JSer's Guide



INTERMEDIATE CONDITIONING EXTREME



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ABOUT ICE: INTERMEDIATE CONDITIONING EXTREME WORKOUT SERIES



OVERVIEW

The ICE Series is a comprehensive collection of workouts that I created for the intermediate to intermediate/advanced exerciser. The series includes 7 DVDs which contain a mix of solid cardio, cardio mixed with strength and solid strength to give the exerciser many different workout options as they sweat their way to fabulous results! The workouts in this series stay predominantly at intermediate level based not only on exercise selection and sequencing, but also through length and number or rest periods taken in any given workout. At some points throughout the workouts I will push the line of advanced and will then quickly return to intermediate level. My goal with this series was to give an intermediate exerciser a set of workouts that will challenge them within their current level while also giving them ample opportunity to progress within the series if they wish to advance to the next level. Advanced exercisers will also find that this series fits nicely into their routine through the addition of bonus blizzard blasts that raise the intensity of each workout.

BLIZZARD BLASTS

Blizzard Blast options can be found on 5 of the DVDs (each of the solid cardio and cardio/strength workouts). These blasts average 12–15 minutes in length and are a great add on for exercisers that wish to take the workouts to an advanced level. These blasts can also be used alone for a quick cardio blast when you're short on time. Just make sure that you are fully warmed up before you start a blast as these high intensity bonuses are non-stop!

MUSCLE MELTDOWNS

In this series I've also included five *Muscle Meltdowns*. These solid strength bonuses are short, but effective and are a perfect addition to round out the different workout types in this collection. Each *Muscle Meltdown* will use moderate to heavy weight to focus on one body part at a time—Triceps, Chest, Biceps, Back and Shoulders. In each meltdown you will complete five rounds of exercises that are repeated three times with little rest. The focus is muscle building with no time to waste.

ICY CORES

We all know that our core is used as we perform many different types of exercise. Even without focused core training our mid-sections are challenged though movement, balance and stabilization. That being said, I have also included two *lcy Core* bonuses in this series to round out your core training. One of these routines will be included on each DVD (both of them on the *Chiseled Upper Body* DVD) so that you can easily choose which day/s you want to add focused core training to your workout.

ABOUT ICE: INTERMEDIATE CONDITIONING EXTREME WORKOUT SERIES

ABOUT THE SEVEN ICE WORKOUTS

BOOT CAMP CIRCUIT



You can do anything for a minute and this Boot Camp workout certainly sets out to prove it! This circuit style workout is arranged in challenging sixty second intervals. Each round includes a grouping of cardio, upper body, lower body and core to ensure that no muscle is left untouched.

This workout covers it all!

This DVD includes *Muscle Meltdown* • *Biceps* as well as a *Blizzard* Blast option and the Icy Core 1 add-on.

CHISELED LOWER BODY BLAST



This lower body workout alternates between strength exercises and cardio blasts to chisel the entire lower body! Each round of exercises continues to layer on the intensity to fully fatigue the lower body while burning off unwanted fat and major calories in the process!

This DVD includes <u>Muscle Meltdown · Shoulders</u> as well as a Blizzard Blast option and the Icy Core 2 add-on.

CHISELED UPPER BODY



It's time to carve out the upper body you've always dreamed of! This DVD includes traditional and unique exercises for those of you who are looking to work the entire upper body in one workout. This program focuses on strength and endurance as you sweat your way through stand-

ing and floor exercises utilizing a mix of both light and heavy weights.

This DVD includes both the *lcy Core1* & *lcy Core 2* add-ons.

LOW IMPACT SWEAT



This low impact workout surely takes "low" to new heights! Low Impact Sweat includes two short but intense workouts that keep your metabolism revved and that fat melting. Both of the two segments remain low impact throughout and utilize HiiT movements to ensure great results in a

short amount of time. In segment one light hand weights and a fitness mat are used to keep those calories burning. In segment two light handweights are used again, but this time a step adds variety to the intervals.

This DVD includes <u>Muscle Meltdown • Back</u> as well as a <u>Blizzard</u> Blast option and the Icy Core 2 add-on.

METABOLIC TOTAL BODY



No time for single body parts this week? This metabolic training workout touches all muscle groups while also giving cardio benefits through elevated heart rate and compound movement. The unique mix of light to moderately heavy weighted exercises in this routine challenges the entire body and keeps those muscles firing throughout!

This DVD includes *Muscle Meltdown* · Chest as well as a *Blizzard* Blast option and the Icy Core 1 add-on.

ROCK'M SOCK'M KICKBOX



This workout packs a punch right from the start! Cardio-based punching and kicking drills along with fun new kickbox blasts are sure to keep you sweating throughout this supercharged workout. So get ready to kick things up a few notches as you "jump kick" your way to amazing results.

This DVD includes *Muscle Meltdown • Triceps* as well as a *Blizzard* Blast option and the Icy Core 1 add-on.

TO THE MAT: LETS & GLUTES



Get down and get ready for an all floor-based workout that is sure to carve out the legs and glutes like no other! All of the exercises on this DVD utilize parallel mat conditioning to totally fatigue the lower body without the strain that traditional standing leg work can put on the back and knees.

But don't be fooled! This no nonsense workout incorporates a stability ball, firewalker loop and resistance band to fire up those intrinsic muscle fibers which get deeper into the muscle.

This DVD includes Muscle Meltdown • Shoulders as well as the Icy Core 2 add-on.

ABOUT ICE: INTERMEDIATE CONDITIONING EXTREME WORKOUT SERIES

ABOUT THE ICE ROTATIONS

In this users guide I've provided six individual rotations to get you started with the new series. Each of these rotations utilizes the ICE workouts in a different way and at a different level of intensity. Choose the one that best suits your current workout needs to get the most out of your routine.

The **All ICE Rotation** was designed to help the intermediate exerciser advance within their fitness level. Although the three levels of this rotation can be used singly if preferred, they have been designed in stages to help an intermediate exerciser reach an advanced level over a three month period. Each level adds a new challenge and prepares an exerciser for what's to come in the following level. These new challenges are added throughout the three months to keep an exerciser focused while eliminating any boredom factor that can sometimes settle in when embarking on a multi-month rotation. Once completed an intermediate exerciser can then consider one of the additional rotations which begin to mix advanced workouts from other series.

Let's take a closer look at all of the rotations, beginning with the **All ICE Rotation** first.

ALL ICE ROTATION



Level One – This is the rotation to start with if you are a beginner/intermediate exerciser and are looking to ease your way into the new series. This rotation will include all of the ICE workouts, but will not include additional add-ons aside from *Icy Core* each week. Additional rest days will be

included in this rotation. Level One will help to prepare you to advance to the next ICE rotation level.



Level Two – In this rotation we will again be utilizing all of the ICE workouts, but in Level Two I have also included *Muscle Meltdowns*. Each week you will complete each of the five *Muscle Meltdown* routines to add additional challenge and help boost muscle building. This routine will again

include *Icy Core* bonuses and only one rest day is scheduled into each week. Once you've completed Level Two you may feel that you are ready to transition into Level Three.



Level Three – In this rotation we will follow the guidelines of Level Two, but we will ramp up the intensity of the rotation with the addition of *Blizzard Blast* bonuses multiple times each week. This rotation will truly show you what this series has to offer by mixing not only all of the workouts

in their entirety, but also by including every bonus available on each DVD. This level will surely highlight how far you've come with the series in just three short months!

MIXED ROTATIONS



ICE & Low Impact Series – I've added this rotation for the exerciser who can't handle high impact. Each week will include a mix of workouts from the Low Impact Series with the low impact options from the ICE

series. Don't be fooled! I said low impact, not low intensity! You may not be jumping, but you will be burning plenty of calories! In this rotation the scheduled "off" day in each week has been replaced with a yoga option to keep our bodies stretched and our joints flexible. I've also included *lcy Core* bonuses.



ICE & XTrain – *Tabatacise* anyone? This is another intense rotation that leaves no muscle untouched or untoned! In this rotation I've mixed the ICE series workouts with XTrain favorites. Although one of these

series is intermediate and one is advanced, they share some commonalities. Each of these series includes boxing, HiiT training, cardio leg, and strength among other things. What happens when you mix the two series together? You get a perfect mix of intermediate and advanced workouts that complement each other perfectly. You'll get the perfect mix of cardio and strength to keep your body challenged and changing!



