

FIT **FT** TOWER™
A D V A N C E D

USER'S GUIDE

cath*e*



CONTENTS

FIT TOWER ADVANCED USER'S GUIDE

ABOUT THE FIT TOWER ADVANCED SERIES	2
Overview.....	2
About the Workouts	3
About the Rotations.....	3
EQUIPMENT USED IN THE FIT TOWER ADVANCED SERIES.....	4
QUICK START GUIDE.....	5
ROTATIONS	6
Fit Tower 30 Day Rotation	6
Fit Tower / Ripped with HiiT / Strong & Sweaty 30 Day Rotation	7
Fit Tower / ICE / Low Impact Series 90 Day Rotation.....	8
CHAPTERS.....	11
Boot Camp	11
Legs, Glutes & Core.....	14
Total Body	16
Bonus Abs.....	18
PREMIXES	19
Boot Camp	19
Legs, Glutes & Core.....	20
Total Body	21
WORKOUT CARDS.....	22
Boot Camp	22
Legs, Glutes & Core.....	26
Total Body	28

ABOUT THE FIT TOWER ADVANCED SERIES



OVERVIEW

The Fit Tower Advanced DVDs are geared toward the advanced exerciser who is looking for a creative new, fun challenge while adding more versatile options to their fitness regime. Along with the Fit Tower unit, the Fit Tower Advanced DVDs will shock and challenge your muscles while also providing the cardio factor needed for a complete, well-rounded routine. Because of the unique Fit Tower design, you're able to optimize your results through customized barre height variations, unique rep patterns and techniques. The included resistance bands and optional weight bar clips ensure that maximum calories and body fat are torched while also focusing on building and shaping lean muscle mass.

Modifications

Although these DVDs are geared toward the advanced exerciser, anybody can benefit from these workouts with just a few minor modifications. With regards to impact, if I am doing a jumping motion, simply keep your feet grounded on the floor and add energy and momentum to the movement by simply lifting your heels but not your toes to keep it low impact. For weight selection, go lighter for less intensity and gradually increase weight as you progress.

Premixes / Bonus Abs

Many premixes are offered with these DVDs to give you even more exercise options as you progress through the workouts. This includes extreme premixes, timesavers, as well as mish moshes and upper only/lower only options. I have also included a fun and challenging bonus ab routine. We all know that our core gets worked when we perform any type of exercise. We are always working our midsections through stabilization and challenging movement. This bonus ab segment will add a touch of focused core training to elevate your overall workout experience. If you're ready to embrace the new Fit Tower challenge, let's go!

ABOUT THE FIT TOWER ADVANCED SERIES

ABOUT THE WORKOUTS

Boot Camp



This fast-paced, high-energy workout will work each and every part of your body while keeping the cardio factor up and the sweat levels high! You will be breathing heavy and burning fat as you move from exercise to exercise both on and off the tower. Time to get moving!

This DVD includes the *Bonus Abs* section.

Legs, Glutes & Core



This lower body core fusion workout focuses on using methods of Pilates, ballet, yoga and barre to shape and firm all areas of the hips, thighs, glutes and core. We will be using the Fit Tower for alignment and stability as we lengthen our muscles and strengthen our centers. Don't let this workout fool you—you will be feeling the sting for sure!

This DVD includes the *Bonus Abs* section.

Total Body



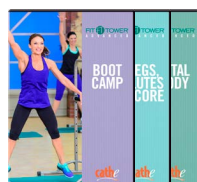
This workout is all about building and shaping beautiful, lean and strong muscle! We will be utilizing the tower complete with barbell clips as well as resistance bands to increase intensity in this workout. Get out your steps and your barbells and prepare yourself to hit each muscle group with focus and determination!

This DVD includes the *Bonus Abs* section.

ABOUT THE ROTATIONS

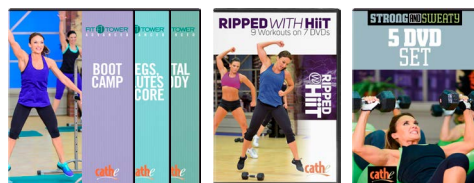
In this user's guide I've provided three individual rotations to get you started with my new Advanced Fit Tower workouts. Each of these rotations utilizes the Fit Tower Advanced DVD workouts along with a few of my other popular workout series such as Ripped With Hiit, Strong and Sweaty, ICE and Low Impact. Simply get started by choosing the one that best suits your current workout needs. Let's take a closer look at all three of the rotations.

Fit Tower 30 Day Endurance Rotation



This 30 day rotation will focus mostly on your new Fit Tower workouts with the addition of solid cardio and endurance challenges to not only familiarize you with your new Fit Tower DVDs but also shock your metabolism, increase your stamina and build strength and endurance. Get ready to dig in!

