

Lift, Move & Restore 2
ELEVATED!
FUNCTIONAL TRAINING FOR THE ACTIVELY AGING LIFESTYLE

USERS GUIDE



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SERIES OVERVIEW

LIFT, MOVE & RESTORE 2: ELEVATED!

WELCOME TO LIFT, MOVE, & RESTORE 2: ELEVATED!

This complete workout series will take your functional training to the next level—in intensity, in challenge, and in sweat factor. This new elevated sequel to the Lift, Move & Restore series, will focus on movements that have direct carryover to everyday life, focusing on the balance, mobility, flexibility, and endurance training that we need for longevity! All these elements are imperative if we want to stay independent and injury free.

Lift, Move & Restore 2: ELEVATED! will not only give newer exercisers something to grow to after mastering the original series, but it will also have a vibe all its own to challenge experienced exercisers! This time around we're going to light a little fire under our functional training routines with slightly heavier weights, tougher challenges, and the addition of calorie busting cardio to keep our hearts primed! We will re-visit some of the workout types from the original series, but with a new flair that gives them a fun, fresh energy.

All the workouts in this series will continue to challenge us with the bending, twisting, pulling, pushing, and lifting movements that are key to our overall strength and independence, especially as we age. The ability to walk, sit, stand, carry, lift, stretch, or turn without even giving it a second thought is what we strive for. Remember, functional training is focused on performance. We'll challenge our bodies and our minds with dynamic movements that will keep us fit and ready for our vigorously active lives.

As always, as you work your way through this series, keep track of your weight increments, progress, and the areas where you feel you need some extra attention. Use this series to find any holes in your fitness routines that need to be filled and work a little harder in those areas. Grow with the series, increasing your weights when you're ready so that you keep challenging yourself!

The most important thing that we have in life is our own health. Exercise is key, as is proper recovery. We will cover both of those things in this series. Get ready to work hard, recover hard, and repeat! We've got this!

PREMIXES

Shorter premix options are available for each of the routines in the Lift, Move & Restore 2: ELEVATED! series and can be used as desired in place of a workout listed in a rotation. For example, if you're following a rotation, but know that your workout time is limited on a certain day, you can replace the main program routine with one of the shorter premix options on that day. These premixes have been provided to give you additional workout options to fit your schedule and keep your routine fresh and challenging.

BONUS WORKOUTS

The ELEVATED! series includes 4 bonus cardio routines which can be mixed and matched in any way that you choose throughout a rotation. On any cardio day listed you can choose to swap to any of the other cardio routines. Please keep in mind that PHA Cardio Fusion is packed with weight work so you may not want to use that cardio routine after a heavier lifting day. These workouts can also be added to a lighter day as a more intense add-on. Including these bonus routines will give you even greater variety as you work your way through each rotation.

One of the rotations in this guide will also include the 4 heavy weight download workouts. Although these heavy weight downloads are not part of the main series, they are a great option for those looking to focus on heavier weight training along with the more moderate weight routines in this series. Workout cards are also included for these heavy weight routines so that you can keep track of your weight choices on each exercise and your progress.

ABOUT THE WORKOUTS

LIFT, MOVE & RESTORE 2: ELEVATED

ELEVATED UPPER BODY



We all want an upper body that is both strong and able to perform the multitude of tasks that we demand of it daily. That's what functional training is all about and what you can expect in the new Elevated Upper Body workout. You'll kick things off with a resistance band warm up with a strong focus on heating up the entire upper body in preparation for the work ahead. Plus, you'll pay special attention to your posture because we all know how crucial good posture is for staying healthy and injury-free! The main portion of the routine dives right in with a variety of dynamic exercises that will challenge your muscular strength, as well as your coordination and balance. Look out for unilateral movements, powerful strength-building moves, plank challenges to engage the core, and so much more! This workout will push your body and your mind to keep you fit from the inside out!

ELEVATED LOWER BODY



This isn't just any lower body workout—it's a fantastic new challenge that will push your strength, test your balance, and increase your stamina! You'll be engaged from start to finish with a dynamic mix of fun and effective exercises! This workout will incorporate moderate to slightly heavier weights, along with a fabric loop, and a high step to introduce your legs and glutes to a whole new set of challenges that are sure to bring on the fire! Double knot your laces and get ready to squat, lunge, pulse, and press your way toward great results! This routine is designed to thoroughly work every inch of your lower body, leaving you feeling strong, empowered, and ready to conquer the day.

ELEVATED TOTAL BODY



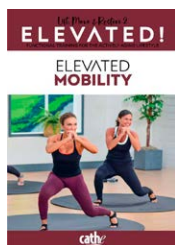
The Elevated Total Body workout will ignite your body from head to toe with multi-muscle, multi-move, compound exercises that are both fun and effective. In this non-stop weight routine, you'll use light to moderately heavy dumbbells ranging from 5-20lbs to challenge your muscular strength and endurance as well as your balance and coordination.

BARRE BOOTCAMP



This super fun, fresh routine will test your endurance and your coordination with a variety of exercises using light to moderate hand weights, a mini ball, and a firewalker loop. Get ready for some unique twists and surprises that will keep your mind and your muscles fired up for what's coming next.

ELEVATED MOBILITY



When it comes to restoration, there are many types of recovery and training techniques that we can take advantage of to enhance our flexibility, stability, balance, mobility, and refresh our minds and bodies after demanding routines. Taking the time to restore our bodies is essential to improving our overall performance as well as helping to prevent injuries. As with any type of exercise, even your restorative practices will vary in intensity to give your body the challenge it needs to not only maintain but improve in its abilities. This is where Elevated Mobility comes to play. Elevated Mobility will take some of the elements that you loved about the original, but will elevate them with increased range of motion, more challenging balance and stability elements, and most especially with more complex, multi-joint exercises. These components were woven into LMR2 Elevated Mobility to create a fresh and more intense mobility experience.

DYNAMIC FLEXIBILITY & CORE



Dynamic Flexibility & Core is a perfect option to open up your body and restore movement after or in-between your more intense workouts. But don't be fooled—this is not an "easy" stretch. You will be pushing your body to find its limitations and work towards pushing past them. In this routine you'll move through a variety of dynamic range of motion exercises to lengthen, strengthen, and restore your body and mind. Dynamic stretching exercises and postures will restore flexibility to your muscles and mobility to your joints while core-centric movements strengthen your core from front to back for a strong, stable center. This workout will leave you feeling fresh, mobile, and rejuvenated so you're ready to take on what's next!

ABOUT THE WORKOUTS

LIFT, MOVE & RESTORE 2: ELEVATED!

BALANCE FUSION



Good balance isn't just a natural gift that we can rely on for life. Like most aspects of our fitness journey, balance needs to be trained and tested because if you don't use it, you'll lose it! Good Balance is essential for performing daily activities safely and effectively with ease, so there's no better time than now to incorporate more balance training into your fitness routine! Balance Fusion was designed to test your balance in unique and innovative ways, with challenges that become progressively more difficult as the workout continues. The balance challenges will start right out of the gate with a warm-up that will keep you on your toes--quite literally at times-- and they won't stop there! You'll also be using a mini yoga ball and balance discs to keep you fighting to stabilize right through to the cool down. The variety of exercises performed in this routine will not only work on your balance and enhance your posture, but will also challenge your coordination, stability, mobility, and joint health. Balance is too often overlooked in our fitness schedule, but Balance Fusion's fresh take on balance training will have you reaching for this workout again and again! This isn't just balance, it's a total body awakening!

HIIT FUSION



HiIT Fusion is a blast- quite literally! In this high-intensity cardio workout you'll perform two to three cardio blast exercises before hitting a standing, weighted core exercise! The core exercise will keep your heart rate up but will also give you just enough time to catch your breath before starting the next round of hiit blasts! Whether you choose to take high impact options or stay completely low impact, you'll be putting your cardio endurance to the test!