ICE & Ripped with HiiT – This rotation is perfect for an exerciser that is looking for a month of higher intensity cardio mixed with heavy weight training. With a varied mix of HiiT training, solid cardio, solid

weight training and circuit style training, you're sure to burn body fat and build solid, lean muscle mass. *Icy Core* and *Blizzard Blast* bonuses are included in this rotation and one day off is scheduled into each week.

EQUIPMENT USED IN THE ICE SERIES

The ICE Series has been designed to be done in your home with minimal equipment. The only equipment needed for ICE is a bench or a step with four risers per side, dumbbells, loop,

Dumbbells



Step with Four Risers per Side



Stability Ball



medium resistance tubing, mat, and stability ball. The dumbbell weights Cathe uses for every exercise in the ICE Series are included in the workout section of this user guide.



Stretch Band (Medium Tension Green)

Loop





QUICK START GUIDE

STEP #1

Select the ICE rotation workout program on the following pages that best fits your needs. Each ICE workout program is divided into weekly workout sections. Each of these weekly workout sections will tell you which ICE workout or premix to do each day and the DVD the workout can be found on. Each daily workout will also list the page in this e-book that the workout details can be found on and will also list the premix number so that you can easily find the premix in this guide.

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 ICE video listed in the workout section of this user guide as well as on each DVD.

STEP #3

Select the proper weights for each exercise. Selecting a weight that is too light or too heavy will greatly diminish the results you can expect from the ICE program. We recommend using our one rep max test only for our bonus Muscle Meltdowns to help you determine the correct weight for each upper body workout, but this is totally optional. We don't recommend using one rep max testing for Chiseled Upper Body or Chiseled Lower Body Blast.

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

STEP #4

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

STEP #5

Don't forget to use the optional bonus Blizzard Blasts, Muscle Meltdowns and Icy Core ab workouts to add a little extra punch to your ICE workout schedule. Just add these to the end of any workout you like or select one of our Premixes. On the following pages, you will find three official "All ICE" workout programs as well as three other optional ICE workout routines. Intermediate exercisers should start with the first three workout rotations (Level 1,2 and 3) that only use ICE workouts, while more advanced exercisers may want to combine more advanced workouts from our Ripped With Hiit, XTrain, and the Low Impact series with workouts from ICE. These last three workout programs are a great option for exercisers seeking greater variety workouts that can still blast away calories and fat!

Once you complete the ICE (Level 1, 2 and 3) rotations you should then consider using one of the additional more advanced rotations which mix advanced workouts from other series with ICE.

ICE is designed so that it is very easy to substitute and use workouts from our other videos as well as the numerous premixes included with ICE.

ALL ICE ROTATION



WEEK 1	WORKOUT	TIME
Monday	Rock'm Sock'm Kickbox	48 min.
Tuesday	Chiseled Upper Body + Icy Core 1	53 min.
Wednesday	Off	
Thursday	Metabolic Total Body	48 min.
Friday	To The Mat: Legs & Glutes	49 min.
Saturday	Low Impact Sweat • Cardio 1 • Icy Core 2	42 min.
Sunday	Off	

WEEK 2	WORKOUT	TIME
Monday	Chiseled Lower Body Blast	48 min.
Tuesday	Low Impact Sweat • Cardio 2 • Icy Core 2	42 min.
Wednesday	Chiseled Upper Body	42 min.
Thursday	Off	
Friday	Boot Camp Circuit	45 min.
Saturday	To The Mat: Legs & Glutes	49 min.
Sunday	Off	

WEEK 3	WORKOUT	TIME
Monday	Rock'm Sock'm Kickbox + Icy Core 1	59 min.
Tuesday	To The Mat: Legs & Glutes	49 min.
Wednesday	Chiseled Upper Body	42 min.
Thursday	Low Impact Sweat • Cardio 1 • Icy Core 2	42 min.
Friday	Chiseled Lower Body Blast	48 min.
Saturday	Off	
Sunday	Off	

WEEK 4	WORKOUT	TIME
Monday	Boot Camp Circuit	45 min.
Tuesday	Low Impact Sweat • Cardio 2	28 min.
Wednesday	Metabolic Total Body	48 min.
Thursday	Off	
Friday	Low Impact Sweat • Cardio 1 • Icy Core 2	42 min.
Saturday	Rock'm Sock'm Kickbox	48 min.
Sunday	Off	

ALL ICE ROTATION



WEEK 1	WORKOUT	TIME
Monday	Rock'm Sock'm Kickbox • Muscle Meltdown • Triceps	62 min.
Tuesday	To The Mat: Legs & Glutes	49 min.
Wednesday	<u>Metabolic Total Body + Muscle Meltdown • Chest + Icy Core 1</u>	74 min.
Thursday	Low Impact Sweat • Cardio 1 • Muscle Meltdown • Back	49 min.
Friday	Chiseled Lower Body Blast • Muscle Meltdown • Shoulders	64 min.
Saturday	Off	
Sunday	Boot Camp Circuit + Muscle Meltdown • Biceps	60 min.

WEEK 2	WORKOUT	TIME
Monday	Low Impact Sweat • Cardio 2 • Muscle Meltdown • Back	49 min.
Tuesday	Rock'm Sock'm Kickbox • Muscle Meltdown • Triceps	62 min.
Wednesday	Off	
Thursday	Metabolic Total Body + Muscle Meltdown • Chest	63 min.
Friday	Chiseled Lower Body Blast • Muscle Meltdown • Shoulders • Icy Core 2	77 min.
Saturday	Boot Camp Circuit + Muscle Meltdown • Biceps	60 min.
Sunday	Low Impact Sweat • Cardio 1 / Optional Off	28 min.

WEEK 3	WORKOUT	TIME
Monday	Chiseled Upper Body	42 min.
Tuesday	Low Impact Sweat • Cardio 2 • Muscle Meltdown • Back	49 min.
Wednesday	To The Mat: Legs & Glutes + Muscle Meltdown • Shoulders	65 min.
Thursday	Rock'm Sock'm Kickbox + Muscle Meltdown • Triceps + Icy Core 1	73 min.
Friday	Metabolic Total Body + Muscle Meltdown • Chest	63 min.
Saturday	Off	
Sunday	Boot Camp Circuit + Muscle Meltdown • Biceps	60 min.

WEEK 4	WORKOUT	TIME
Monday	Low Impact Sweat • Cardio 1 • Muscle Meltdown • Back	49 min.
Tuesday	Chiseled Upper Body + Icy Core 2	56 min.
Wednesday	Rock'm Sock'm Kickbox + Muscle Meltdown • Triceps	62 min.
Thursday	Chiseled Lower Body Blast • Muscle Meltdown • Shoulders	64 min.
Friday	Metabolic Total Body + Muscle Meltdown • Chest	63 min.
Saturday	Off	
Sunday	Boot Camp Circuit • Muscle Meltdown • Biceps	60 min.

ALL ICE ROTATION LEVEL THREE



WEEK 1	WORKOUT	TIME
Monday	Rock'm Sock'm Kickbox • Muscle Meltdown • Triceps • Blizzard Blast	76 min.
Tuesday	To The Mat: Legs & Glutes	49 min.
Wednesday	<u>Metabolic Total Body + Muscle Meltdown • Chest + Icy Core 1 + Blizzard Blast</u>	87 min.
Thursday	Low Impact Sweat • Cardio 1 • Muscle Meltdown • Back • Blizzard Blast	60 min.
Friday	Chiseled Lower Body Blast • Muscle Meltdown • Shoulders • Blizzard Blast	81 min.
Saturday	Off	•
Sunday	Boot Camp Circuit • Muscle Meltdown • Biceps • Blizzard Blast	72 min.

WEEK 2	WORKOUT	TIME
Monday	Low Impact Sweat • Cardio 2 • Muscle Meltdown • Back • Blizzard Blast	60 min.
Tuesday	Rock'm Sock'm Kickbox • Muscle Meltdown • Triceps • Blizzard Blast	76 min.
Wednesday	Off	
Thursday	Metabolic Total Body • Muscle Meltdown • Chest • Blizzard Blast	76 min.
Friday	Chiseled Lower Body Blast • Muscle Meltdown • Shoulders • Icy Core 2 • Blizzard Blast	95 min.
Saturday	Boot Camp Circuit + Muscle Meltdown • Biceps + Blizzard Blast	72 min.
Sunday	Low Impact Sweat • Cardio 1 / Optional Off	28 min.