Fit Tower / Ripped with Hiit / Strong and Sweaty 30 Day Rotation



Yes, you read it right!! Get ready to embrace this high intensity 30 day challenge. This rotation mixes workouts from the Ripped with Hiit and Strong and Sweaty Series and is perfect for an exerciser that is looking for a month of higher intensity cardio mixed with heavy weight training. With a varied mix of Fit Tower circuit training, Hiit training, solid cardio, solid weight training, you're sure to burn body fat and build solid, lean muscle mass. Bonus Abs are included in this rotation and one day off is scheduled into each week.

Fit Tower Intermediate-to-Advanced Lower Impact 90 Day Rotation



I've added this 90 day rotation for the exerciser who is looking for less impact overall. Each week will include a mix of workouts from Fit Tower, ICE and the Low Impact Series. This is one lower impact, higher intensity challenge you don't want to miss. A bonus ab segment as well as a scheduled "off" day are welcomed additions to this 90-day challenge. Feel free to give yourself an extra "off" day when needed throughout the duration.

EQUIPMENT USED IN THE FIT TOWER ADVANCED SERIES

The Fit Tower Advanced Series has been designed to be done in your home with minimal equipment. The equipment needed is the Fit Tower, a step with three risers per side, dumbbells, a barbell, a medium tension stretch band, a fitness loop, and a mat. The

dumbbell and barbell weights Cathe uses for every exercise in the Fit Tower Advanced Series are included in the workout section of this user guide.

Fit Tower™



Mat



Stretch Band (Medium Tension Green)



Step with Three Risers per Side



Fitness Loop



Dumbbells (8, 12, 15, 20 & 25 lbs.)



Barbell (25, 30 & 45 lbs.)



QUICK START GUIDE

STEP #1

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

On the following pages, you will find two Fit Tower four-week rotations and one 90 Day rotation. Fit Tower workouts are designed so that it is very easy to substitute and use workouts from our other videos as well as the numerous premixes included with the Fit Tower series. You'll get the perfect mix of cardio and strength to keep your body challenged and changing!

STEP #2

Make sure you have all of the equipment you will need for your workout. You can find a list of equipment needed for each Fit Tower workout listed in the Chapters section of this user guide as well as on each DVD.

STEP #3

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

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

STEP #4

Select the proper Fit Tower Barre height for each exercise that uses the adjustable barre. Always test and make sure the Fit Tower barre is securely locked before performing any exercise using the Fit Tower.

STEP #5

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

STEP #6

Don't forget to use the optional Fit Tower Bonus Abs workout in your Fit Tower workout schedule. Just add it to the end of any workout you like, or select one of our premixes.

FIT TOWER 30 DAY ROTATION

FIT TOWER ADVANCED



WEEK 1	WORKOUT	TIME
Monday	<u>Fit Tower Advanced Legs, Glutes & Core</u>	48 min.
Tuesday	Solid Cardio of Choice	
Wednesday	<u>Fit Tower Advanced Total Body</u>	51 min.
Thursday	Solid Cardio of Choice + <u>Fit Tower Advanced Bonus Abs</u>	12 min.
Friday	<u>Fit Tower Advanced Boot Camp</u>	51 min.
Saturday	OFF	
Sunday	<u>Low Impact Series Turbo Barre</u>	78 min.

WEEK 2	WORKOUT	TIME
Monday	Solid Cardio of Choice + <u>Fit Tower Advanced Bonus Abs</u>	12 min.
Tuesday	<u>Fit Tower Advanced Boot Camp</u>	51 min.
Wednesday	<u>Travel Fit</u>	50 min.
Thursday	Solid Cardio of Choice	
Friday	<u>Fit Tower Advanced Legs, Glutes & Core</u>	48 min.
Saturday	OFF	
Sunday	<u>Fit Tower Advanced Total Body</u>	51 min.

WEEK 3	WORKOUT	TIME
Monday	Solid Cardio of Choice + <u>Lower Body Blast Leg Drills</u>	17 min.
Tuesday	<u>Fit Tower Advanced Boot Camp</u>	51 min.
Wednesday	Solid Cardio of Choice + <u>Fit Tower Advanced Bonus Abs</u>	12 min.
Thursday	<u>Fit Tower Advanced Total Body</u>	51 min.
Friday	<u>Fit Tower Advanced Legs, Glutes & Core</u>	48 min.
Saturday	OFF	
Sunday	<u>Low Impact Series Turbo Barre</u>	78 min.