KICKBOX FUSION



Get ready to sweat and smile your way through Kickbox Fusion! This high-energy routine will keep you moving and grooving from the very first moment to the very last! You'll dive right into an awesome mix of kickboxing cardio drills and fun combos that will challenge your mind just as hard as your muscles! This is a mixed impact routine, but don't worry if high-impact moves aren't your thing--there are plenty of lower-impact options to keep everyone energized! Grab your gloves, bring your enthusiasm, and let's get this kickbox party started!

LOW IMPACT CARDIO FUSION



Are you ready to get your heart pumping? Then Low Impact Cardio Fusion is just what you're looking for! This fantastically fun cardio routine includes a mix of high-energy, multi-part cardio sequences that will not only build your cardio endurance, but will also incorporate some brain training coordination challenges! You'll also grab light dumbbells once per round for a compound metabolic weighted exercise to enhance your overall stamina. At times throughout the workout you'll be faced with a more intense cardio burst and will be shown an option to keep the burst low or take it up to high impact! Whether you keep those feet grounded or get some air under those sneakers, you'll still be breathing and burning some major calories! Towards the end of the routine, we'll revisit the world of basic step choreography for some mambos, cha chas, and v-steps, but if you're not a stepper, don't worry! This is a totally floor based routine, and we'll work these favorite moves in a fun new way!

PHA CARDIO FUSION



This workout utilizes what you love about PHA style training and intensifies it with cardio bursts and weighted exercises that move at a pace that will keep your heart pumping! PHA Cardio Fusion requires nothing but dumbbells and, of course, your stamina! You'll use moderate weights so that you are able to transition swiftly between exercises to stay in your cardio zone effectively. You'll alternate between lower body and upper body exercises throughout the routine but watch out for those sneaky cardio bursts! They'll pop in every so often to remind you why cardio is in the title of this exciting (and sweaty!) workout!

EQUIPMENT

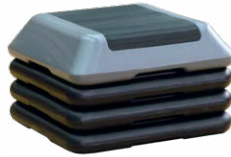
USED IN LIFT, MOVE & RESTORE 2: ELEVATED!

Throughout the Lift, Move & Restore 2: ELEVATED! workouts, I will be showing multiple options to accommodate the equipment that you have at home so that you can get the most out of this program.

Dumbbells



High Step



Step with Preferred Number of Risers



Boxing Gloves



Light & Medium Tension Fabric Loops



Light & Medium Tension Firewalker Loops



Mat



Mini Ball



Stability Ball



Medium Tension Resistance Tube



STS Adjustable Pull-Up/Dip Bars



Balance Discs



QUICK START GUIDE

LIFT, MOVE & RESTORE 2: ELEVATED!

STEP #1

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

STEP #2

Gather the equipment that 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 in the menu on each DVD.

STEP #3

For all weight bearing exercises choose a weight that works for you. Make note of your weight selections so that you can increase as an exercise starts to feel easier.

STEP #4

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

ABOUT THE ROTATIONS

LIFT, MOVE & RESTORE 2: ELEVATED!

In this User's Guide you will find 6 rotations to get you started. Choose the rotation that best suits your current fitness schedule and get going!

LIFT, MOVE & RESTORE 2: ELEVATED! 2-MONTH ROTATION



This rotation will guide you through 8 weeks of workouts focusing solely on the new LMR2: ELEVATED! series. This rotation is for those who want to focus on the new workouts only as they get to know the new series and what it has to offer. Each week you'll get a mix of weights and cardio with one off day. Feel free to substitute your off day with a shorter mobility, balance or flexibility premix if you prefer.

LIFT, MOVE & RESTORE 2: ELEVATED! / LIFT, MOVE & RESTORE 1-MONTH ROTATION



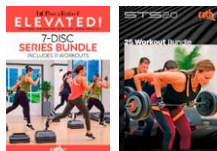
This rotation will guide you through 4 weeks of workouts mixing the new Elevated! workouts with the original Lift, Move & Restore series. This rotation is great for those of you who began with the original series and are ready to start taking things up a few notches without diving head first into a new series. This will allow an easier transition as you increase the weight or intensity of your current routine. This rotation is also excellent for more experienced exercisers who like a solid mix of harder and kinder workouts each week while remaining within the Lift, Move & Restore functional training theme. Notice that this rotation does not include any days "OFF" as those rest days have been replaced with recovery workouts. If you prefer full days of rest please feel free to take these as off days instead. The cardio routines in this rotation are on the shorter side so if you feel like you want to add a bit of extra on those days try adding on a short core segment, foam rolling, or extra balance training.

LIFT, MOVE & RESTORE 2: ELEVATED! / STRONG & SWEATY 1-MONTH ROTATION



This rotation will guide you through 4 weeks of workouts mixing the new Elevated! workouts with the Strong & Sweaty series. Both series offer a variety of strength and cardio options making them a great compliment to shake things up. Each week you'll have one OFF day which can be replaced with a recovery workout of choice if you prefer it. On the shorter cardio days feel free to throw in some core or another shorter premix or segment of choice.

LIFT, MOVE & RESTORE 2: ELEVATED! / STS 2.0 2-MONTH ROTATION



This rotation will guide you through 8 weeks of workouts mixing the new Elevated! workouts with the STS 2.0 series. This rotation is great for those who are excited about diving into the new series, but also love their heavy lifting and want it incorporated into each week. Each week you'll have a mix of weights from both series as well as the cardio routines from ELEVATED!. You will get one off day each week, but this can be replaced with a recovery workout of choice if you prefer. The cardio days in this series are shorter workouts, but in this rotation that will be to your benefit to offset the longer routines, especially the longer heavy routines from STS 2.0.

LIFT, MOVE & RESTORE 2 ELEVATED! / RIPPED WITH HIIT 2-MONTH ROTATION



This rotation will guide you through 8 weeks of workouts mixing the new Elevated! workouts with the Ripped with HiiT series. This rotation is for those who love a bit more cardio factor and a bit more intensity. This rotation includes cardio from both series as well as a mix of weight lifting workouts from moderate to heavier weight. Each week you will get one day off, but this can be replaced with a recovery workout of choice if you prefer it. You will also notice that Elevated Mobility is found within many of the weeks as one of your weekly workouts. There are many intense routines in this rotation and it's beneficial to make sure that your muscles and your mind get the recovery that they need.

LIFT, MOVE & RESTORE 2: ELEVATED! + HEAVY WEIGHT BONUS DOWNLOADS 1-MONTH ROTATION



This rotation will guide you through 4 weeks of the new Elevated! workouts with the inclusion of the LMR2 heavy weight bonus downloads. This is the perfect rotation for those of you who want to focus solely on the new series, but also want to get your heavy weight lifting workouts in during the month. Although the heavy weight downloads were not created as part of the core LMR2 ELEVATED! series, I created them to compliment the series for those of you who were requesting new heavy routines. If you want to do this rotation, but you do not have the heavy weight downloads feel free to substitute other heavy weight workouts on those days. You will have one off day each week, but feel free to substitute with a recovery workout of choice.

ROTATIONS

LMR 2: ELEVATED! 2-MONTH



WEEK 1	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Tuesday	Lift, Move & Restore 2 Elevated! - HIIT Fusion
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Thursday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Friday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Kickbox Fusion

WEEK 2	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion
Tuesday	Lift, Move & Restore 2 Elevated! - Barre Bootcamp
Wednesday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core
Thursday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion
Friday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Balance Fusion

WEEK 3	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Thursday	Lift, Move & Restore 2 Elevated! - HIIT Fusion
Friday	OFF
Saturday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion
Sunday	Lift, Move & Restore 2 Elevated! - Barre Bootcamp

WEEK 4	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Tuesday	Lift, Move & Restore 2 Elevated! - Kickbox Fusion
Wednesday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core
Thursday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Friday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion

ROTATIONS

LMR 2: ELEVATED! 2-MONTH



WEEK 5	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion
Tuesday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Thursday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Friday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Balance Fusion

WEEK 6	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Barre Bootcamp
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Wednesday	Lift, Move & Restore 2 Elevated! - HIIT Fusion
Thursday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Friday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body

WEEK 7	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Kickbox Fusion
Tuesday	Lift, Move & Restore 2 Elevated! - Balance Fusion
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Thursday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion
Friday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion

WEEK 8	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Barre Bootcamp
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Thursday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Friday	Lift, Move & Restore 2 Elevated! - HIIT Fusion
Saturday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Sunday	OFF

ROTATIONS

LMR 2: ELEVATED! / LMR 1-MONTH



WEEK 1	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion
Tuesday	Lift, Move & Restore - Functional Pilates Fusion
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Thursday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Friday	Lift, Move & Restore - Functional Yoga Fusion
Saturday	Lift, Move & Restore 2 Elevated! - HIIT Fusion
Sunday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core

WEEK 2	WORKOUT
Monday	Lift, Move & Restore - Functional Total Body
Tuesday	Lift, Move & Restore 2 Elevated! - Kickbox Fusion
Wednesday	Lift, Move & Restore 2 Elevated! - Barre Bootcamp
Thursday	Lift, Move & Restore - Functional Upper Body
Friday	Lift, Move & Restore - Functional Lower Body
Saturday	Lift, Move & Restore - Functional Yoga Fusion - Restorative Yoga Bonus
Sunday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion

WEEK 3	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Tuesday	Lift, Move & Restore 2 Elevated! - Balance Fusion
Wednesday	Lift, Move & Restore - Functional Core Fusion
Thursday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion
Friday	Lift, Move & Restore - Functional Mobility Fusion
Saturday	Lift, Move & Restore - Functional Total Body
Sunday	Lift, Move & Restore - Functional Barre Fusion

WEEK 4	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Wednesday	Lift, Move & Restore 2 Elevated! - Balance Fusion
Thursday	Lift, Move & Restore 2 Elevated! - HIIT Fusion
Friday	Lift, Move & Restore - Functional Total Body
Saturday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Sunday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core

ROTATIONS

LMR 2: ELEVATED! / STRONG & SWEATY 1-MONTH



WEEK 1	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Wednesday	Strong and Sweaty Cardio Slam
Thursday	Lift, Move & Restore 2 Elevated! - Balance Fusion
Friday	OFF
Saturday	Strong and Sweaty PHA Training
Sunday	Lift, Move & Restore 2 Elevated! - HIIT Fusion

WEEK 2	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Tuesday	Strong and Sweaty Total Body Giant Sets
Wednesday	Strong and Sweaty Cycle Sweat
Thursday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core
Friday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Kickbox Fusion

WEEK 3	WORKOUT
Monday	Strong and Sweaty Ramped Up Upper Body
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Thursday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion
Friday	Strong and Sweaty Boot Camp
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Barre Bootcamp

WEEK 4	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Tuesday	Lift, Move & Restore 2 Elevated! - Balance Fusion
Wednesday	Strong and Sweaty Cardio Slam
Thursday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion
Friday	OFF
Saturday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core
Sunday	Strong and Sweaty PHA Training

ROTATIONS

LMR 2: ELEVATED! / STS 2.0 2-MONTH



WEEK 1	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Kickbox Fusion
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Thursday	STS 2 Mobility 2
Friday	OFF
Saturday	STS 2 Giant Sets Total Body
Sunday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion

WEEK 2	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion
Tuesday	STS 2 Lower Body 1
Wednesday	Lift, Move & Restore 2 Elevated! - Balance Fusion
Thursday	STS 2 Upper Body 1
Friday	Lift, Move & Restore 2 Elevated! - HIIT Fusion
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Barre Bootcamp

WEEK 3	WORKOUT
Monday	STS 2 Super Sets Total Body
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Wednesday	Lift, Move & Restore 2 Elevated! - Kickbox Fusion
Thursday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Friday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core

WEEK 4	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Wednesday	Lift, Move & Restore 2 Elevated! - HIIT Fusion
Thursday	STS 2 Mobility 2
Friday	STS 2 Tri Sets Total Body
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Balance Fusion

ROTATIONS

LMR 2: ELEVATED! / STS 2.0 2-MONTH



WEEK 1	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion
Tuesday	Lift, Move & Restore 2 Elevated! - Barre Bootcamp
Wednesday	STS 2 Lower Body 2
Thursday	STS 2 Upper Body 2
Friday	STS 2 Total Body Stretch
Saturday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion
Sunday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core

WEEK 2	WORKOUT
Monday	STS 2 Body Parts Back
Tuesday	STS 2 Body Parts Biceps
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Thursday	STS 2 Body Parts Legs
Friday	Lift, Move & Restore 2 Elevated! - Kickbox Fusion
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - HIIT Fusion

WEEK 3	WORKOUT
Monday	STS 2 Body Parts Chest
Tuesday	STS 2 Body Parts Triceps
Wednesday	STS 2 Mat Yoga
Thursday	STS 2 Body Parts Shoulders
Friday	Lift, Move & Restore 2 Elevated! - Barre Bootcamp
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion

WEEK 4	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Balance Fusion
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Wednesday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion
Thursday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core
Friday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body

ROTATIONS

LMR 2: ELEVATED! / RIPPED WITH HIIT 2-MONTH



WEEK 1	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Tuesday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion
Wednesday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core
Thursday	Ripped with HiiT - Lift It Hit It Back, Biceps & Shoulders
Friday	Ripped with HiiT - Lift It Hit It Chest, Triceps & Shoulders
Saturday	OFF
Sunday	Ripped with HiiT - Lift It HiiT It Legs

WEEK 2	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Kickbox Fusion
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Thursday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Friday	OFF
Saturday	Ripped with HiiT - Low Impact HiiT One
Sunday	Lift, Move & Restore 2 Elevated! - Balance Fusion

WEEK 3	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion
Tuesday	Ripped with HiiT - Plyo HiiT One
Wednesday	Ripped with HiiT - HiiT Circuit Upper Body
Thursday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Friday	Ripped with HiiT - HiiT Circuit Lower Body
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core

WEEK 4	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Tuesday	Ripped with HiiT - Low Impact HiiT Two
Wednesday	Lift, Move & Restore 2 Elevated! - Barre Bootcamp
Thursday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Friday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Saturday	OFF
Sunday	Ripped with HiiT - Plyo HiiT Two

ROTATIONS

LMR 2: ELEVATED! / RIPPED WITH HIIT 2-MONTH



WEEK 1	WORKOUT
Monday	<u>Lift, Move & Restore 2 Elevated! - Balance Fusion</u>
Tuesday	<u>Ripped with HiiT - Lift It Hit It Chest, Triceps & Shoulders</u>
Wednesday	<u>Lift, Move & Restore 2 Elevated! - Elevated Mobility</u>
Thursday	<u>Ripped with HiiT - Lift It HiiT It Legs</u>
Friday	OFF
Saturday	<u>Ripped with HiiT - Lift It Hit It Back, Biceps & Shoulders</u>
Sunday	<u>Lift, Move & Restore 2 Elevated! - HIIT Fusion</u>

WEEK 2	WORKOUT
Monday	<u>Ripped with HiiT - HiiT Circuit Upper Body</u>
Tuesday	<u>Lift, Move & Restore 2 Elevated! - Elevated Lower Body</u>
Wednesday	<u>Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion</u>
Thursday	<u>Lift, Move & Restore 2 Elevated! - Elevated Upper Body</u>
Friday	<u>Ripped with HiiT - HiiT Circuit Lower Body</u>
Saturday	OFF
Sunday	<u>Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core</u>

WEEK 3	WORKOUT
Monday	<u>Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion</u>
Tuesday	<u>Lift, Move & Restore 2 Elevated! - Kickbox Fusion</u>
Wednesday	<u>Lift, Move & Restore 2 Elevated! - Elevated Mobility</u>
Thursday	<u>Lift, Move & Restore 2 Elevated! - Elevated Total Body</u>
Friday	<u>Ripped with HiiT - Low Impact HiiT One</u>
Saturday	OFF
Sunday	<u>Lift, Move & Restore 2 Elevated! - Barre Bootcamp</u>