WEEK 3	WORKOUT	TIME
Monday	Chiseled Upper Body	42 min.
Tuesday	Low Impact Sweat • Cardio 2 • Muscle Meltdown • Back • Blizzard Blast	60 min.
Wednesday	To The Mat: Legs & Glutes + Muscle Meltdown • Shoulders	65 min.
Thursday	Rock'm Sock'm Kickbox • Muscle Meltdown • Triceps • Icy Core 1 • Blizzard Blast	87 min.
Friday	Metabolic Total Body + Muscle Meltdown • Chest + Blizzard Blast	76 min.
Saturday	Off	
Sunday	Boot Camp Circuit • Muscle Meltdown • Biceps • Blizzard Blast	72 min.

WEEK 4	WORKOUT	TIME
Monday	Low Impact Sweat • Cardio 1 • Muscle Meltdown • Back • Blizzard Blast	60 min.
Tuesday	Chiseled Upper Body + Icy Core 2	56 min.
Wednesday	Rock'm Sock'm Kickbox + Muscle Meltdown • Triceps + Blizzard Blast	76 min.
Thursday	Chiseled Lower Body Blast • Muscle Meltdown • Shoulders • Blizzard Blast	81 min.
Friday	<u>Metabolic Total Body</u> + <u>Muscle Meltdown • Chest + Blizzard Blast</u>	76 min.
Saturday	Off	
Sunday	Boot Camp Circuit + Muscle Meltdown • Biceps + Blizzard Blast	72 min.

MIXED ROTATIONS



WEEK 1	WORKOUT	TIME
Monday	ICE: Low Impact Sweat • Cardio 1 • Icy Core 2	42 min.
Tuesday	Low Impact Series: Turbo Barre	74 min.
Wednesday	Low Impact Series: Cardio SuperSets	42 min.
Thursday	ICE: Chiseled Upper Body	42 min.
Friday	Low Impact Series: CycleMax (or low impact cardio of choice)	56 min.
Saturday	ICE: Metabolic Total Body	48 min.
Sunday	Low Impact Series: Yoga Max / Optional Off	48 min.

WEEK 2	WORKOUT	TIME
Monday	Low Impact Series: Athletic Training	56 min.
Tuesday	ICE: To The Mat: Legs & Glutes	49 min.
Wednesday	Low Impact Series: Slide & Glide	52 min.
Thursday	ICE: Chiseled Upper Body	42 min.
Friday	Low Impact Series: Low Impact Challenge	51 min.
Saturday	Low Impact Series: Total Body Trisets • Lower Body Split	39 min.
Sunday	Low Impact Series: Yoga Relax / Optional Off	52 min.

WEEK 3	WORKOUT	TIME
Monday	ICE: Low Impact Sweat • Cardio 2 • Icy Core 2	42 min.
Tuesday	Low Impact Series: Turbo Barre	74 min.
Wednesday	ICE: Metabolic Total Body	48 min.
Thursday	ICE: To The Mat: Legs & Glutes	49 min.
Friday	Low Impact Series: Cardio SuperSets	42 min.
Saturday	Low Impact Series: Athletic Training	56 min.
Sunday	Low Impact Series: Yoga Max / Optional Off	48 min.

WEEK 4	WORKOUT	TIME
Monday	Low Impact Series: AfterBurn	54 min.
Tuesday	ICE: To The Mat: Legs & Glutes	49 min.
Wednesday	Low Impact Series: Slide & Glide	52 min.
Thursday	Low Impact Series: Total Body Trisets • Upper Body Split	56 min.
Friday	ICE: Low Impact Sweat • Cardio 1 • Icy Core 2	42 min.
Saturday	ICE: Chiseled Upper Body	42 min.
Sunday	Low Impact Series: Yoga Relax / Optional Off	52 min.

MIXED ROTATIONS



WEEK 1	WORKOUT	TIME
Monday	ICE: Rock'm Sock'm Kickbox • Icy Core 1	59 min.
Tuesday	XTrain: Chest, Back, Shoulders	51 min.
Wednesday	XTrain: Ride (or solid cardio of choice)	57 min.
Thursday	ICE: Chiseled Lower Body Blast	48 min.
Friday	XTrain: Bi's & Tri's	46 min.
Saturday	ICE: Low Impact Sweat • Cardio 1	28 min.
Sunday	Off	

WEEK 2	WORKOUT	TIME
Monday	XTrain: Hard Strikes	47 min.
Tuesday	ICE: Boot Camp Circuit	45 min.
Wednesday	XTrain: Cardio Leg Blast	56 min.
Thursday	ICE: Chiseled Upper Body + Icy Core 2	56 min.
Friday	XTrain: Ride (or solid cardio of choice)	57 min.
Saturday	ICE: Metabolic Total Body	48 min.
Sunday	Off	

WEEK 3	WORKOUT	TIME
Monday	ICE: Low Impact Sweat • Cardio 2	28 min.
Tuesday	XTrain: Super Cuts	46 min.
Wednesday	XTrain: Burn Sets: Chest, Back & Shoulders	51 min.
Thursday	ICE: Rock'm Sock'm Kickbox + Icy Core 1	59 min.
Friday	XTrain: Burn Sets: Bi's & Tri's	37 min.
Saturday	ICE: Chiseled Lower Body Blast	48 min.
Sunday	Off	

WEEK 4	WORKOUT	TIME
Monday	XTrain: All Out Low Impact HiiT	39 min.
Tuesday	XTrain: Legs	52 min.
Wednesday	ICE: Chiseled Upper Body	42 min.
Thursday	XTrain: Tabatacise	45 min.
Friday	ICE: To The Mat: Legs & Glutes + Icy Core 2	63 min.
Saturday	XTrain: Hard Strikes	47 min.
Sunday	Off	

MIXED ROTATIONS



WEEK 1	WORKOUT	TIME
Monday	Ripped with HiiT: Plyo HiiT One	27 min.
Tuesday	Ripped with HiiT: Lift It HiiT It Legs	41 min.
Wednesday	ICE: Low Impact Sweat • Cardio 1	28 min.
Thursday	Ripped with HiiT: Lift It Hit It Back, Biceps & Shoulders	52 min.
Friday	ICE: Rock'm Sock'm Kickbox • Icy Core 1	59 min.
Saturday	Ripped with HiiT: Lift It Hit It Chest,Triceps & Shoulders	40 min.
Sunday	Off	

WEEK 2	WORKOUT	TIME
Monday	ICE: Low Impact Sweat • Cardio 2	28 min.
Tuesday	Ripped with HiiT: HiiT Circuit Lower Body	47 min.
Wednesday	ICE: Low Impact Sweat • Cardio 1 • Icy Core 2	42 min.
Thursday	Ripped with HiiT: HiiT Circuit Upper Body	46 min.
Friday	Ripped with HiiT: Plyo HiiT Two	27 min.
Saturday	ICE: Boot Camp Circuit	45 min.
Sunday	Off	

WEEK 3	WORKOUT	TIME
Monday	ICE: Rock'm Sock'm Kickbox + Blizzard Blast	62 min.
Tuesday	ICE: Chiseled Upper Body + Icy Core 1	53 min.
Wednesday	Ripped with HiiT: Low Impact HiiT Two	30 min.
Thursday	ICE: Metabolic Total Body	48 min.
Friday	ICE: Low Impact Sweat • Cardio 2 • Blizzard Blast	39 min.
Saturday	Ripped with HiiT: Lift It HiiT It Legs	41 min.
Sunday	Off	

WEEK 4	WORKOUT				
Monday	Ripped with HiiT: Lift It Hit It Back, Biceps & Shoulders				
Tuesday	Ripped with HiiT: Plyo HiiT Two	27 min.			
Wednesday	Ripped with HiiT: Lift It Hit It Chest, Triceps & Shoulders 40 min.				
Thursday	Ripped with HiiT: Plyo HiiT One 27 r				
Friday	ICE: To The Mat: Legs & Glutes 49 min				
Saturday	ICE: Low Impact Sweat • Cardio 1 • Icy Core 2 42 m				
Sunday	Off				

