ROW WITH ROTATION (FIRST SIDE)

CHAPTER 12	Equipment: Boss Bands
	Cathe's Resistance: Heavy

CHAPTERS

BOSS BANDS: TOTAL BODY



BACK - SEATED DOUBLE ARM ROW / REAR DELT ROW WITH ROTATION (SECOND SIDE)

CHAPTER 13	Equipment: Boss Bands
	Cathe's Resistance: Heavy

GLUTES FLOORWORK - SINGLE LEG GLUTE PRESS

CHAPTER 14	Equipment: Boss Bands
	Cathe's Resistance: Heavy

GLUTES FLOORWORK - GLUTE BRIDGE

CHAPTER 15	Equipment: Boss Bands
	Cathe's Resistance: Heavy

GLUTES FLOORWORK - LYING OUTER THIGH PRESS

CHAPTER 16	Equipment: Boss Bands
	Cathe's Resistance: Heavy

LEGS & CORE - SIDE LUNGE WITH ARM SWEEP / STIR THE POT (R)

CHAPTER 17	Equipment: Boss Bands
	Cathe's Resistance: Light

LEGS & CORE - SIDE LUNGE WITH ARM SWEEP / STIR THE POT (L)

CHAPTER 18	Equipment: Boss Bands
	Cathe's Resistance: Light

LEGS & CORE - CALF RAISES

CHAPTER 19	Equipment: Boss Bands
	Cathe's Resistance: Heavy

BICEPS - BICEP CURLS

CHAPTER 20	Equipment: Boss Bands
	Cathe's Resistance: Medium + Heavy

BICEPS - FOREARM CURLS #1

CHAPTER 21	Equipment: Boss Bands
	Cathe's Resistance: Heavy

BICEPS - BICEP CURLS HAMMER GRIP

CHAPTER 22	Equipment: Boss Bands
	Cathe's Resistance: Medium + Heavy

BICEPS - FOREARM CURLS #2

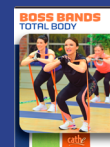
CHAPTER 23	Equipment: Boss Bands
	Cathe's Resistance: Heavy

TRICEPS - ONE ARM OVERHEAD EXTENSION / ONE ARM TRICEP PRESS DOWN (R)

CHAPTER 24	Equipment: Boss Bands
	Cathe's Resistance: Medium

CHAPTERS

BOSS BANDS: TOTAL BODY



TRICEPS - ONE ARM OVERHEAD EXTENSION / ONE ARM TRICEP PRESS DOWN (L)

CHAPTER 25	Equipment: Boss Bands
	Cathe's Resistance: Medium

CHEST - BANDED PUSH-UPS

CHAPTER 26	Equipment: Boss Bands
	Cathe's Resistance: Light

CHEST - CROSSOVER PUSH-UPS

CHAPTER 27	Equipment: Boss Bands
	Cathe's Resistance: Light

CORE - STRAIGHT ARM BUTTERFLY SIT-UPS

CHAPTER 28	Equipment: Boss Bands
	Cathe's Resistance: Light

CORE - SIDE PLANK HIP DIP

CHAPTER 29	Equipment: Boss Bands
	Cathe's Resistance: Light

CORE - SUPERMAN

CHAPTER 30	Equipment: Boss Bands
	Cathe's Resistance: Light

STRETCH

CHAPTER 31	Equipment: Boss Bands
	Cathe's Resistance: Light

CHAPTERS

BOSS LOOPS: GLUTES & CORE



WARM-UP

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

STANDING STRENGTH - SIDE STEP / SUMO SQUAT / CROSSBACK LUNGE (R)

CHAPTER 2	Equipment: Boss Loops
	Cathe's Resistance: Medium

STANDING STRENGTH - SIDE STEP / SUMO SQUAT / CROSSBACK LUNGE (L)

CHAPTER 3	Equipment: Boss Loops
	Cathe's Resistance: Medium

STANDING STRENGTH - CRAB WALKS / LATERAL SKATES (R)

CHAPTER 4	Equipment: Boss Loops
	Cathe's Resistance: Medium

STANDING STRENGTH - CRAB WALKS / LATERAL SKATES (L)

CHAPTER 5	Equipment: Boss Loops
	Cathe's Resistance: Medium

STANDING STRENGTH - ALTERNATING REAR LUNGES / REAR LUNGE KNEE LIFT REAR LUNGE STAND (R)

CHAPTER 6	Equipment: Boss Loops
	Cathe's Resistance: Medium

STANDING STRENGTH - ALTERNATING REAR LUNGES / REAR LUNGE KNEE LIFT REAR LUNGE STAND (L)

CHAPTER 7	Equipment: Boss Loops
	Cathe's Resistance: Medium

STANDING STRENGTH - SPIDERMAN CLIMBERS

CHAPTER 8	Equipment: Boss Loops
	Cathe's Resistance: Medium

STANDING STRENGTH - REACH AND GRAB LUNGES / WOOD CHOP / ATTACKS (R)

CHAPTER 9	Equipment: Boss Loops
	Cathe's Resistance: Medium

STANDING STRENGTH - REACH AND GRAB LUNGES / WOOD CHOP / ATTACKS (L)

CHAPTER 10	Equipment: Boss Loops
	Cathe's Resistance: Medium

STANDING STRENGTH - SLOW SIDE LUNGE WITH SHOULDER MOBILITY STRETCH (R)