WEEK 4	WORKOUT
Monday	<u>Ripped with HiiT - Lift It Hit It Back, Biceps & Shoulders</u>
Tuesday	<u>Ripped with HiiT - Lift It Hit It Chest, Triceps & Shoulders</u>
Wednesday	<u>Lift, Move & Restore 2 Elevated! - Balance Fusion</u>
Thursday	<u>Ripped with HiiT - Lift It HiiT It Legs</u>
Friday	<u>Lift, Move & Restore 2 Elevated! - Elevated Mobility</u>
Saturday	<u>Lift, Move & Restore 2 Elevated! - HIIT Fusion</u>
Sunday	OFF

ROTATIONS

LMR 2: ELEVATED! + HEAVY WEIGHT BONUS DOWNLOADS



WEEK 1	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Elevated Lower Body
Tuesday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Upper Body
Thursday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Friday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Kickbox Fusion

WEEK 2	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Lower Body Strength
Tuesday	Lift, Move & Restore 2 Elevated! - Upper Body Strength - Back, Biceps & Shoulders
Wednesday	Lift, Move & Restore 2 Elevated! - Elevated Mobility
Thursday	Lift, Move & Restore 2 Elevated! - Upper Body Strength - Chest, Triceps & Shoulders
Friday	Lift, Move & Restore 2 Elevated! - Balance Fusion
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - PHA Cardio Fusion

WEEK 3	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Kickbox Fusion
Tuesday	Lift, Move & Restore 2 Elevated! - Elevated Total Body
Wednesday	Lift, Move & Restore 2 Elevated! - Barre Bootcamp
Thursday	Lift, Move & Restore 2 Elevated! - HIIT Fusion
Friday	Lift, Move & Restore 2 Elevated! - Total Body Metabolic Strength
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core

WEEK 4	WORKOUT
Monday	Lift, Move & Restore 2 Elevated! - Upper Body Strength - Chest, Triceps & Shoulders
Tuesday	Lift, Move & Restore 2 Elevated! - Lower Body Strength
Wednesday	Lift, Move & Restore 2 Elevated! - Low Impact Cardio Fusion
Thursday	Lift, Move & Restore 2 Elevated! - Upper Body Strength - Back, Biceps & Shoulders
Friday	Lift, Move & Restore 2 Elevated! - Dynamic Flexibility & Core
Saturday	OFF
Sunday	Lift, Move & Restore 2 Elevated! - HIIT Fusion

CHAPTERS

BALANCE FUSION



WARM UP

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

BALL SQUEEZE WITH CALF RAISE

CHAPTER 2	Equipment: Mini Yoga Ball
	Cathe's Weight: N/A

SQUAT CALF RAISE COMBO

CHAPTER 3	Equipment: Mini Yoga Ball
	Cathe's Weight: N/A

FORWARD HINGED OVERHEAD BALL EXCHANGE

CHAPTER 4	Equipment: Mini Yoga Ball
	Cathe's Weight: N/A

CIRCLE UNDER, BEHIND, HALO COMBO

CHAPTER 5	Equipment: Mini Yoga Ball
	Cathe's Weight: N/A

SINGLE LEG DEADLIFT

CHAPTER 6	Equipment: Mini Yoga Ball
	Cathe's Weight: N/A

SINGLE LEG SQUAT WITH BALL SQUEEZE

CHAPTER 7	Equipment: Mini Yoga Ball, STS Bars
	Cathe's Weight: N/A

ANKLE MOBILITY DRILLS

CHAPTER 8	Equipment: Balance Discs, STS Bars
	Cathe's Weight: N/A

SQUAT WITH ANKLE KNEE TAPS

CHAPTER 9	Equipment: Balance Discs
	Cathe's Weight: N/A

SQUAT WITH LEG ABDUCTION

CHAPTER 10	Equipment: Balance Discs
	Cathe's Weight: N/A

SQUAT WITH LEG KICKBACKS

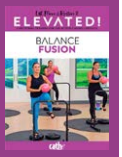
CHAPTER 11	Equipment: Balance Discs
	Cathe's Weight: N/A