CHAPTERS BOOT CAMP CIRCUIT



WARM UP

	CHAPTER	Equipment: Step
	1	Cathe's Weight NA
PLL	JNGE LUNGE	E
	CHAPTER	Equipment: Step
	2	Cathe's Weight NA
ELE	VATED LUN	GES
CHAPTER Equipment: Two Dumbbells / Step		
	3	Cathe's Weight 12 lb. My Weight
TRI	CEP OVERH	EAD EXTENSION
	CHAPTER	Equipment: Two Dumbbells
	4	Cathe's Weight 10 lb. My Weight
HEE	EL TAP CRUI	NCHES
	CHAPTER	Equipment: Mat
	5	Cathe's Weight NA
STF	RADDLE JUN	1PS
	CHAPTER	Equipment: Step
	6	Cathe's Weight NA
MA	RCHING SUI	MOS
	CHAPTER	Equipment: Dumbbell
	7	Cathe's Weight 8 lb. My Weight
INC	LINE PUSH	UPS
	CHAPTER	Equipment: Step / Mat
	8	Cathe's Weight NA
SIN	GLE ARM S	WIMMER STROKES
	CHAPTER	Equipment: Mat
	9	Cathe's Weight NA
STF	RADDLE JUM	IPS WITH BURPEES
	CHAPTER	Equipment: Step
	10	Cathe's Weight NA
BAG	CK LUNGES	OFF STEP
CHAPTER Equipment: Two Dumbbells / Step		Equipment: Two Dumbbells / Step
	11	Cathe's Weight 10 lb. My Weight
OVE	ERHEAD PRE	ESS / UPRIGHT ROW SUPERSET
	CHAPTER	Equipment: Two Dumbbells
	12	Cathe's Weight 10 lb. My Weight

SIDE BEND CRUNCHES

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

CHAPTERS BOOT CAMP CIRCUIT, Continued

UNEVEN SQUAT

	CHAPTER	Equipment: Step			
	14	Cathe's Weight NA			
STEP	P UPS				
	CHAPTER	Equipment: Two Dumbbells / Step			
	15	Cathe's Weight 12 lb. My Weight			
BICE	P CURLS				
	CHAPTER	Equipment: Two Dumbbells			
	16	Cathe's Weight 10 lb. My Weight			
FORV	NARD SW(DOPING LUNGE WITH TWIST			
	CHAPTER	Equipment: None			
	17	Cathe's Weight NA			
ONE	ARM BUR	PEE			
	CHAPTER	Equipment: Step			
	18	Cathe's Weight NA			
CROS	SS BACK C	URTSEY LUNGES			
Γ	CHAPTER	Equipment: Two Dumbbells / Step			
	19	Cathe's Weight 15 lb. My Weight			
LATERAL RAISES					
	CHAPTER	Equipment: Two Dumbbells			
	20	Cathe's Weight 5 lb. My Weight			
LCR	UNCHES				
	CHAPTER	Equipment: Mat			
	21	Cathe's Weight NA			
STEP	KNEE DO	WN TAP WITH LIFT			
	CHAPTER	Equipment: Step			
	22	Cathe's Weight NA			
DRO	P SQUAT O	FF END			
	CHAPTER	Equipment: Dumbbell / Step			
	23	Cathe's Weight 15 lb. My Weight			
ONE	ARM WIDI	EROW			
	CHAPTER	Equipment: Dumbbell / Step			
	24	Cathe's Weight 15 lb. My Weight			
squ <i>i</i>	AT WITH K	NEE TWIST			
	CHAPTER	Equipment: Dumbbell			
	25	Cathe's Weight 8 lb. My Weight			
	тсн				

CHAPTER	Equipment: Mat
26	Cathe's Weight NA

CHAPTERS BOOT CAMP CIRCUIT · BONUSES

BLIZZARD BLAST

JUMP WIDE / PLY0 / JUMP ROPE

CHAPTER Equipment: Step 1 Cathe's Weight NA LEG ABDUCTION FRONT SWING CHAPTER Equipment: Dumbbell / Step 2 Cathe's Weight 8 lb. My Weight **REAR DELT FLY**

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

HIP LIFT

CHAPTER 4	Equipment: Mat
	Cathe's Weight NA

PLIÉ JACK BUTT KICKS

CHAPTER 5	Equipment: Step
	Cathe's Weight NA

AIR SQUATS

•	
CHAPTER 6	Equipment: Step
	Cathe's Weight NA

DIPS OFF STEP

CHAPTER	Equipment: Step
7	Cathe's Weight NA

BUTTERFLY SITUPS

CHAPTER	Equipment: Mat
	Cathe's Weight NA

MUSCLE MELTDOWN • BICEPS

ROUND 1 • STANDING CURL

CHAPTER	WM # 252	Biceps	iceps Equipment: Two Dumbbells	
1	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 1 • STANDING HAMMER CURL

CHAPTER WM #196 Biceps		Biceps	Equipment: Two Dumbbells	
2	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 1 • PREACHER CURL

CHAPTER	WM #223	Biceps	Equipment: Two Dumbbells / Stability Ball / Mat	
3	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 1 • INCLINE HAMMER CURL

CHAPTER	WM #???	Biceps	Equipment: Two Dumbbells / Stability Ball / Mat	
4	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

CHAPTERS BOOT CAMP CIRCUIT • BONUSES, Continued

ROUND 1 · CONCENTRATION CURL

	CHAPTER 5	WM # 237	Biceps	Equipment: Dumbbell / Stability Ball / Mat	
		1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • STANDING CURL

СН	CHAPTER	WM # 252	Biceps	Equipment: Two Dumbbells	
	6	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 2 • STANDING HAMMER CURL

CHAPTER		WM # 196	Biceps	Equipment: Two Dumbbells	
/	7	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 2 - PREACHER CURL

	CHAPTER 8	WM #223	Biceps	Equipment: Two Dumbbells / Stability Ball / Mat	
		1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 2 • INCLINE HAMMER CURL

CHAPTER	WM # ???	Biceps	Equipment: Two Dumbbells / Stability Ball / Mat	
9	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 2 · CONCENTRATION CURL

CHAPTER	WM #237	Biceps	Equipment: Dumbbell / Stability Ball / Mat	
10	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 3 • STANDING CURL

CHAPTER	WM # 252	Biceps	Equipment: Two Dumbbells	
11	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 • STANDING HAMMER CURL

CHAPTER	WM # 196	Biceps	Equipment: Two Dumbbells	
12	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 • PREACHER CURL

CHAPTER	WM # 223	Biceps	Equipment: Two Dumbbells / Stability Ball / Mat	
13	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 • INCLINE HAMMER CURL

CHAPTER	WM #???	Biceps	Equipment: Two Dumbbells /	′ Stability Ball / Mat
14	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 · CONCENTRATION CURL

CHAPTER	1	WM # 237	Biceps	Equipment: Dumbbell / Stability Ball / Mat	
15		1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

CHAPTERS BOOT CAMP CIRCUIT · BONUSES, Continued

ICY CORE 1

SIDE TO SIDE ROWERS

	CHAPTER	Equipment: Dumbbell / Mat					
	1	Cathe's Weight 5 lb.	My Weight				
PUL	LOVER EXT	ENSIONS					
	CHAPTER	Equipment: Two Dumbbells / Mat					
	2	Cathe's Weight 5 lb.	My Weight				
SIT	UP LEG LIF	T WITH WEIGHT					
	CHAPTER	Equipment: Dumbbell / Mat					
	3	Cathe's Weight 5 lb.	My Weight				
	NG UP AND	OVERS					
Γ	CHAPTER	Equipment: Dumbbell / Mat					
	4	Cathe's Weight NA					
HAN	NDS TO HEE	LS CRUNCHES					
	CHAPTER	Equipment: Mat					
	5	Cathe's Weight NA					
LEG	CHASERS						
Γ	CHAPTER	Equipment: Mat					
	6	Cathe's Weight NA	he's Weight NA				
SLO	W BIKE MA	NEUVER					
	CHAPTER	Equipment: Mat					
	7	Cathe's Weight NA					
REV	ERSE CRUN	CHES					
	CHAPTER	Equipment: Mat					
	8	Cathe's Weight NA					
SWI	MMER STR	OKE PLANKS					
	CHAPTER	Equipment: Mat					
	9	Cathe's Weight NA					
ELB	оw то кне	E PLANKS					
Γ	CHAPTER	Equipment: Mat					
	10	Cathe's Weight NA					
FUL	L BODY BRI	EAST STROKE					
Γ	CHAPTER	Fauinment: Mat					