WEEK 4	WORKOUT	TIME
Monday	Solid Cardio of Choice + <u>Kick Max Leg Conditioning Drills</u>	18 min.
Tuesday	<u>Fit Tower Advanced Total Body</u>	51 min.
Wednesday	<u>Fit Tower Advanced Boot Camp</u>	51 min.
Thursday	<u>Travel Fit</u>	50 min.
Friday	<u>Fit Tower Advanced Legs, Glutes & Core</u>	48 min.
Saturday	Solid Cardio of Choice + <u>Fit Tower Advanced Bonus Abs</u>	12 min.
Sunday	OFF	

FIT TOWER / RIPPED WITH HIIT / STRONG & SWEATY 30 DAY ROTATION



WEEK 1	WORKOUT	TIME
Monday	Fit Tower Advanced Boot Camp	51 min.
Tuesday	Strong & Sweaty Cardio Slam	51 min.
Wednesday	Strong & Sweaty Total Body Giant Sets	52 min.
Thursday	Fit Tower Advanced Legs, Glutes & Core	48 min.
Friday	Strong & Sweaty Cycle Sweat (or solid cardio of choice)	54 min.
Saturday	Fit Tower Advanced Total Body	51 min.
Sunday	OFF	

WEEK 2	WORKOUT	TIME
Monday	Fit Tower Advanced Legs, Glutes & Core	48 min.
Tuesday	Ripped with Hiit Plyo Hiit One	30 min.
Wednesday	Fit Tower Advanced Total Body	51 min.
Thursday	Ripped with Hiit Low Impact Hiit Two + Fit Tower Advanced Bonus Abs	44 min.
Friday	Fit Tower Advanced Boot Camp	51 min.
Saturday	Ripped with Hiit Hiit Circuit Upper Body	48 min.
Sunday	OFF	

WEEK 3	WORKOUT	TIME
Monday	Fit Tower Advanced Total Body	51 min.
Tuesday	Strong & Sweaty Boot Camp	45 min.
Wednesday	Strong & Sweaty PHA Training	44 min.
Thursday	Strong & Sweaty Cardio Slam	51 min.
Friday	Fit Tower Advanced Legs, Glutes & Core	48 min.
Saturday	Strong & Sweaty Ramped Up Upper Body	48 min.
Sunday	OFF	

WEEK 4	WORKOUT	TIME
Monday	Ripped with Hiit Plyo Hiit Two + Fit Tower Advanced Bonus Abs	41 min.
Tuesday	Fit Tower Advanced Total Body	51 min.
Wednesday	Ripped with Hiit Low Impact Hiit One	30 min.
Thursday	Ripped with Hiit Low Impact Hiit Two + Fit Tower Legs, Glutes & Core	80 min.
Friday	Fit Tower Advanced Boot Camp	51 min.
Saturday	OFF	
Sunday	Ripped with Hiit Hiit Circuit Lower Body	49 min.

FIT TOWER / ICE / LOW IMPACT SERIES 90 DAY ROTATION



MONTH 1

WEEK 1	WORKOUT	TIME
Monday	Fit Tower Advanced Boot Camp	51 min.
Tuesday	Low Impact Series Low Impact Challenge	54 min.
Wednesday	ICE Chiseled Upper Body	43 min.
Thursday	Fit Tower Advanced Legs, Glutes & Core	48 min.
Friday	OFF	
Saturday	Fit Tower Advanced Total Body	51 min.
Sunday	ICE Rock'm Sock'm Kickbox	49 min.

WEEK 2	WORKOUT	TIME
Monday	Fit Tower Advanced Legs, Glutes & Core	48 min.
Tuesday	ICE Low Impact Sweat	47 min.
Wednesday	Fit Tower Advanced Total Body	51 min.
Thursday	Low Impact Series Afterburn	56 min.
Friday	Low Impact Series Slide & Glide	55 min.
Saturday	Fit Tower Advanced Boot Camp	51 min.
Sunday	OFF	

WEEK 3	WORKOUT	TIME
Monday	Fit Tower Advanced Total Body	51 min.
Tuesday	Low Impact Series Cardio Super Sets	44 min.
Wednesday	Low Impact Series Total Body Trisets (Upper Body) + Fit Tower Advanced Bonus Abs	70 min.
Thursday	Fit Tower Advanced Legs, Glutes & Core	48 min.
Friday	ICE Low Impact Sweat	47 min.
Saturday	Fit Tower Advanced Boot Camp	51 min.
Sunday	OFF	

WEEK 4	WORKOUT	TIME
Monday	Fit Tower Advanced Total Body	51 min.
Tuesday	ICE Rock'm Sock'm Kickbox	49 min.
Wednesday	ICE Chiseled Upper Body	43 min.
Thursday	ICE Chiseled Lower Body Blast	49 min.
Friday	Low Impact Series Cycle Max (or solid cardio of choice) + Fit Tower Advanced Bonus Abs	74 min.
Saturday	Low Impact Series Turbo Barre	78 min.
Sunday	OFF	

FIT TOWER / ICE / LOW IMPACT SERIES 90 DAY ROTATION



MONTH 2

WEEK 1	WORKOUT	TIME
Monday	Fit Tower Advanced Boot Camp	51 min.
Tuesday	Low Impact Series Cardio Super Sets	44 min.
Wednesday	ICE To The Mat: Legs & Glutes	50 min.
Thursday	Fit Tower Advanced Total Body	51 min.
Friday	OFF	
Saturday	Low Impact Series Athletic Training	59 min.
Sunday	Fit Tower Advanced Legs, Glutes & Core	48 min.