SQUAT WITH BALL ROLL

CHAPTER 12	Equipment: Balance Discs Mini Yoga Ball
	Cathe's Weight: N/A

CHAPTERS

BALANCE FUSION



ALTERNATING TAP DOWNS

CHAPTER 13	Equipment: Balance Discs, Mini Yoga Ball
	Cathe's Weight: N/A

SQUAT TO OVERHEAD PRESS WITH KNEE LIFT

CHAPTER 14	Equipment: Balance Discs, Mini Yoga Ball
	Cathe's Weight: N/A

HEEL TAP, BALL ROLL COMBO

CHAPTER 15	Equipment: Balance Discs, Mini Yoga Ball
	Cathe's Weight: N/A

SQUAT TWIST, BALL DROP COMBO

CHAPTER 16	Equipment: Balance Discs, Mini Yoga Ball
	Cathe's Weight: N/A

BALANCE AND COORDINATION COMBO

CHAPTER 17	Equipment: Balance Discs, Mini Yoga Ball
	Cathe's Weight: N/A

FREE STANDING BALANCE FLOW

CHAPTER 15	Equipment: N/A
	Cathe's Weight: N/A

COOL DOWN

CHAPTER 16	Equipment: STS Bars
	Cathe's Weight: N/A

CHAPTERS

BARRE BOOTCAMP



WARM UP

CHAPTER 1	Equipment: Mini Yoga Ball
	Cathe's Weight: N/A

PLIE SQUAT TO LUNGE COMBO

CHAPTER 2	Equipment: STS Bars
	Cathe's Weight: N / A

CROSSBACK LUNGE TO CRESCENT KNEE

CHAPTER 3	Equipment: Dumbbell
	Cathe's Weight: 10 LBS

HIGH PULSES WITH BALL SQUEEZE

CHAPTER 4	Equipment: STS Bars, Mini Yoga Ball
	Cathe's Weight: N / A

FRONT SWING WITH OBLIQUE TWIST

CHAPTER 5	Equipment: Dumbbell
	Cathe's Weight: 10 LBS

PULSING PLIE SQUAT WITH BICEP CURLS

CHAPTER 6	Equipment: Dumbbells
	Cathe's Weight: 8 LBS

SINGLE ARM W-PRESS

CHAPTER 7	Equipment: STS Bars, Dumbbell
	Cathe's Weight: 5 LBS

DOUBLE PLIE PULSE WITH LEG SWEEP

CHAPTER 8	Equipment: STS Bars
	Cathe's Weight: N/A

ARM PULL

CHAPTER 9	Equipment: Firewalker loop
	Cathe's Weight: N / A

SINGLE LEG DEADLIFT WITH FRONT RAISE EXCHANGE

CHAPTER 10	Equipment: Dumbbell
	Cathe's Weight: 8 LBS

ARM PUMP WITH SIDE TAP

CHAPTER 11	Equipment: Dumbbells
	Cathe's Weight: 5 LBS

HIGH HIP RAISE

CHAPTER 12	Equipment: STS Bars, Mini Yoga Ball
	Cathe's Weight: N / A

CHAPTERS

BARRE BOOTCAMP



PULL BACK CROSSBACK LUNGE COMBO

CHAPTER 13	Equipment: Firewalker Loop
	Cathe's Weight: N/A

BALL ROLL UP

CHAPTER 13	Equipment: Mini Yoga Ball
	Cathe's Weight: N/A

SIDE LYING TRICEP PUSHUPS

CHAPTER 14	Equipment: N/A
	Cathe's Weight: N / A

LYING TRICEP EXTENSION / CHEST FLY COMBO

CHAPTER 15	Equipment: Dumbbells
	Cathe's Weight: 10 LBS

BIKE MANEUVER

CHAPTER 16	Equipment: Mini Yoga Ball
	Cathe's Weight: N / A

COOL DOWN

CHAPTER 17	Equipment: STS BARS
	Cathe's Weight: N/A

CHAPTERS

DYNAMIC FLEXIBILITY AND CORE



WARM UP

CHAPTER 1	Equipment: Mat
	Cathe's Weight: N/A

STANDING STRADDLE WITH TOE REACH

CHAPTER 2	Equipment: Mat
	Cathe's Weight: N/A

STANDING GODDESS SQUATS

CHAPTER 3	Equipment: Mat
	Cathe's Weight: N/A

STANDING STRADDLE WITH THORACIC ROTATION

CHAPTER 4	Equipment: Mat
	Cathe's Weight: N/A

90/90

CHAPTER 5	Equipment: Mat
	Cathe's Weight: N/A

HIP OPENER COMBO

CHAPTER 6	Equipment: Mat
	Cathe's Weight: N/A

KNEELING SIDE CAMEL POSE

CHAPTER 7	Equipment: Mat
	Cathe's Weight: N/A

HALF KNEELING HIP FLEXOR/ HAMSTRING STRETCH

CHAPTER 8	Equipment: Mat
	Cathe's Weight: N/A

HALF KNEELING TO SIDE HIP STRETCH

CHAPTER 9	Equipment: Mat
	Cathe's Weight: N/A

COBRA TO SCORPION

CHAPTER 10	Equipment: Mat
	Cathe's Weight: N/A

REVERSE PLANK / ROLL LIKE A BALL

CHAPTER 11	Equipment: Mat
	Cathe's Weight: N/A

SUPINE GLUTE BRIDGE

CHAPTER 12	Equipment: Mat
	Cathe's Weight: N/A

CHAPTERS

DYNAMIC FLEXIBILITY AND CORE



SUPINE MARCHING BRIDGE

CHAPTER 13	Equipment: Mat
	Cathe's Weight: N / A

SUPINE HIP LIFTED LEG CIRCLES

CHAPTER 14	Equipment: Mat
	Cathe's Weight: N / A

DEADBUG

CHAPTER 15	Equipment: Mat
	Cathe's Weight: N / A

HOLLOW HOLD

CHAPTER 16	Equipment: Mat
	Cathe's Weight: N / A

SUPERMAN

CHAPTER 17	Equipment: Mat
	Cathe's Weight: N / A

BIRD DOG

CHAPTER 18	Equipment: Mat
	Cathe's Weight: N / A

PLANK WITH FRONT PUNCHES

CHAPTER 19	Equipment: Mat
	Cathe's Weight: N / A

CHILD'S POSE CIRCLES

CHAPTER 20	Equipment: Mat
	Cathe's Weight: N / A

4 POINT TRICEP PUSH UP

CHAPTER 21	Equipment: Mat
	Cathe's Weight: N / A

HOVERING BEAR CRAWL WITH SHOULDER TAPS

CHAPTER 22	Equipment: Mat
	Cathe's Weight: N / A

WIDE ARM KNEELING SHOULDER ROTATION

CHAPTER 23	Equipment: Mat
	Cathe's Weight: N / A

COOL DOWN

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

CHAPTERS

ELEVATED LOWER BODY



WARM UP

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

SQUAT

CHAPTER 2	Equipment: Dumbbells
	Cathe's Weight: 15 lbs

NARROW STANCE SQUAT

CHAPTER 3	Equipment: Dumbbell
	Cathe's Weight: 15 lbs

SUMO SQUATS WITH HEEL CLICK

CHAPTER 4	Equipment: Dumbbells
	Cathe's Weight: 12 lbs

DEADLIFT WITH ALTERNATING REAR LUNGE

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

STEP UP

CHAPTER 6	Equipment: Dumbbells, High Step
	Cathe's Weight: 12 lbs.

LATERAL STEP UP

CHAPTER 7	Equipment: Dumbbell, High Step
	Cathe's Weight: 15 lbs.

DEADLIFT INTO ALTERNATING RACKED SUMO SQUAT

CHAPTER 8	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

PUSH DIP

CHAPTER 9	Equipment: Dumbbells, High Step
	Cathe's Weight: 10 lbs.

RUNNING MAN LUNGE

CHAPTER 10	Equipment: High Step
	Cathe's Weight: N/A

REPEATER KNEE

CHAPTER 11	Equipment: High Step
	Cathe's Weight: N/A

WAX ON WAX OFF SIDE LUNGE

CHAPTER 12	Equipment: N/A
	Cathe's Weight: N/A

CHAPTERS

ELEVATED LOWER BODY



FORWARD LEANING LUNGE WITH ROTATION

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

SLOW SIDE LUNGE

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

SINGLE LEG BALANCE DEADLIFT

CHAPTER 16	Equipment: Dumbbell
	Cathe's Weight: 1N/A

ALTERNATING DIAGONAL PULL BACK LUNGE

CHAPTER 17	Equipment: Dumbbell
	Cathe's Weight: 12 lbs.

HIGH REACHING CALF RAISE

CHAPTER 18	Equipment: Dumbbells
	Cathe's Weight: 12 lbs

TAP IN OUT REAR LUNGE

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

PUDDLE JUMPER

CHAPTER 20	Equipment: Medium Tension Fabric Loop
	Cathe's Weight: N/A.

CROSSBACK LUNGE WITH ABDUCTION

CHAPTER 21	Equipment: Medium Tension Fabric Loop
	Cathe's Weight: N/A

HIP UP AND OVER

CHAPTER 22	Equipment: Medium Tension Fabric Loop, Dumbbell
	Cathe's Weight: 10 lbs

LEG KICKBACK

CHAPTER 23	Equipment: Medium Tension Fabric Loop, High Step
	Cathe's Weight: N/A

SUMO LATERAL PRESS

CHAPTER 24	Equipment: Medium Tension Fabric Loop
	Cathe's Weight: N/A

LEG KICKBACK

CHAPTER 25	Equipment: Medium Tension Fabric Loop, High Step
	Cathe's Weight: N/A

CHAPTERS

ELEVATED LOWER BODY



SUMO LATERAL PRESS

CHAPTER 27	Equipment: Medium Tension Fabric Loop
	Cathe's Weight: N / A

GLUTE BRIDGE WITH LEG DROP

CHAPTER 28	Equipment: Dumbbell, High Step Topper, Mat
	Cathe's Weight: 15 lbs

STRETCH

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

CHAPTERS

ELEVATED MOBILITY



WARM UP

CHAPTER 1	Equipment: Mat
	Cathe's Weight: N/A.

LUNGE / SQUAT / SCARECROW COMBO

CHAPTER 2	Equipment: Mat
	Cathe's Weight: N/A

KNEE TILT CRESCENT KNEE COMBO

CHAPTER 3	Equipment: Mat
	Cathe's Weight: N/A

CAT COW HULA

CHAPTER 4	Equipment: Mat
	Cathe's Weight: N/A

CHILD'S POSE TO COBRA

CHAPTER 5	Equipment: Mat
	Cathe's Weight: N/A

HIP CIRCLES

CHAPTER 6	Equipment: Mat
	Cathe's Weight: N/A

ADDUCTOR ROCK / THREAD THE NEEDLE COMBO

CHAPTER 7	Equipment: Mat
	Cathe's Weight: N/A

45 DEGREE ANGLE ADDUCTOR TO HAMSTRING STRETCH

CHAPTER 8	Equipment: Mat
	Cathe's Weight: N/A

90 / 90

CHAPTER 9	Equipment: Mat
	Cathe's Weight: N / A

BEAR CRAWL / KNEE IN / JUMP IN COMBO

CHAPTER 10	Equipment: Mat
	Cathe's Weight: N/A

HIGH KNEELING QUAD / HIP FLEXOR STRETCH AND STRENGTHENERS

CHAPTER 11	Equipment: Mat
	Cathe's Weight: N/A

DOWNWARD FACING DOG TO WORLD'S GREATEST STRETCH

CHAPTER 12	Equipment: Mat
	Cathe's Weight: N / A

CHAPTERS

ELEVATED MOBILITY



WORLD'S GREATEST STRETCH WITH HIP DROP

CHAPTER 13	Equipment: Mat
	Cathe's Weight: N/A.