CHAPTERS CHISELED LOWER BODY BLAST



WARM UP

CHAPTER		
1	Cathe's Weight NA	
DRWARD / B	BACK LUNGES	
CHAPTER	Equipment: None	
2	Cathe's Weight NA	
DRWARD IN /	I / OUT / BACK JACKS	
CHAPTER	Equipment: None	
3	Cathe's Weight NA	
OVER SQUAT	TS	
CHAPTER	Equipment: Dumbbell	
4	Cathe's Weight 10 lb. My Weight	
LATERAL SK	SKATES / ONE JACK	
CHAPTER		
5	Cathe's Weight NA	
TEP OUT SQU	•	
CHAPTER		
6	Cathe's Weight 8 lb. My Weight	
	 0g Hops	
CHAPTER		
7	Cathe's Weight NA	
IGH REP LUN		
CHAPTER		
8	Cathe's Weight 15 lb. My Weight	
JMO SOUAT	Γ LUNGE COMBO	
CHAPTER		
9	Cathe's Weight NA	
ROSS BACK L	LUNGE CRESCENT KNEE SQUATS	
CHAPTER		
10	Cathe's Weight 8 lb. My Weight	
UFFLING PO	POWER TURNS	
CHAPTER		
11		
11	Cathe's Weight NA	
	Cathe's Weight NA	
CHAPTER	DES	
TATIC LUNGE	DES	
CHAPTER 12	Equipment: Dumbbell Cathe's Weight 10 lb.	
CHAPTER 12	Equipment: Dumbbell Cathe's Weight 10 lb. My Weight	

CHAPTERS CHISELED LOWER BODY BLAST, Continued

ALTERNATING FORWARD LUNGES

ſ	CHAPTER	Equipment: Two Dumbbells	quipment: Two Dumbbells					
	14	Cathe's Weight 8 lb.	My Weight					
PLIÉ	É JACKS	•	· · · · ·					
	CHAPTER	Equipment: None						
	15	Cathe's Weight NA						
∟ PLIÉ	É SQUAT	Ŭ						
	CHAPTER	Equipment: Dumbbell						
	16	Cathe's Weight 10 lb.	My Weight					
FRO	NT SIDE BA	ACK JACK						
	CHAPTER	Equipment: None						
	17	Cathe's Weight NA						
SIDI	E LUNGES							
	CHAPTER	Equipment: Two Dumbbells						
	18	Cathe's Weight 8 lb.	My Weight					
LIFT	FED SQUAT	ABDUCTION						
	CHAPTER	Equipment: None						
	19	Cathe's Weight NA						
BAC	K LUNGES							
	CHAPTER	Equipment: Two Dumbbells						
	20	Cathe's Weight 8 lb.	My Weight					
FLY	ING ANGEL	JACKS						
	CHAPTER	Equipment: None						
	21	Cathe's Weight NA						
DEA	DLIFTS							
	CHAPTER	Equipment: Two Dumbbells						
	22	Cathe's Weight 15 lb.	My Weight					
LAT	ERAL SKAT	ES						
	CHAPTER	Equipment: None						
	23	Cathe's Weight NA						
C00	L DOWN							
	CHAPTER	Equipment: None						
	24	Cathe's Weight NA						
STR	ETCH							
	CHAPTER	Equipment: Mat						