WEEK 2	WORKOUT	TIME
Monday	Fit Tower Advanced Total Body	51 min.
Tuesday	ICE Low Impact Sweat	47 min.
Wednesday	ICE Metabolic Total Body	49 min.
Thursday	Low Impact Series Cycle Max (or solid cardio of choice) + Fit Tower Advanced Bonus Abs	74 min.
Friday	Fit Tower Advanced Boot Camp	51 min.
Saturday	Fit Tower Advanced Legs, Glutes & Core	48 min.
Sunday	OFF	

WEEK 3	WORKOUT	TIME
Monday	Fit Tower Advanced Boot Camp	51 min.
Tuesday	Low Impact Series Low Impact Challenge	54 min.
Wednesday	Low Impact Series Total Body Trisets (Lower Body)	41 min.
Thursday	Low Impact Series Afterburn	56 min.
Friday	Fit Tower Advanced Total Body	51 min.
Saturday	ICE Low Impact Sweat	47 min.
Sunday	OFF	

WEEK 4	WORKOUT	TIME
Monday	Fit Tower Advanced Boot Camp	51 min.
Tuesday	ICE Rock'm Sock'm Kickbox	49 min.
Wednesday	ICE Boot Camp Circuit	46 min.
Thursday	Low Impact Series Cardio Super Sets	44 min.
Friday	Low Impact Series Turbo Barre	78 min.
Saturday	ICE Low Impact Sweat + Fit Tower Advanced Bonus Abs	59 min.
Sunday	OFF	

FIT TOWER / ICE / LOW IMPACT SERIES 90 DAY ROTATION



MONTH 3

WEEK 1	WORKOUT	TIME
Monday	Fit Tower Advanced Total Body	51 min.
Tuesday	Low Impact Series Slide & Glide	55 min.
Wednesday	Fit Tower Advanced Boot Camp	51 min.
Thursday	Fit Tower Advanced Legs, Glutes & Core	48 min.
Friday	Low Impact Series Low Impact Challenge	54 min.
Saturday	ICE Metabolic Total Body	49 min.
Sunday	OFF	

WEEK 2	WORKOUT	TIME
Monday	Fit Tower Advanced Boot Camp	51 min.
Tuesday	ICE Chiseled Lower Body Blast	49 min.
Wednesday	ICE Chiseled Upper Body	43 min.
Thursday	Low Impact Series Cycle Max (or solid cardio of choice) + Fit Tower Advanced Bonus Abs	74 min.
Friday	Fit Tower Advanced Total Body	51 min.
Saturday	ICE Rock'm Sock'm Kickbox	49 min.
Sunday	OFF	

WEEK 3	WORKOUT	TIME
Monday	Fit Tower Advanced Total Body	51 min.
Tuesday	ICE Low Impact Sweat	47 min.
Wednesday	Fit Tower Advanced Boot Camp	51 min.
Thursday	Low Impact Series Cardio Super Sets	44 min.
Friday	Low Impact Series Turbo Barre	78 min.
Saturday	Low Impact Series Athletic Training	59 min.
Sunday	OFF	

WEEK 4	WORKOUT	TIME
Monday	Fit Tower Advanced Boot Camp	51 min.
Tuesday	Fit Tower Advanced Legs, Glutes & Core	48 min.
Wednesday	Low Impact Series Cycle Max (or solid cardio of choice)	62 min.
Thursday	ICE Boot Camp Circuit	46 min.
Friday	ICE Rock'm Sock'm Kickbox	49 min.
Saturday	ICE Metabolic Total Body	49 min.
Sunday	OFF	