HALF KNEELING WINDMILL

CHAPTER 14	Equipment: Mat
	Cathe's Weight: N/A

DOWNWARD FACING DOG INTO PUSH UP SCORPION COMBO

CHAPTER 15	Equipment: Mat
	Cathe's Weight: N/A

STRETCH

CHAPTER 16	Equipment: Mat
	Cathe's Weight: N/A

CHAPTERS

ELEVATED TOTAL BODY



WARM UP

CHAPTER 1	Equipment: Dumbbells
	Cathe's Weight: 5 lbs

DEADLIFT, ROW, SHRUG

CHAPTER 2	Equipment: Dumbbells
	Cathe's Weight: 15 lbs

SUMO SQUAT, BICEP CURL, WOOD CHOP

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

SQUAT TOSS

CHAPTER 4	Equipment: Dumbbell
	Cathe's Weight: 10 lbs

FRONT SQUAT, OVERHEAD TRICEP EXTENSION

CHAPTER 5	Equipment: Dumbbell
	Cathe's Weight: 12 lbs

WALKING LUNGE

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

LUNGE TOSS

CHAPTER 7	Equipment: Dumbbell
	Cathe's Weight: 12 lbs

1.5 RACKED SQUAT, SHOULDER PRESS

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

SINGLE LEG DEADLIFT WITH ROTATION

CHAPTER 9	Equipment: Dumbbell
	Cathe's Weight: 15 lbs

SIDE LUNGE, BICEP CURL, HALO CIRCLE

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

STATIC LUNGE, LATERAL RAISE, SCARECROW COMBO

CHAPTER 11	Equipment: Dumbbells
	Cathe's Weight: 5 lbs

CROSSBACK LUNGE TOSS

CHAPTER 12	Equipment: Dumbbell
	Cathe's Weight: 10 lbs

CHAPTERS

ELEVATED TOTAL BODY



SUMO SQUAT, HAMMER CURL, UPRIGHT ROW

CHAPTER 13	Equipment: Dumbbells
	Cathe's Weight: 12 lbs

DOUBLE ARM ROW

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

CROSSBACK LUNGE, BICEP CURL, FRONT RAISE

CHAPTER 15	Equipment: Dumbbell
	Cathe's Weight: 12 lbs

WINDMILL WITH LATERAL RAISE

CHAPTER 16	Equipment: Dumbbells
	Cathe's Weight: 5 lbs

KNEELING CONCENTRATION CURL

CHAPTER 17	Equipment: Dumbbell
	Cathe's Weight: 15 lbs

HIP LIFTED CHEST FLY WITH LEG DROP

CHAPTER 18	Equipment: Dumbbells
	Cathe's Weight: 15 lbs

KNEELING SINGLE ARM ARNOLD PRESS

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

PULLOVER WITH TAP DOWN

CHAPTER 20	Equipment: Dumbbell
	Cathe's Weight: 12 lbs

HAND OVER PLANK JACKS

CHAPTER 21	Equipment: Dumbbell
	Cathe's Weight: floor marker only

HIP LIFTED SKULL CRUSHER

CHAPTER 22	Equipment: Dumbbells
	Cathe's Weight: 10 lbs

CLOSE GRIP / CHEST PRESS COMBO

CHAPTER 23	Equipment: Dumbbells
	Cathe's Weight: 15 lbs

SIT UP / PUSH UP COMBO

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

CHAPTERS

ELEVATED TOTAL BODY



STRETCH

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

CHAPTERS

ELEVATED UPPER BODY



WARM UP

CHAPTER 1	Equipment: Medium Tension Resistance Tube
	Cathe's Weight: N / A

WOODCHOP WITH HALO CIRCLE

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

SIMULTANEOUS BICEP CURL WITH OVERHEAD PRESS

CHAPTER 3	Equipment: Dumbbells
	Cathe's Weight: 10 lbs

BENT ARM LATERAL RAISE WITH FORWARD PRESS

CHAPTER 4	Equipment: Dumbbells
	Cathe's Weight: 8 lbs

SIDE TO SIDE PONY TAP

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

BACK FLY / CURL PRESS / KNEE LIFT

CHAPTER 6	Equipment: Dumbbells
	Cathe's Weight: 10 lbs

LATERAL RAISE WITH LATERAL PRESS

CHAPTER 7	Equipment: Dumbbells
	Cathe's Weight: 5 lbs

UNILATERAL WIDE ROW WITH SWEEPER CURL

CHAPTER 8	Equipment: Dumbbell
	Cathe's Weight: 15 lbs

FRONT RAISE WITH CIRCLE CURLS

CHAPTER 9	Equipment: Dumbbells
	Cathe's Weight: 10 lbs

LATERAL RAISE SCARECROW COMBO

CHAPTER 10	Equipment: Dumbbells
	Cathe's Weight: 5 lbs

WALKOUT LADDER PUSH UPS

CHAPTER 11	Equipment: Mat
	Cathe's Weight: N / A

SEATED OBLIQUE TWIST INTO OVERHEAD ANGLE PRESS

CHAPTER 12	Equipment: Dumbbell, Mat
	Cathe's Weight: 10 lbs

CHAPTERS

ELEVATED UPPER BODY



QUARTER DROP SKULL CRUSHER

CHAPTER 13	Equipment: Dumbbells, Mat
	Cathe's Weight: 10 lbs

SEATED W-CURL WITH CRISS CROSS ARMS

CHAPTER 14	Equipment: Dumbbells, Mat
	Cathe's Weight: 10 lbs

PUSH PULL COMPLEX

CHAPTER 15	Equipment: Dumbbells, Mat
	Cathe's Weight: 15 lbs

STIR THE POT FOREARM PLANKS

CHAPTER 16	Equipment: Mat
	Cathe's Weight: N / A

BENCH PRESS

CHAPTER 17	Equipment: Dumbbells, Mat
	Cathe's Weight: 15 lbs

ARMY CRAWL PLANK

CHAPTER 18	Equipment: Mat
	Cathe's Weight: N / A

HIP LIFTED PULLOVER

CHAPTER 19	Equipment: Dumbbells, Mat
	Cathe's Weight: 5 lbs

BEAR CRAWL PLANK WITH HAND LIFT

CHAPTER 20	Equipment: Mat
	Cathe's Weight: N / A

STRETCH

CHAPTER 21	Equipment: Mat
	Cathe's Weight: N / A

CHAPTERS

HIIT FUSION



WARM UP

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

PUDDLE JUMPER / SPEED SKATER

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

TRAVELING JAB JACK

CHAPTER 3	Equipment: N/A
	Cathe's Weight: 1N/A

SIDE TO SIDE LUNGE WITH HALO CIRCLE

CHAPTER 4	Equipment: Dumbbell
	Cathe's Weight: 10 lbs

SQUAT DIG / APPLE PICKER

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

THREE SQUATS WITH REAR LUNGE

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

QUARTER TURN JUMP

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

SWING OUT KNEE LIFT

CHAPTER 8	Equipment: Dumbbell
	Cathe's Weight: 10 lbs

RAPID ICE BREAKER

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

SQUAT ABDUCTION

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

PLIE HEEL JACK

CHAPTER 11	Equipment: N/A
	Cathe's Weight: N/A

SHOVEL DIG

CHAPTER 12	Equipment: Dumbbell
	Cathe's Weight: 10 lbs

CHAPTERS

HIIT FUSION



JACK / GALLOPING JACK

CHAPTER 13	Equipment: N / A
	Cathe's Weight: N / A

LINE TAP / LONG REACH LUNGE

CHAPTER 14	Equipment: N / A
	Cathe's Weight: N / A

SQUAT OBLIQUE TWIST

CHAPTER 15	Equipment: Dumbbell
	Cathe's Weight: 10 lbs

OPPOSITE HAND TO KNEE REACH

CHAPTER 16	Equipment: N / A
	Cathe's Weight: N / A

SNOW BOARDS

CHAPTER 17	Equipment: N / A
	Cathe's Weight: N / A

THREE ROPE CLIMBS / ELBOW STRIKE

CHAPTER 18	Equipment: N / A
	Cathe's Weight: N / A

WOODCHOP

CHAPTER 19	Equipment: Dumbbell
	Cathe's Weight: 10 lbs

GROUND AIR JACK

CHAPTER 20	Equipment: N / A
	Cathe's Weight: N / A

FRED ASTAIRE

CHAPTER 21	Equipment: N / A
	Cathe's Weight: N / A

HIGH REACHING SIDE BEND

CHAPTER 22	Equipment: Dumbbell
	Cathe's Weight: 10 lbs

STRETCH

CHAPTER 23	Equipment: N / A
	Cathe's Weight: N / A

CHAPTERS

KICKBOX FUSION



WARM UP / KICKBOX CARDIO ONE

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

COMBO ONE

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

KICKBOX CARDIO TWO

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

COMBO TWO

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

KICKBOX CARDIO THREE

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

COOLDOWN

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

CHAPTERS

LOW IMPACT CARDIO FUSION



WARM UP