CHAPTERS CHISELED LOWER BODY BLAST · BONUSES

BLIZZARD BLAST

LATERAL WALKS

Confige Equipment: None Cathe's Weight INA SQUAT PRESSES Commer Equipment: None Cathe's Weight IOIb. My Weight SNOW ANGEL JACKS Equipment: None Cathe's Weight IOIb. My Weight SNOW ANGEL JACKS Equipment: None Cathe's Weight IOIb. My Weight SDIE LUNE / CURTSEY LUNGE Equipment: None Cathe's Weight IOIb. My Weight SIDE LUNE / CURTSEY LUNGE Equipment: Cumbell State SWeight 81b. My Weight SIDE LUNGE / OVERHEAD PRESS Equipment: Cumbell Cathe's Weight 81b. My Weight SIDE TO SIDE BUNNY HOP Equipment: Two Dumbells Cathe's Weight 81b. My Weight SIDE TO SIDE BUNNY HOP Equipment: Lond Dumbells Cathe's Weight 81b. My Weight SIDE TO SIDE BUNNY HOP Equipment: Lond Dumbells Cathe's Weight 81b. My Weight SIDE TO SIDE BUNNY HOP Equipment: Lond Dumbells Cathe's Weight 81b. My Weight SOUATIONAL LUNES Equipment: None				The Provident				
Locate Straight No. The straight No. The straight No. Source								
DMMTR Edupment: None SQUAT PRESSES DMMTR Edupment: None Control My Weight SIDE LUNCE / CURTSEY LUNGE My Weight Control Edupment: Dumbelil Control Edupment: Dumbelil Control My Weight LATERAL FROG HOPS Edupment: Dumbelil Control My Weight SIDE LUNGE / OVERHEAD PRESS Edupment: Two Dumbelis Control My Weight SIDE TO SIDE BUNNY HOP My Weight Control My Weight SIDE TO SIDE BUNNY HOP Edupment: Two Dumbelis Control My Weight SIDE TO SIDE BUNNY HOP Edupment: None Construct My Weight SUBUTION APPLE PICKERS Edupment: None		-	-	My Weight				
2 Catho's Weight: NA SQUAT PRESSES Celefith: Equipment: two Bumbbells 3 Catho's Weight: NA SNOW ANGEL JACKS Celefith: Equipment: None Catho's Weight: NA SIDE LUNGE / CURTSEY LUNGE Celefith: Equipment: Dumbbell 5 Equipment: Dumbbell 6 Catho's Weight: ND. My Weight: My Weight: LATERAL FROG HOPS Equipment: Dumbbell 6 Catho's Weight: ND. My Weight: My Weight: SIDE LUNGE / OVERHEAD PRESS Equipment: Dumbbells Celefith: Equipment: Dumbbells Catho's Weight: ND. My Weight: SIDE TO SIDE BUNNY HOP Equipment: Two Bumbbells Celefith: Equipment: Two Bumbbells Catho's Weight: ND. My Weight: ROTATIONAL LUNGES Equipment: Two Bumbbells Celefith: Equipment: Two Bumbbells Catho's Weight: ND. My Weight: ROTATIONAL LUNGES Equipment: Two Bumbbells Celefith: Equipment: Mone Catho's Weight: NA SQUAT	ONE	LEGGED B	URPEES					
SUULT PRESSS UMATEE Equipment: Two Dumbbells Cathes Weight 10 lb. My Weight SNOW ANGEL JACKS UMATEE Equipment: None Cathes Weight NA SIDE LUNGE / CURTSEY LUNGE Terrate Equipment: Dimbbell Cathes Weight 10 lb. My Weight LATERAL FROG HOPS DAMTEE Equipment: Dumbbells Cathes Weight 8 lb. My Weight SIDE LUNGE / OVERHEAD PRESS DAMTEE Equipment: Two Dumbbells T Cathes Weight 10 lb. My Weight SIDE TO SIDE BUNNY HOP Cathes Weight 8 lb. My Weight SIDE TO SIDE BUNNY HOP CATHES Equipment: Dumbbell Cathes Weight 8 lb. My Weight SIDE TO SIDE BUNNY HOP CATHES Equipment: Dumbbell Cathes Weight 8 lb. My Weight SIDE TO SIDE BUNNY HOP CATHES Equipment: Dumbbell Cathes Weight 8 lb. My Weight SIDE TO SIDE BUNNY HOP CATHES Equipment: Dumbbells Cathes Weight 8 lb. My Weight SIDE TO SIDE BUNNY HOP CATHES Equipment: Dumbbells Cathes Weight 8 lb. My Weight SIDE TO SIDE BUNNY HOP CATHES Equipment: Dumbbells Cathes Weight 8 lb. My Weight SIDE TO SIDE BUNNY HOP CATHES Equipment: Dumbbells Cathes Weight 7 lb. My Weight FIVOTING APPLE PICKERS SQUAT ABDUCTION FRONT SWING CATHES Weight 72 lb. My Weight FORWARD BACK ATTACK CATHES Equipment: None 12 Cathes Weight 72 lb. My Weight FORWARD BACK ATTACK CATHES Equipment: None 12 Cathes Weight 70 lb.			Equipment: None					
OHETER Equipment: Two Dumbbells SNOW ANGEL JACKS SMOW ANGEL JACKS OHETER Equipment: Mone 4 Cathe's Weight NA SIDE LUNCE / CURTISEY LUNCE OHETER Equipment: Dumbbell 5 Cathe's Weight 10 Ib. My Weight My Weight LATERAL FROG HOPS My Weight OHETER Equipment: Dumbbell 6 Cathe's Weight 8 Ib. My Weight SIDE LUNCE / OVERHEAD PRESS Eduipment: Two Bumbbells Eduipment: Two Bumbbells 7 Cathe's Weight 10 Ib. My Weight SIDE TO SIDE BUNNY HOP Eduipment: Bumbbells Eduiters 8 Cathe's Weight 10 Ib. My Weight 8 Cathe's Weight 10 Ib. My Weight 8 Cathe's Weight 10 Ib. My Weight 9 Cathe's Weight 10 Ib. My Weight 10 Cathe's Weight 10 Ib. My Weight 10 C		2 Cathe's Weight NA						
3 Cathe's Weight 10 lb. My Weight SNOW ANGEL JACKS EMATTER Epuipment: Name Cathe's Weight NA SIDE LUNGE / CURTSEY LUNGE EMATTER Epuipment: Dumbbell 5 Cathe's Weight 10 lb. My Weight LATERAL FROG HOPS My Weight Cathe's Weight 10 lb. CHAFTER Epuipment: Dumbbell My Weight SIDE LUNGE / OVERHEAD PRESS Cathe's Weight 10 lb. My Weight SIDE LUNGE / OVERHEAD PRESS Cathe's Weight 8 lb. My Weight SIDE TO SIDE BUNNY HOP Cathe's Weight 8 lb. My Weight CHAFTER Equipment: Two Dumbbell Cathe's Weight 8 lb. My Weight SIDE TO SIDE BUNNY HOP Cathe's Weight 8 lb. My Weight Cathe's Weight 10 lb. My Weight ROTATIONAL LUNGES Cathe's Weight 10 lb. My Weight My Weight PUVTING APPLE PICKERS CMATTER Equipment: Two Dumbbell My Weight Cathe's Weight 10 lb. My Weight PUVTING APPLE PICKERS Cathe's Weight 10 lb. My Weight My Weight Cathe's Weight 10 lb. My Weight SQUAT ABDUCTION FRONT SWING Cathe's We	SQU	AT PRESSE	ES					
SNOW ANGEL JACKS COMPTRE 4 Cathers Weight NA SIDE LUNGE / CURTSEY LUNGE COMPTEX 5 Cathers Weight 10 lb. My Weight LATERAL FROG HOPS COMPTEX Equipment: Nunbhell Cathers Weight 8 lb. My Weight SIDE LUNGE / OVERHEAD PRESS COMPTEX Equipment: Nunbhell Cathers Weight 10 lb. My Weight SIDE TO SIDE BUNNY HOP COMPTEX Equipment: Two Dumbhell Equipment: Two Dumbhell Equipment: Two Dumbhell Equipment: Two Dumbhell Equipment: Two Dumbhel			Equipment: Two Dumbbells					
Cuiveren Equipment: None Giveren Equipment: Ounbell Carles Weight 10 lb. My Weight LATERAL FROG HOPS Equipment: Ounbell Carles Weight 8 lb. My Weight SIDE LUNGE / OVERHEAD PRESS Carle's Weight 10 lb. Cuiveren Equipment: Two Dumbbells Zarle's Weight 10 lb. My Weight SIDE TO SIDE BUNNY HOP Carle's Weight 8 lb. Cuiveren Equipment: Two Dumbbells Carle's Weight 10 lb. My Weight SIDE TO SIDE BUNNY HOP Carle's Weight 10 lb. Cuiveren Equipment: Two Dumbbells Carle's Weight 10 lb. My Weight ROTATIONAL LUNGES Carle's Weight 10 lb. PIVOTING APPLE PICKERS Equipment: Two Dumbbells Ourstree Equipment: None Carle's Weight 10 lb. My Weight SQUAT ABDUCTION FRONT SWING Carle's Weight 12 lb. Courstree Equipment: None Carle's Weight 12 lb. My Weight FORMER BACK ATTACK Carle's Weight Na COLD DOWN Equipment: None Carle's Weight Na Carle's Weight Na		3	Cathe's Weight 10 lb.	My Weight				
4 Cathe's Weight NA SIDE LUNGE / CURTSEY LUNGE Conserva Equipment: Dumbbell Cathe's Weight 10 lb. My Weight LATERAL FROG HOPS CumPter Equipment: Dumbbell 6 Cathe's Weight 8 lb. SIDE LUNGE / OVERHEAD PRESS Currer Equipment: Two Dumbbells 7 Cathe's Weight 8 lb. SIDE TO SIDE BUNNY HOP Charle's Weight 8 lb. My Weight SIDE TO SIDE BUNNY HOP Charle's Weight 8 lb. My Weight ROTATIONAL LUNGES CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight PUOTING APPLE PICKERS CUMPTER Equipment: Toole 10 Cathe's Weight 10 lb. SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: None Cathe's Weight 12 lb. My Weight FORWARD BACK ATTACK My Weight COUL DOWN Equipment: None Cathe's Weight NA Cool DOWN	SNO	W ANGEL	JACKS					
SIDE LUNGE / CURTSEY LUNGE CMATER Equipment: Dumbbell Cathe's Weight Tolb. My Weight LATERAL FROG HOPS CMATER Equipment: Dumbbell CMATER Equipment: Two Dumbbells Cathe's Weight 101b. My Weight SIDE LUNGE / OVERHEAD PRESS CMATER Equipment: Two Dumbbells CMATER Equipment: Dumbbell EMATER EMA	Γ	CHAPTER	Equipment: None					
CHAPTER Equipment: Dumbbell CATHERAL FROG HOPS CHAPTER Equipment: Dumbbell CHAPTER Equipment: Dumbbell CHAPTER Equipment: Dumbbells SIDE LUNGE / OVERHEAD PRESS CHAPTER Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight SIDE TO SIDE BUNNY HOP Equipment: Dumbbells Cathe's Weight 8 lb. My Weight ROTATIONAL LUNGES Equipment: Dumbbells ChAPTER Equipment: Two Dumbbells Octate's Weight 10 lb. My Weight PIVOTING APPLE PICKERS Equipment: None Cathe's Weight NA SQUAT ABDUCTION FRONT SWING Cathe's Weight 12 lb. My Weight FORWARD BACK ATTACK My Weight COL DOWN Equipment: None		4	Cathe's Weight NA					