CHAPTERS

BOOT CAMP



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight NA

ROUND 1 - PLIE JACKS WITH LOOP

CHAPTER 2	Equipment: Fitness Loop
	Cathe's Weight NA

ROUND 1 - HIGH TIGHT PULSES WITH LOOP

CHAPTER 3	Equipment: Fitness Loop
	Cathe's Weight NA

ROUND 1 - SIDE SQUATS WITH POSTURE PULLS WITH LOOP & BAND

CHAPTER 4	Equipment: Fitness Loop, Medium Tension Band
	Cathe's Weight NA

ROUND 1 - STEP OUT PLANKS WITH LOOP

CHAPTER 5	Equipment: Fitness Loop
	Cathe's Weight NA

ROUND 2 - CRISS CROSS JUMPS

CHAPTER 6	Equipment: None
	Cathe's Weight NA

ROUND 2 - AIR SQUATS

CHAPTER 7	Equipment: None
	Cathe's Weight NA

ROUND 2 - DIPS

CHAPTER 8	Equipment: None
	Cathe's Weight NA

ROUND 2 - TRICEP PRESS DOWNS WITH BAND

CHAPTER 9	Equipment: Medium Tension Band
	Cathe's Weight NA

ROUND 3 - POWER SCISSOR LUNGES

CHAPTER 10	Equipment: None
	Cathe's Weight NA

ROUND 3 - HIGH TIGHT CROSS BACK PULSES

CHAPTER 11	Equipment: None
	Cathe's Weight NA

ROUND 3 - BICEP CURLS WITH BAND

CHAPTER 12	Equipment: Medium Tension Band
	Cathe's Weight NA

ROUND 3 - BICEP PULL UPS

CHAPTER 13	Equipment: None
	Cathe's Weight NA

CHAPTERS

BOOT CAMP, Continued



ROUND 4 - PLIE SQUAT JUMPS WITH ARM PULLS

CHAPTER 14	Equipment: None
	Cathe's Weight NA

ROUND 4 - STRAIGHT LEG PULSES

CHAPTER 15	Equipment: None
	Cathe's Weight NA

ROUND 4 - BACK PULL UPS

CHAPTER 16	Equipment: None
	Cathe's Weight NA

ROUND 4 - SLOW VERTICAL PULL UPS

CHAPTER 17	Equipment: None
	Cathe's Weight NA

ROUND 4 - T-BAND PULLS WITH BAND

CHAPTER 18	Equipment: Medium Tension Band
	Cathe's Weight NA

ROUND 5 - SQUAT LUNGE JUMPS

CHAPTER 19	Equipment: None
	Cathe's Weight NA

ROUND 5 - HIGH TIGHT PULSES

CHAPTER 20	Equipment: None
	Cathe's Weight NA

ROUND 5 - PUSH UPS

CHAPTER 21	Equipment: None
	Cathe's Weight NA

ROUND 5 - MOUNTAIN CLIMBERS

CHAPTER 22	Equipment: None
	Cathe's Weight NA

ROUND 6 - FRONT BACK ATTACK

CHAPTER 23	Equipment: Fitness Loop
	Cathe's Weight NA

ROUND 6 - HAMSTRING PRESSES WITH LOOP

CHAPTER 24	Equipment: Fitness Loop
	Cathe's Weight NA

ROUND 6 - STANDING FRONT RAISE WITH BAND

CHAPTER 25	Equipment: Medium Tension Band
	Cathe's Weight NA

ROUND 6 - BOOT CAMP PUSH UPS

CHAPTER 26	Equipment: None
	Cathe's Weight NA

CHAPTERS

BOOT CAMP, Continued



STRETCH

CHAPTER 27	Equipment: None
	Cathe's Weight NA

CHAPTERS

LEGS, GLUTES & CORE



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight NA

LEGS AND GLUTES - INNER THIGH LIFTS

CHAPTER 2	Equipment: None
	Cathe's Weight NA

LEGS AND GLUTES - QUADS

CHAPTER 3	Equipment: None
	Cathe's Weight NA

LEGS AND GLUTES - GLUTES

CHAPTER 4	Equipment: None
	Cathe's Weight NA

LEGS AND GLUTES - HIGH GLUTES

CHAPTER 5	Equipment: None
	Cathe's Weight NA

LEGS AND GLUTES - SIDE KNEELING

CHAPTER 6	Equipment: None
	Cathe's Weight NA

LEGS AND GLUTES - GLUTE SQUEEZES

CHAPTER 7	Equipment: None
	Cathe's Weight NA

CORE - SINGLE LEG SIT UPS WITH BAND

CHAPTER 8	Equipment: Medium Tension Band
	Cathe's Weight NA

CORE - SIDE TO SIDE OBLIQUE PULLDOWNS WITH BAND

CHAPTER 9	Equipment: Medium Tension Band
	Cathe's Weight NA

CORE - ALTERNATING SIDE CRUNCH

CHAPTER 10	Equipment: Medium Tension Band
	Cathe's Weight NA

CORE - ROLL DOWN ROLL UP CRISS CROSS FEET

CHAPTER 11	Equipment: None
	Cathe's Weight NA

CORE - OVER UNDER CRUNCHES

CHAPTER 12	Equipment: None
	Cathe's Weight NA

CORE - SINGLE LEG STRETCH DOUBLE PUMP