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

ROUND ONE: PUDDLE JUMPERS & JACKS

CHAPTER 2	Equipment: Band (floor marker only)
	Cathe's Weight: N / A

ROUND ONE: SUMO LUNGE PRESS

CHAPTER 3	Equipment: Dumbbells
	Cathe's Weight: 5 lbs

ROUND TWO: STRADDLE RUN, TAP DOWN LUNGE, SUMO MARCH, STAR JACK HOPS

CHAPTER 4	Equipment: Band (floor marker only)
	Cathe's Weight: N / A

ROUND TWO: SQUAT CURL / SWING UP TO CALF RAISE

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

ROUND THREE: SIDE STEPS, PONY, HIP TWIST, SQUAT, CROSSBACK LUNGE

CHAPTER 6	Equipment: Band (floor marker only)
	Cathe's Weight: N / A

ROUND THREE: SPIDERMAN SQUATS

CHAPTER 7	Equipment: Dumbbells
	Cathe's Weight: 5 lbs

ROUND FOUR: REPEATER, STEP KNEE DOWN TAP, MAMBO TRIPLE

CHAPTER 8	Equipment: Band (floor marker only)
	Cathe's Weight: N / A

ROUND FOUR: SQUAT, BICEP CURL, UPRIGHT COMBO

CHAPTER 9	Equipment: Dumbbells
	Cathe's Weight: 5 lbs

ROUND FIVE: V-STEP, TURN STEP, SHUFFLE DOWN

CHAPTER 10	Equipment: Band (floor marker only)
	Cathe's Weight: N / A

STRETCH

CHAPTER 11	Equipment: N/A
	Cathe's Weight: N / A

CHAPTERS

PHA CARDIO FUSION



WARM UP

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

ALTERNATING REAR LUNGE

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

STEP OUT ARNOLD PRESS

CHAPTER 3	Equipment: Dumbbell
	Cathe's Weight: 12 lbs

FORWARD LEANING TAP DOWN LUNGE

CHAPTER 4	Equipment: Dumbbell
	Cathe's Weight: 15 lbs

OVER THE TOP PUSH PRESS

CHAPTER 5	Equipment: Dumbbell
	Cathe's Weight: 15 lbs

SIDE SUMO TO REAR LUNGE

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

QUARTER TURN JUMP

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

SIDE TO SIDE LUNGE TOSS

CHAPTER 8	Equipment: Dumbbell
	Cathe's Weight: 15 lbs

CURL, PRESS, DOUBLE TRICEP EXTENSION

CHAPTER 9	Equipment: Dumbbell
	Cathe's Weight: 15 lbs

CROSSBACK LUNGE TOSS

CHAPTER 10	Equipment: Dumbbell
	Cathe's Weight: 12 lbs

STEP OUT BICEP CURL

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

TOES IN MOUNTAIN CLIMBER

CHAPTER 12	Equipment: N/A
	Cathe's Weight: N/A

CHAPTERS

PHA CARDIO FUSION



DEADLIFT INTO RACKED SQUAT

CHAPTER 14	Equipment: Dumbbells
	Cathe's Weight: 12 lbs

PUSH UP / TOE IN

CHAPTER 15	Equipment: Mat
	Cathe's Weight: N/A

STATIC LUNGE CROSS UNDER

CHAPTER 16	Equipment: Dumbbell
	Cathe's Weight: 10 LBS

IRON CROSS

CHAPTER 17	Equipment: Dumbbells
	Cathe's Weight: 5 lbs

EXPLOSIVE SIDE TO SIDE LUNGE

CHAPTER 18	Equipment: N/A
	Cathe's Weight: N/A

HIGH REACHING CRUNCH

CHAPTER 19	Equipment: Dumbbells, Mat
	Cathe's Weight: 5 lbs

LEG DROPS

CHAPTER 20	Equipment: Dumbbells, Mat
	Cathe's Weight: 5 lbs

OPPOSITE HAND TO FOOT REACH

CHAPTER 21	Equipment: Dumbbells, Mat
	Cathe's Weight: 5 lbs

STRETCH

CHAPTER 22	Equipment: Mat
	Cathe's Weight: N / A

PREMIXES

LIFT, MOVE & RESTORE 2: ELEVATED!

BALANCE FUSION

Timesaver 1 - Mini Ball	25:41
Timesaver 2 - Balance Discs	28:53
Timesaver 3 - Double Balance Flow	27:05

BARRE BOOTCAMP

Timesaver 1 - All Dumbbells	23:02
Timesaver 2 - All Barre	21:59

DYNAMIC CORE & FLEXIBILITY

Timesaver 1 - No Core	31:29
Timesaver 2 - Floor Core	22:04

ELEVATED LOWER BODY

Timesaver 1 - No High Step	35:38
Timesaver 2 - All High Step	23:26
Timesaver 3 - Dumbbells & Loops	29:54

ELEVATED MOBILITY

Timesaver 1	27:28
Timesaver 2	35:14
Timesaver 3 - Anytime Wake Up Mobility	13:35

ELEVATED TOTAL BODY

Timesaver 1 - Floor Only	24:46
Timesaver 2 - Standing	34:25
Timesaver 3 - Compounds Only	29:32

ELEVATED UPPER BODY

Timesaver 1 - All Standing	28:50
Timesaver 2 - All Floor	32:42
Timesaver 3 - No Planks	42:14

HIIT FUSION

Timesaver 1 - No Dumbbells	21:29
Timesaver 2 - Dumbbells & Core	22:15

KICKBOX FUSION

Timesaver 1 - Combos Only	31:37
Timesaver 2 - No Combos	27:02

PREMIXES

LIFT, MOVE & RESTORE 2: ELEVATED!

LOW IMPACT CARDIO FUSION

Timesaver 1 - No Dumbbells	26:17
Timesaver 2 - Cardio Then Dumbbells	31:03

HIIT FUSION

Timesaver 1 - All Dumbbells	30:45
Timesaver 2 - Cardio & Core	18:30

WORKOUT CARDS

ELEVATED LOWER BODY



WARM UP	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 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
NARROW STANCE SQUAT 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 WITH HEEL CLICK 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
DEADLIFT WITH ALTERNATING REAR LUNGE 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
STEP UP High Step, 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
LATERAL STEP UP High Step, 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
DEADLIFT INTO ALTERNATING RACKED SUMO SQUAT 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

ELEVATED LOWER BODY



PUSH DIP High Step, 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
RUNNING MAN LUNGE High Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
REPEATER KNEE High Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
WAX ON WAX OFF SIDE LUNGE	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
FORWARD LEANING LUNGE WITH ROTATION 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
SLOW SIDE LUNGE 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
SINGLE LEG BALANCING DEADLIFT 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 DIAGONAL PULL BACK LUNGE 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

ELEVATED LOWER BODY



HIGH REACHING CALF RAISE 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 IN OUT REAR LUNGE 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

PUDDLE JUMPER Fabric Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CROSSBACK LUNGE WITH LEG ABDUCTION Dumbbell, Fabric Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

HIP UP & OVER Dumbbell, Fabric Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LEG KICKBACK High Step, Fabric Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SUMO LATERAL PRESS Fabric Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LEG KICKBACK High Step, Fabric Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

ELEVATED LOWER BODY



SUMO LATERAL PRESS Fabric Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
GLUTE BRIDGE WITH LEG DROP Dumbbell, Step Topper, 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 CARDS

ELEVATED TOTAL BODY



WARM UP 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

DEADLIFT, ROW, SHRUG 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

SUMO SQUAT, BICEP CURL, WOOD CHOP 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 TOSS 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

FRONT SQUAT, OVERHEAD TRICEP EXTENSION 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