5 Cathe's Weight 101b. My Weight LATERAL FROG HOPS CHAPTER Equipment: Dumbbell 6 Cathe's Weight 81b. My Weight SIDE LUNGE / OVERHEAD PRESS CHAPTER Equipment: Two Dumbbells 7 Cathe's Weight 101b. My Weight SIDE TO SIDE BUNNY HOP CHAPTER Equipment: Dumbbell 8 Cathe's Weight 81b. My Weight ROTATIONAL LUNGES CHAPTER Equipment: Two Dumbbells 9 Cathe's Weight 101b. My Weight ROTATIONAL LUNGES CHAPTER Equipment: Two Dumbbells 9 Cathe's Weight 101b. My Weight PIVOTING APPLE PICKERS Equipment: None Equipment: None 10 Cathe's Weight 101b. My Weight SQUAT ABDUCTION FRONT SWING Equipment: Dumbbell Equipment: Dumbbell Cathe's Weight 121b. My Weight My Weight FORWARD BACK ATTACK Equipment: None Equipment: None 12 Cathe's Weight NA COOL DOWN Equipment: None	SIDE	E LUNGE /	CURTSEY LUNGE					
LATERAL FROG HOPS	Г	CHAPTER	Equipment: Dumbbell					
CHAPTER Equipment: Dumbbell Cathe's Weight 8 lb. My Weight SIDE LUNGE / OVERHEAD PRESS CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight SIDE TO SIDE BUNNY HOP CHAPTER Equipment: Dumbbell Cathe's Weight 8 lb. My Weight ROTATIONAL LUNGES CHAPTER Equipment: Two Dumbbells Gathe's Weight 10 lb. My Weight PIVOTING APPLE PICKERS CHAPTER Equipment: None 10 Cathe's Weight NA SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Dumbbell 11 Cathe's Weight 12 lb. FORWARD BACK ATTACK CHAPTER Equipment: None 12 Cathe's Weight NA COOL DOWN Equipment: None		5	Cathe's Weight 10 lb.	My Weight				
6 Cathe's Weight 8 lb. My Weight SIDE LUNGE / OVERHEAD PRESS CHAPTER Equipment: Two Dumbbells 7 Cathe's Weight 10 lb. My Weight SIDE TO SIDE BUNNY HOP CHAPTER Equipment: Dumbbell Cathe's Weight 8 lb. My Weight ROTATIONAL LUNGES CHAPTER Equipment: Two Dumbbells OCHAPTER Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells 9 Cathe's Weight 10 lb. My Weight PIVOTING APPLE PICKERS CHAPTER Equipment: None 10 Cathe's Weight NA SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Oumbbell 11 Cathe's Weight 12 lb. FORWARD BACK ATTACK CHAPTER Equipment: None 12 Cathe's Weight NA COOL DOWN	LAT	ERAL FROG	G HOPS					
6 Cathe's Weight 8 lb. My Weight SIDE LUNGE / OVERHEAD PRESS CHAPTER Equipment: Two Dumbbells 7 Cathe's Weight 10 lb. My Weight SIDE TO SIDE BUNNY HOP CHAPTER Equipment: Dumbbell Cathe's Weight 8 lb. My Weight ROTATIONAL LUNGES CHAPTER Equipment: Two Dumbbells OCHAPTER Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells 9 Cathe's Weight 10 lb. My Weight PIVOTING APPLE PICKERS CHAPTER Equipment: None 10 Cathe's Weight NA SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Oumbbell 11 Cathe's Weight 12 lb. FORWARD BACK ATTACK CHAPTER Equipment: None 12 Cathe's Weight NA COOL DOWN		CHAPTER	Equipment: Dumbbell					
CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight SIDE TO SIDE BUNNY HOP Equipment: Dumbbell CHAPTER Equipment: Dumbbell Cathe's Weight 8 lb. My Weight ROTATIONAL LUNGES Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight PIVOTING APPLE PICKERS Equipment: None CHAPTER Equipment: None 10 Equipment: None Cathe's Weight 12 lb. My Weight SQUAT ABDUCTION FRONT SWING My Weight FORWARD BACK ATTACK My Weight COLL DUWN Equipment: None COL DOWN Equipment: None Equipment: None Equipment: None COLL DOWN Equipment: None		6		My Weight				
CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight SIDE TO SIDE BUNNY HOP Equipment: Dumbbell CHAPTER Equipment: Dumbbell Cathe's Weight 8 lb. My Weight ROTATIONAL LUNGES Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight PIVOTING APPLE PICKERS Equipment: None CHAPTER Equipment: None 10 Equipment: None Cathe's Weight 12 lb. My Weight SQUAT ABDUCTION FRONT SWING My Weight FORWARD BACK ATTACK My Weight COLL DUWN Equipment: None COL DOWN Equipment: None Equipment: None Equipment: None COLL DOWN Equipment: None	SIDE	E LUNGE /	OVERHEAD PRESS					
7 Cathe's Weight 10 lb. My Weight SIDE TO SIDE BUNNY HOP CHAPTER Equipment: Dumbbell Cathe's Weight 8 lb. My Weight ROTATIONAL LUNGES CHAPTER Equipment: Two Dumbbells O Cathe's Weight 10 lb. My Weight PIVOTING APPLE PICKERS CHAPTER Equipment: None CHAPTER Equipment: None CHAPTER Equipment: Dumbbell CHAPTER Equipment: None To Cathe's Weight 12 lb. My Weight My Weight	Γ							
CHAPTER Equipment: Dumbbell Cathe's Weight 8 lb. My Weight ROTATIONAL LUNGES Equipment: Two Dumbbells My Weight 9 Cathe's Weight 10 lb. My Weight PIVOTING APPLE PICKERS My Weight My Weight CHAPTER Equipment: None My Weight 10 Cathe's Weight NA SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Dumbbell My Weight CHAPTER Equipment: Dumbbell My Weight SQUAT ABDUCTION FRONT SWING My Weight My Weight FORWARD BACK ATTACK My Weight My Weight CHAPTER Equipment: None My Weight NA COL DOWN Equipment: None Equipment: None		7		My Weight				
CHAPTER Equipment: Dumbbell Cathe's Weight 8 lb. My Weight ROTATIONAL LUNGES Equipment: Two Dumbbells My Weight 9 Cathe's Weight 10 lb. My Weight PIVOTING APPLE PICKERS My Weight My Weight CHAPTER Equipment: None My Weight 10 Cathe's Weight NA SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Dumbbell My Weight CHAPTER Equipment: Dumbbell My Weight SQUAT ABDUCTION FRONT SWING My Weight My Weight FORWARD BACK ATTACK My Weight My Weight CHAPTER Equipment: None My Weight NA COL DOWN Equipment: None Equipment: None	SIDE	E TO SIDE B	SUNNY HOP					
8 Cathe's Weight 8 lb. My Weight ROTATIONAL LUNGES CHAPTER Equipment: Two Dumbbells 9 Cathe's Weight 10 lb. My Weight PIVOTING APPLE PICKERS CHAPTER Equipment: None 10 Cathe's Weight NA SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Dumbbell 11 Cathe's Weight 12 lb. My Weight FORWARD BACK ATTACK CHAPTER Equipment: None 12 Equipment: None Cathe's Weight NA Coll DOWN	Г		-					
ROTATIONAL LUNGES CHAPTER Equipment: Two Dumbbells 9 Cathe's Weight 10 lb. My Weight PIVOTING APPLE PICKERS Equipment: None Cathe's Weight NA SQUAT ABDUCTION FRONT SWING Equipment: Dumbbell Cathe's Weight 12 lb. 11 Cathe's Weight 12 lb. My Weight FORWARD BACK ATTACK CHAPTER Equipment: None CHAPTER Equipment: None Cathe's Weight NA		8		My Weight				
CHAPTER Equipment: Two Dumbbells Q Cathe's Weight 10 lb. PIVOTING APPLE PICKERS CHAPTER Equipment: None 10 Cathe's Weight NA SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Dumbbell 11 Equipment: Dumbbell Cathe's Weight 12 lb. My Weight FORWARD BACK ATTACK Equipment: None CHAPTER Equipment: None 12 Cathe's Weight NA COOL DOWN Equipment: None	ROT	ATIONAL L	UNGES					
9 Cathe's Weight 10 lb. My Weight PIVOTING APPLE PICKERS CHAPTER Equipment: None 10 Cathe's Weight NA SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Dumbbell 11 Cathe's Weight 12 lb. My Weight FORWARD BACK ATTACK CHAPTER Equipment: None 12 Equipment: None COOL DOWN Equipment: None CHAPTER Equipment: None	Γ							
PIVOTING APPLE PICKERS CHAPTER Equipment: None 10 Cathe's Weight NA SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Dumbbell 11 Cathe's Weight 12 Ib. My Weight FORWARD BACK ATTACK CHAPTER Equipment: None 12 Cathe's Weight NA COOL DOWN Equipment: None CHAPTER Equipment: None		9		My Weight				
CHAPTER Equipment: None 10 Cathe's Weight NA SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Dumbbell Cathe's Weight 12 lb. My Weight FORWARD BACK ATTACK CHAPTER Equipment: None 12 Equipment: None Cool DOWN Equipment: None CHAPTER Equipment: None CHAPTER Equipment: None CHAPTER Equipment: None CHAPTER Equipment: None		DTING APP	LE PICKERS					
10 Cathe's Weight NA SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Dumbbell 11 Cathe's Weight 12 lb. My Weight My Weight FORWARD BACK ATTACK CHAPTER Equipment: None 12 Cathe's Weight NA COOL DOWN CHAPTER Equipment: None CHAPTER Equipment: None	Г							
SQUAT ABDUCTION FRONT SWING CHAPTER Equipment: Dumbbell Cathe's Weight 12 lb. My Weight FORWARD BACK ATTACK CHAPTER Equipment: None Cathe's Weight NA COOL DOWN CHAPTER Equipment: None		10						
CHAPTER Equipment: Dumbbell Cathe's Weight 12 lb. My Weight FORWARD BACK ATTACK Equipment: None CHAPTER Equipment: None COOL DOWN Equipment: None CHAPTER Equipment: None CHAPTER Equipment: None CHAPTER Equipment: None CHAPTER Equipment: None	SOU	AT ABDUC	TION FRONT SWING					
11 Cathe's Weight 12 lb. My Weight FORWARD BACK ATTACK CHAPTER Equipment: None Cathe's Weight NA Cathe's Weight NA	Ī							
FORWARD BACK ATTACK CHAPTER Equipment: None 12 Cathe's Weight NA COOL DOWN Equipment: None				My Weight				
CHAPTER Equipment: None Cathe's Weight NA COOL DOWN CHAPTER Equipment: None Equipment: None		WARD BAC	-					
12 Cathe's Weight NA COOL DOWN CHAPTER Equipment: None								
COOL DOWN CHAPTER Equipment: None								
CHAPTER Equipment: None	спо							
10			Fauinment: None					
		13	Cathe's Weight NA					