CHAPTER 13	Equipment: None
	Cathe's Weight NA

CHAPTERS

LEGS, GLUTES & CORE, Continued



CORE - 100

CHAPTER 14	Equipment: None
	Cathe's Weight NA

CORE - BOAT POSE

CHAPTER 15	Equipment: None
	Cathe's Weight NA

CORE - SWIMMERS - FLUTTER KICKS

CHAPTER 16	Equipment: None
	Cathe's Weight NA

STRETCH

CHAPTER 17	Equipment: None
	Cathe's Weight NA

CHAPTERS

TOTAL BODY



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight NA

LEGS - UNEVEN SQUATS

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

LEGS - DEADLIFTS

CHAPTER 3	Equipment: Barbell
	Cathe's Weight 45 lb. My Weight

LEGS - ELEVATED LUNGES

CHAPTER 4	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight 12 lb. My Weight

CHEST - BENCH PRESS

CHAPTER 5	Equipment: Barbell, Step with 3 Risers per Side
	Cathe's Weight 45 lb. My Weight

CHEST - CLOSE GRIP BENCH PRESS

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

CHEST - CHEST FLYS

CHAPTER 7	Equipment: Dumbbells, Step with 3 Risers per Side
	Cathe's Weight 20 lb. My Weight

CHEST - DROP SET PUSH UPS

CHAPTER 8	Equipment: None
	Cathe's Weight NA

TRICEPS - DIPS

CHAPTER 9	Equipment: None
	Cathe's Weight NA

TRICEPS - TRICEP KICKBACKS WITH BAND

CHAPTER 10	Equipment: Medium Tension Band
	Cathe's Weight NA

SHOULDERS - STATIC LUNGE LATERAL RAISE

CHAPTER 11	Equipment: Dumbbell
	Cathe's Weight 8 lb. My Weight

SHOULDERS - BONUS BAND PULL

CHAPTER 12	Equipment: Medium Tension Band
	Cathe's Weight NA

SHOULDERS - DUMBBELL TOUCH DOWN OVERHEAD PRESS

CHAPTER 13	Equipment: Dumbbell
	Cathe's Weight 12 lb. My Weight

CHAPTERS

TOTAL BODY, Continued



SHOULDERS - BARBELL PUSH PRESS COMPLEX

CHAPTER 14	Equipment: Barbell	
	Cathe's Weight 25 lb.	My Weight

BICEPS - BICEP CURLS

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

BICEPS - FRONT LEG RAISE WITH BICEP CURL

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

LEGS - SINGLE LEG PUSH DOWN DIPS

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

LEGS - CROSS BACK LUNGES

CHAPTER 18	Equipment: Dumbbell	
	Cathe's Weight 20 lb.	My Weight

BACK - ONE ARM ROWS

CHAPTER 19	Equipment: Dumbbell	
	Cathe's Weight 25 lb.	My Weight

BACK - SEATED LAT PULL DOWNS WITH BAND

CHAPTER 20	Equipment: Medium Tension Band	
	Cathe's Weight NA	

BACK - PULL UPS

CHAPTER 21	Equipment: None	
	Cathe's Weight NA	

BACK - VERTICAL PULL UPS

CHAPTER 22	Equipment: None	
	Cathe's Weight NA	

STRETCH

CHAPTER 23	Equipment: None	
	Cathe's Weight NA	

CHAPTERS

BONUS ABS



KNEE IN CRUNCHES WITH BANDS

CHAPTER 1	Equipment: Medium Tension Band
	Cathe's Weight NA

SIDE TO SIDE OBLIQUE CRUNCHES

CHAPTER 2	Equipment: Medium Tension Band
	Cathe's Weight NA

ROPE CLIMB

CHAPTER 3	Equipment: Medium Tension Band
	Cathe's Weight NA

HEEL TAP CRUNCHES

CHAPTER 4	Equipment: None
	Cathe's Weight NA

SLOW REVERSE CRUNCHES

CHAPTER 5	Equipment: None
	Cathe's Weight NA

ELBOW TO KNEE OBLIQUE CRUNCHES

CHAPTER 6	Equipment: None
	Cathe's Weight NA

PLANKS

CHAPTER 7	Equipment: None
	Cathe's Weight NA

PREMIXES BOOT CAMP



BASIC PREMIXES

Premix #1	Main Program + Bonus Abs: Main Workout + Bonus Abs	60:41
-----------	--	-------

TIMESAVER PREMIXES

Premix #1	Warm Up + Rounds 1-4 + Stretch	34:38
Premix #2	Warm Up + Rounds 1-4 + Bonus Abs + Stretch	46:03
Premix #3	Warm Up + Rounds 3-6 + Stretch	38:32
Premix #4	Warm Up + Rounds 3-6 + Bonus Abs + Stretch	49:57