CHAPTER 11	Equipment: Boss Loops
	Cathe's Resistance: Medium

STANDING STRENGTH - ALTERNATING SIDE LUNGE WITH ABDUCTION / SCOOP WATER OUT OF THE POOL (R)

CHAPTER 12	Equipment: Boss Loops
	Cathe's Resistance: Medium

CHAPTERS

BOSS LOOPS: GLUTES & CORE



STANDING STRENGTH - SLOW SIDE LUNGE WITH SHOULDER MOBILITY STRETCH (L)

CHAPTER 13	Equipment: Boss Loops
	Cathe's Resistance: Medium

STANDING STRENGTH - ALTERNATING SIDE LUNGE WITH ABDUCTION / SCOOP WATER OUT OF THE POOL (L)

CHAPTER 14	Equipment: Boss Loops
	Cathe's Resistance: Medium

FLOORWORK - PIZZA PRESS / PUSH KICKS (FIRST SIDE)

CHAPTER 15	Equipment: Boss Loops
	Cathe's Resistance: Light

FLOORWORK - PIZZA PRESS / PUSH KICKS (SECOND SIDE)

CHAPTER 16	Equipment: Boss Loops
	Cathe's Resistance: Light

FLOORWORK - HYDRANTS

CHAPTER 17	Equipment: Boss Loops
	Cathe's Resistance: Light

FLOORWORK - STRAIGHT LEG LIFTS / STRAIGHT LEG UP AND OVER (FIRST SIDE)

CHAPTER 18	Equipment: Boss Loops
	Cathe's Resistance: Light

FLOORWORK - STRAIGHT LEG LIFTS / STRAIGHT LEG UP AND OVER (SECOND SIDE)

CHAPTER 19	Equipment: Boss Loops
	Cathe's Resistance: Light

FLOORWORK - CLAM SHELL

CHAPTER 20	Equipment: Boss Loops
	Cathe's Resistance: Light

FLOORWORK - GLUTE BRIDGE ABDUCTION

CHAPTER 21	Equipment: Boss Loops
	Cathe's Resistance: Medium

FLOORWORK - GLUTE BRIDGE PULSES

CHAPTER 22	Equipment: Boss Loops
	Cathe's Resistance: Medium

FLOORWORK - GLUTE ABDUCTION SLOW

CHAPTER 23	Equipment: Boss Loops
	Cathe's Resistance: Medium

FLOORWORK - FROG THRUSTERS

CHAPTER 24	Equipment: Boss Loops
	Cathe's Resistance: Medium

CHAPTERS

BOSS LOOPS: GLUTES & CORE



FLOORWORK - LEG DROPS / SINGLE LEG GLUTE LIFT (FIRST SIDE)

CHAPTER 25	Equipment: Boss Loops
	Cathe's Resistance: Medium

FLOORWORK - LEG DROPS / SINGLE LEG GLUTE LIFT (SECOND SIDE)

CHAPTER 26	Equipment: Boss Loops
	Cathe's Resistance: Medium

CORE - SCISSOR PUMPS

CHAPTER 27	Equipment: Boss Loops
	Cathe's Resistance: Light

CORE - BUTTERFLY SIT-UPS WITH ABDUCTION

CHAPTER 28	Equipment: Boss Loops
	Cathe's Resistance: Light

CORE - BIKE MANEUVER

CHAPTER 29	Equipment: Boss Loops
	Cathe's Resistance: Light

CORE - PLANK TAPS WITH STEP OUTS

CHAPTER 30	Equipment: Boss Loops
	Cathe's Resistance: Light

CORE - SUPERMAN

CHAPTER 31	Equipment: Boss Loops
	Cathe's Resistance: Light

CORE - TABLE TOP ABDUCTION

CHAPTER 32	Equipment: Boss Loops
	Cathe's Resistance: Light

CORE - BIRD DOG

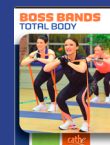
CHAPTER 33	Equipment: Boss Loops
	Cathe's Resistance: Light

STRETCH

CHAPTER 34	Equipment: None
	Cathe's Resistance: N/A

PREMIXES

BOSS BANDS: TOTAL BODY



TIMESAVER PREMIXES

Timesaver #1	Legs, Glutes & Core	28:32
Timesaver #2	Upper Body	46:38
Timesaver #3	Back, Biceps & Core	28:38
Timesaver #4	Shoulders, Triceps & Chest	32:35
Timesaver #5	Core Focus	23:00

MISHMOSH PREMIXES

MishMosh #1	No Legs & Core	51:47
MishMosh #2	Scrambled	56:22
MishMosh #3	Double Legs & Shoulders and Legs & Core	48:00

PREMIXES

BOSS LOOPS: GLUTES & CORE



TIMESAVER PREMIXES

Timesaver #1	No Floorwork & Glutes	35:40
Timesaver #2	No Floorwork & Glutes or Core	26:57
Timesaver #3	Floorwork & Glutes and Core	35:09
Timesaver #4	No Core	42:42

MISHMOSH PREMIXES

MishMosh #1	Double It	92:09
MishMosh #2	Double Floorwork & Glutes	67:10
MishMosh #3	Extra Standing Lower Body Strength with Low Impact Cardio	67:41
MishMosh #4	Double Standing Lower Body Strength with Low Impact Cardio	43:13



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