WALKING LUNGE 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 TOSS 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

RACKED SQUAT, SHOULDER PRESS 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

ELEVATED TOTAL BODY



SINGLE LEG DEADLIFT WITH ROTATION 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

SIDE LUNGE, BICEP CURL, HALO CIRCLE 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 LUNGE, LATERAL RAISE, SCARECROW COMBO 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 TOSS 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, HAMMER CURL, UPRIGHT ROW 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

DOUBLE ARM ROW 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, BICEP CURL, FRONT RAISE 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

WINDMILL WITH LATERAL RAISE 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

ELEVATED TOTAL BODY



KNEELING CONCENTRATION CURL Dumbbell, 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

HIP LIFTED CHEST FLY WITH LEG DROP Dumbbell, 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

KNEELING SINGLE ARM ARNOLD PRESS Dumbbell, 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

PULLOVER WITH TAP DOWN Dumbbell, 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

HAND OVER PLANK JACKS Dumbbell as floor marker	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

HIP LIFTED SKULL CRUSHER Dumbbells, 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

CLOSE GRIP CHEST PRESS COMBO Dumbbells, 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

SIT UP / PUSH UP COMBO Dumbbells, 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 CARDS

ELEVATED UPPER BODY



WARM UP Medium Tension Resistance Tube	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
WOODCHOP WITH HALO CIRCLE 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
SIMULTANEOUS BICEP CURL WITH OVERHEAD PRESS 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
BENT ARM LATERAL RAISE WITH FORWARD PRESS 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
SIDE TO SIDE PONY TAP 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
BACK FLY, CURL PRESS, KNEE LIFT 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
LATERAL RAISE WITH LATERAL PRESS 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
UNILATERAL WIDE ROW WITH SWEEPER CURL 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

ELEVATED UPPER BODY



FRONT RAISE WITH CIRCLE CURLS 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

LATERAL RAISE SCARECROW COMBO 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

WALK OUT LADDER PUSH UPS 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

SEATED OBLIQUE TWIST INTO OVERHEAD ANGLE PRESS 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

QUARTER DROP SKULL CRUSHER Dumbbells, 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

SEATED W-CURL WITH CRISS CROSS ARMS Dumbbells, 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

PUSH PULL COMPLEX Dumbbells, 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

STIR THE POT FOREARM PLANKS 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 CARDS

ELEVATED UPPER BODY



BENCH PRESS Dumbbells, 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
ARMY CRAWL PLANK 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
HIP LIFTED PULLOVER Dumbbells, 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
BEAR CRAWL PLANK WITH HAND LIFT 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 CARDS

PHA CARDIO FUSION



WARM UP	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 LUNGE 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

STEP OUT ARNOLD PRESS 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

FORWARD LEANING TAP DOWN LUNGE 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

OVER THE TOP PUSH PRESS 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

SIDE SUMO TO REAR LUNGE	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

QUARTER TURN JUMP	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 LUNGE TOSS 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

PHA CARDIO FUSION



CURL, PRESS, DOUBLE TRICEP EXTENSION 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 TOSS 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

STEP OUT BICEP CURL 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

TOES IN MOUNTAIN CLIMBER	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

DEADLIFT INTO RACKED SQUAT 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

PUSHUP / TOE IN 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

STATIC LUNGE CROSS UNDER 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

IRON CROSS 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

PHA CARDIO FUSION



EXPLOSIVE SIDE TO SIDE LUNGE	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
HIGH REACHING CRUNCH Dumbbells, 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
LEG DROPS Dumbbells, 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
OPPOSITE HAND TO FOOT REACH Dumbbells, 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
HIGH REACHING CRUNCH Dumbbells, 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
LEG DROPS Dumbbells, 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
OPPOSITE HAND TO FOOT REACH Dumbbells, 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 CARDS

LOWER BODY STRENGTH



WARM UP 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 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 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 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 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

REAR LUNGES 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

GOBLET SQUATS 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

SINGLE LEG DEADLIFT WITH ROTATION 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

LOWER BODY STRENGTH



SIDE LUNGES 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

CLOSE GRIP SUMO SQUAT 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 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

SIDE TO SIDE COSSACK LUNGE 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

SQUATS WITH CALF RAISES 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

STEP UPS Dumbbells, High Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 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

LATERAL STEP UPS Dumbbell, High Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

LOWER BODY STRENGTH



CROSSBACK LUNGES 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
PUSH DIPS Dumbbells, High Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
SINGLE LEG GLUTE PRESSES Dumbbell, High Step, 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
OUTER THIGH LIFT Dumbbell, 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
QUAD LEAN BACK Dumbbell, 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
INNER THIGH LIFTS Dumbbell, 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 CARDS

UPPER BODY STRENGTH: BACK, BICEPS, & SHOULDERS



WARM UP 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

ONE ARM ROW 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

ONE ARM ROW 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

PULL UP STS Bars	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ONE ARM ROW 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

PULL UP STS Bars	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SWEeper CURL 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

ROW 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

UPPER BODY STRENGTH: BACK, BICEPS, & SHOULDERS



TRADITIONAL CURL 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

ROW 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

HIP HUGGER 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

W-CURL 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

SHRUG 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

ALTERNATING HAMMER CURL 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

1.5 TRADITIONAL CURL 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

OVERHEAD PRESS 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

UPPER BODY STRENGTH: BACK, BICEPS, & SHOULDERS



HINGED BICEP CURL 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
PALM TO PALM REAR DELT FLY 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
THUMB TO THUMB REAR DELT FLY 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
W-PRESS 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
EXTERNAL ROTATION Dumbbells, firewalker Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
SHOULDER PUMPS Firewalker Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
SUPERMAN 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 CARDS

UPPER BODY STRENGTH: CHEST, TRICEPS, & SHOULDERS



WARM UP	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 Dumbbells, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 Dumbbells, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 Dumbbells, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 ALTERNATING ARMS Dumbbells, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 ALTERNATING ARMS Dumbbells, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHEST FLY PINKIES IN Dumbbells, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHEST FLY THUMBS IN Dumbbells, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

UPPER BODY STRENGTH: CHEST, TRICEPS, & SHOULDERS



CLOSE GRIP BENCH PRESS Dumbbells, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 Dumbbells, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 OVERHEAD TRICEP EXTENSION Dumbbell, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 OVERHEAD TRICEP EXTENSION Dumbbell, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 Dumbbell, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 Dumbbell, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 EXTENSION Dumbbells, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CROSSBODY KICKBACK Dumbbell, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

UPPER BODY STRENGTH: CHEST, TRICEPS, & SHOULDERS



OVERHEAD PRESS WITH ISOLATION 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
BENT ARM CRISS CROSS LATERAL RAISE 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
FOUR POINT LATERAL DROP RAISE 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
SIMULTANEOUS THUMB TO THUMB RAISE 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
ALTERNATING THUMB TO THUMB RAISE 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
SIDE LEANING LATERAL RAISE Dumbbell, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 METABOLIC STRENGTH



WARM UP	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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 ARNOLD PRESS 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 SQUAT 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 DEADROW 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 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

FRONT SQUAT 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

FRONT SQUAT TRICEP EXTENSION 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

DEADLIFT 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

TOTAL BODY METABOLIC STRENGTH



SUMO SQUAT / CURL / FRONT RAISE 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

REAR LUNGE / FRONT / V / THUMB RAISE 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

ALTERNATING TOUCH DOWN LUNGE 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

DEADLIFT / SHRUG / CALF RAISE 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

WIDE STANCE BURPEE / BICEP CURL 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

ALTERNATING REAR LUNGE / OBLIQUE TWIST / OVERHEAD PRESS 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

LYING CROSSBODY KICKBACK Dumbbell, 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

BENCH PRESS Dumbbells, 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 CARDS

TOTAL BODY METABOLIC STRENGTH



SIT UP WITH KNEE BEND 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
PUSH UPS 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
SIT UP INTO BOAT POSE 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
PULLOVER Dumbbells, 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
SIDE PLANK THREAD THE NEEDLE Dumbbell, 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
WEIGHTED CRUNCH Dumbbells, 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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