MISHMOSH PREMIXES

Premix #1	Cardio Leg Blast: Warm Up + Cardio & Lower Body Exercises + Stretch	29:37
Premix #2	Cardio Leg Blast + Bonus Abs: Warm Up + Cardio & Lower Body Exercises + Bonus Abs + Stretch	41:02
Premix #3	Cardio + Bonus Abs: Warm Up + Cardio Exercises + Bonus Abs + Stretch	28:32
Premix #4	Scrambled: Main Routine Done in a Different Order	49:16
Premix #5	Double It: Warm Up + Main Routine + Main Routine + Stretch	90:23

PREMIXES

LEGS, GLUTES & CORE



BASIC PREMIXES

Premix #1	Legs and Glutes with Bonus Abs: Replaces All Core Exercises with Bonus Abs	44:40
-----------	--	-------

TIMESAVER PREMIXES

Premix #1	Legs & Glutes Only: Excludes All Core Exercises	33:15
Premix #2	Legs & Core Express: Eliminates Some Exercises	28:24
Premix #3	Core Only: Core Section + Stretch (No Warm Up)	18:41

MISHMOSH PREMIXES

Premix #1	Double Legs and Core: Double Legs & Glute Exercises, Core Done Once	67:28
Premix #2	Glute Max: Warm Up + Glute Exercises + Stretch	36:23
Premix #3	Core First: Warm Up + Core Exercises + Legs & Glute Exercises + Stretch	45:52
Premix #4	Double Trouble: Warm Up + Main Routine + Main Routine + Stretch	80:05

PREMIXES

TOTAL BODY



BASIC PREMIXES

Premix #1	Main Program + Bonus Abs: Main Workout + Bonus Abs + Stretch	60:41
------------------	--	-------

TIMESAVER PREMIXES

Premix #1	Upper Body Focus: Warm Up + Upper Body Exercises + Stretch	30:34
Premix #2	Upper Body Focus + Core: Warm Up + Upper Body Exercises + Bonus Abs + Stretch	41:59
Premix #3	Legs & Shoulders: Warm Up + Legs & Shoulders Exercises + Stretch	31:29
Premix #4	Legs & Shoulders + Core: Warm Up + Legs & Shoulders Exercises + Bonus Abs + Stretch	42:55
Premix #5	Legs Only: Warm Up + Legs Exercises + Stretch	28:06

MISHMOSH PREMIXES

Premix #1	Legs and Chest: Warm Up + Legs & Chest Exercises + Stretch	43:52
Premix #2	Legs and Chest + Abs: Warm Up + Legs & Chest Exercises + Bonus Abs + Stretch	55:17
Premix #3	Total Body Extreme: Some Exercises are Repeated	70:52
Premix #4	Total Body Extreme + Abs: Some Exercises are Repeated + Bonus Abs	82:18
Premix #5	Scrambled: Main Routine Done in a Different Order	48:42
Premix #6	Main Routine with Abs Mixed In: Main Routine with Bonus Abs Mixed In	60:08
Premix #7	Double It: Warm Up + Main Routine + Main Routine + Stretch	89:17

WORKOUT CARD

BOOT CAMP



CHAPTER 2 ROUND 1 - PLIE JACKS WITH LOOP Fitness Loop	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 3 ROUND 1 - HIGH TIGHT PULSES WITH LOOP Fitness Loop	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 4 ROUND 1 - SIDE SQUATS WITH POSTURE PULLS WITH LOOP & BAND Fitness Loop Medium Tension Band	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 5 ROUND 1 - STEP OUT PLANKS WITH LOOP Fitness Loop	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 6 ROUND 2 - CRISS CROSS JUMPS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 7 ROUND 2 - AIR SQUATS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 8 ROUND 2 - DIPS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 9 ROUND 2 - TRICEP PRESS DOWNS WITH BAND Medium Tension Band	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

WORKOUT CARD

BOOT CAMP, Continued



CHAPTER 10 ROUND 3 - POWER SCISSOR LUNGES	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 11 ROUND 3 - HIGH TIGHT CROSS BACK PULSES	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 12 ROUND 3 - BICEP CURLS WITH BAND Medium Tension Band	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 13 ROUND 3 - BICEP PULL UPS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 14 ROUND 4 - PLIE SQUAT JUMPS WITH ARM PULLS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 15 ROUND 4 - STRAIGHT LEG PULSES	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 16 ROUND 4 - BACK PULL UPS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 17 ROUND 4 - SLOW VERTICAL PULL UPS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

WORKOUT CARD

BOOT CAMP, Continued



CHAPTER 18 ROUND 4 - T-BAND PULLS WITH BAND Medium Tension Band	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 19 ROUND 5 - SQUAT LUNGE JUMPS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 20 ROUND 5 - HIGH TIGHT PULSES	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 21 ROUND 5 - PUSH UPS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 22 ROUND 5 - MOUNTAIN CLIMBERS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 23 ROUND 6 - FRONT BACK ATTACK Fitness Loop	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 24 ROUND 6 - HAMSTRING PRESSES WITH LOOP Fitness Loop	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 25 ROUND 6 - STANDING FRONT RAISE WITH BAND Medium Tension Band	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

WORKOUT CARD

BOOT CAMP, Continued



CHAPTER 26 ROUND 6 - BOOT CAMP PUSH UPS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

WORKOUT CARD

LEGS, GLUTES & CORE



CHAPTER 2 LEGS AND GLUTES - INNER THIGH LIFTS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 3 LEGS AND GLUTES - QUADS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 4 LEGS AND GLUTES - GLUTES	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 5 LEGS AND GLUTES - HIGH GLUTES	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 6 LEGS AND GLUTES - SIDE KNEELING	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 7 LEGS AND GLUTES - GLUTE SQUEEZES	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 8 CORE - SINGLE LEG SIT UPS WITH BAND Medium Tension Band	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 9 CORE - SIDE TO SIDE OBLIQUE PULLDOWNS WITH BAND Medium Tension Band	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

WORKOUT CARD

LEGS, GLUTES & CORE, Continued



CHAPTER 10 CORE - ALTERNATING SIDE CRUNCH Medium Tension Band	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 11 CORE - ROLL DOWN ROLL UP CRISS CROSS FEET	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 12 CORE - OVER UNDER CRUNCHES	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 13 CORE - SINGLE LEG STRETCH DOUBLE PUMP	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 14 CORE - 100	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 15 CORE - BOAT POSE	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
CHAPTER 16 CORE - SWIMMERS - FLUTTER KICKS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

WORKOUT CARD

TOTAL BODY



CHAPTER 2 LEGS - UNEVEN SQUATS Dumbbell 15 lb Step with 3 Risers per Side	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

CHAPTER 3 LEGS - DEADLIFTS Barbell 45 lb	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

CHAPTER 4 LEGS - ELEVATED LUNGES Dumbbells 12 lb Step with 3 Risers per Side	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

CHAPTER 5 CHEST - BENCH PRESS Barbell 45 lb Step with 3 Risers per Side	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

CHAPTER 6 CHEST - CLOSE GRIP BENCH PRESS Barbell 30 lb Step with 3 Risers per Side	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

CHAPTER 7 CHEST - CHEST FLYS Dumbbells 20 lb Step with 3 Risers per Side	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

CHAPTER 8 CHEST - DROP SET PUSH UPS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

CHAPTER 9 TRICEPS - DIPS	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps
	Date	Bar Height	Reps	Date	Bar Height	Reps	Date	Bar Height	Reps

WORKOUT CARD

TOTAL BODY, Continued



CHAPTER 10 TRICEPS - TRICEP KICKBACKS WITH BAND Medium Tension Band	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	

CHAPTER 11 SHOULDERS - STATIC LUNGE LATERAL RAISE Dumbbell 8 lb	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

CHAPTER 12 SHOULDERS - BONUS BAND PULL Medium Tension Band	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	

CHAPTER 13 SHOULDERS - DUMBBELL TOUCH DOWN OVERHEAD PRESS Dumbbell 12 lb	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

CHAPTER 14 SHOULDERS - BARBELL PUSH PRESS COMPLEX Barbell 25 lb	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

CHAPTER 15 BICEPS - BICEP CURLS Barbell 30 lb	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

CHAPTER 16 BICEPS - FRONT LEG RAISE WITH BICEP CURL Dumbbell 12 lb	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

CHAPTER 17 LEGS - SINGLE LEG PUSH DOWN DIPS Dumbbell 15 lb	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height

WORKOUT CARD

TOTAL BODY, Continued



CHAPTER 18 LEGS - CROSS BACK LUNGES Dumbbell 20 lb	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
CHAPTER 19 BACK - ONE ARM ROWS Dumbbell 25 lb	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height	Date	Weight	Reps	Bar Height
CHAPTER 20 BACK - SEATED LAT PULL DOWNS WITH BAND Medium Tension Band	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
CHAPTER 21 BACK - PULL UPS	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
CHAPTER 22 BACK - VERTICAL PULL UPS	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	
	Date	Bar Height	Reps		Date	Bar Height	Reps		Date	Bar Height	Reps	



©2017 Cathe dot Com • All rights reserved.
626 Delsea Drive North • Glassboro, NJ 08028