CHAPTERS CHISELED LOWER BODY BLAST • BONUSES, Continued

MUSCLE MELTDOWN · SHOULDERS

ROUND 1 • OVERHEAD PRESS

CHAPTER	WM # 678	Shoulders	Equipment: Two Dumbbells	
1	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 1 • UPRIGHT ROW

CHAPTER	WM # 1070	Shoulders	Equipment: Two Dumbbells	
2	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 1 • STANDING SIDE LATERAL RAISE

CHAPTER	WM #693	Shoulders	Equipment: Two Dumbbells	
3	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight

ROUND 1 • FRONT RAISE

CHAPTER	WM #636	Shoulders	Equipment: Dumbbell	
4	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 1 • REAR DELT ON BALL

CHAPTER	WM #645	Shoulders	Equipment: Dumbbell / Stability Ball / Mat	
5	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight

ROUND 2 • OVERHEAD PRESS

CHAPTER	WM #678	Shoulders	Equipment: Two Dumbbells	
6	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 2 • UPRIGHT ROW

CHAPTER	WM # 1070	Shoulders	Equipment: Two Dumbbells	
7	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 2 • STANDING SIDE LATERAL RAISE

CHAPTER	WM #693	Shoulders	Equipment: Two Dumbbells		
8	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight	

ROUND 2 • FRONT RAISE

CHAPTER	WM #636	Shoulders	Equipment: Dumbbell	
9	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 2 • REAR DELT ON BALL

	CHAPTER 10	WM #645	Shoulders	Equipment: Dumbbell / Stability Ball / Mat	
		1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight

ROUND 3 • OVERHEAD PRESS

CHAPTER	WM #678	Shoulders	Equipment: Two Dumbbells	
11	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 • UPRIGHT ROW

CHAPTER	WM # 1070	Shoulders	Equipment: Two Dumbbells	
12	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 • STANDING SIDE LATERAL RAISE

CHAPTER	WM #693	Shoulders	Equipment: Two Dumbbells	
13	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight

CHAPTERS CHISELED LOWER BODY BLAST • BONUSES, Continued

ROUND 3 • FRONT RAISE

ROUND 3	• FRUN I	RAISE				
CHAP		M #636	Shoulders	Equipment: Dumbbell		
14	4 16	RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight	
ROUND 3	• REAR D	ELT ON BALL				
CHAP		M #645	Shoulders	Equipment: Dumbbell / S	tability Ball / Mat	
15	5 16	RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight	
COOL DOW	VN .				· ·	
CHAP	ter Eq	uipment: None				
16	16 Cathe's Weight NA					
ICY COF	RF 2					
WEIGHTED						
CHAP		uipment: Dumbbe	II / Mot			
1		the's Weight 5 lb.	II / Mdl	My Weight		
_		AP / EXTENSIO		Wy Weight		
CHAP						
2		uipment: Dumbbe .the's Weight 5 lb.	II / MIdl	My Weight		
) HEEL TAPS		wy weight		
		-				
CHAP"		uipment: Mat the's Weight NA				
SIDE OBLI						
СНАР		Equipment: Mat				
		the's Weight NA				
C CURVE C						
CHAP		uipment: Resistan	ice Band / Mat			
	La	the's Weight NA				
SAW						
CHAP		uipment: Resistan	ice Band / Mat			
		the's Weight NA				
		QUE TWISTS				
CHAP		uipment: Resistan	ice Band / Mat			
		the's Weight NA				
SIDE PLAN		EXTENSION				
CHAP		uipment: Mat				
8		the's Weight NA				
		SIDE PLANKS				
CHAP		uipment: Mat				
9		the's Weight NA				
PRONE PL	ANK / M	IARCHING PLAN	IK			
CHAP		uipment: Mat				
10	J Ca	ithe's Weight NA				

CHAPTERS CHISELED UPPER BODY



WARM UP

СНАРТЕ	1	Equipment: Two Dumbbells		
1		Cathe's Weight 3 lb.	My Weight	

SWINGING MILITARY PRESS

CHAPTER	Shoulders	Equipment: Two Dumbbells
2	Cathe's Weight 5 lb.	My Weight

TRIPLE DEAD ROW / TRIPLE UPRIGHT ROW / SHRUG

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

WINDMILLS

CHAPTER	Core	Equipment: Two Dumbbells
4	Cathe's Weight 5 lb.	My Weight

HAMMER CURL / CLUTCH CURL

CHAPTER	Biceps	Equipment: Two Dumbbells
5	Cathe's Weight 8 lb.	My Weight

OVERHEAD PRESS / OVERHEAD EXTENSION

CHAPTER	ER	Shoulders & Triceps	Equipment: Two Dumbbells
6	6	Cathe's Weight 8 lb.	My Weight

FORWARD TILT BENT ARM LATERAL RAISE

CHAPTER	PTER	Shoulders & Back	Equipment: Two Dumbbells
	/	Cathe's Weight 5 lb.	My Weight

ROTATIONAL ROWS

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

DISCUS THROW

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

3 CURLS / 1 PRESS

	CHAPTER 10	Biceps & Shoulders	Equipment: Two Dumbbells / Mat
1		Cathe's Weight 5 lb.	My Weight

TRICEP PUSHUP WITH LEG LIFT

CHAPTER 11	CHAPTER	Triceps & Core	Equipment: Mat
	11	Cathe's Weight NA	

REAR DELT RAISE WITH LEG EXTENSION

CHAPTER	Core & Rear Delts	Equipment: Dumbbell / Mat
12	Cathe's Weight 5 lb.	My Weight

CHEST FLY WITH LEG EXTENSION

CHAPTER	Chest ዲ Core	Equipment: Two Dumbbells / Mat
13	Cathe's Weight 8 lb.	My Weight

CHAPTERS CHISELED UPPER BODY, Continued

PULLOVER EXTENSIONS

CHAPTER	Back & Core	Equipment: Two Dumbbells / Mat
14	Cathe's Weight 5 lb.	My Weight
BEAR CRAWL	PLANK WALKS	
CHAPTER	Shoulders, Arms & Core	Equipment: Mat
15	Cathe's Weight NA	
HIGH PLANK	DESCENTS	
CHAPTER	Shoulders, Chest & Triceps	Equipment: Mat
16	Cathe's Weight NA	
HIGH PLANK	DESCENTS WIDE ARM	
CHAPTER	Shoulders, Chest & Triceps	Equipment: Mat
17	Cathe's Weight NA	
KNEE PUSHU	PS	
CHAPTER	Shoulders, Chest & Triceps	Equipment: Mat
18	Cathe's Weight NA	
STRETCH		
CHAPTER	Equipment: Mat	
19	Cathe's Weight NA	

CHAPTERS CHISELED UPPER BODY · BONUSES

ICY CORE 1

SIDE TO SIDE ROWERS

Γ	CHAPTER	Equipment: Dumbbell / Mat		
	1	Cathe's Weight 5 lb.	My Weight	
PUL	LOVER EXT	ENSIONS		
Γ	CHAPTER	Equipment: Two Dumbbells / Mat		
	2	Cathe's Weight 5 lb.	My Weight	
SIT	UP LEG LIFT	r with weight		
Γ	CHAPTER	Equipment: Dumbbell / Mat		
	3	Cathe's Weight 5 lb.	My Weight	
	NG UP AND (DVERS		
	CHAPTER	Equipment: Dumbbell / Mat		
	4	Cathe's Weight NA		
HAI	NDS TO HEEI	LS CRUNCHES		
Γ	CHAPTER	Equipment: Mat		
	5	Cathe's Weight NA		
LEG	CHASERS			
Ī	CHAPTER	Equipment: Mat		
	6	Cathe's Weight NA		
SLO	W BIKE MA	NEUVER		
	CHAPTER	Equipment: Mat		
	7	Cathe's Weight NA		
REV	/ERSE CRUN	CHES		
Γ	CHAPTER	Equipment: Mat		
	8	Cathe's Weight NA		
SW	IMMER STR	DKE PLANKS		
Γ	CHAPTER	Equipment: Mat		
	9	Cathe's Weight NA		
ELB	OW TO KNE	E PLANKS		
	CHAPTER	Equipment: Mat		
	10	Cathe's Weight NA		
FUL	L BODY BRE	EAST STROKE		
	CHAPTER	Equipment: Mat		
	11	Cathe's Weight NA		

CHAPTER 11	Equipment: Mat
	Cathe's Weight NA

CHAPTERS CHISELED UPPER BODY • BONUSES, Continued

ICY CORE 2

WEIGHTED V SITS

VEIGHTED V SITS		
CHAPTER Equipment: Dumbbell / Mat		
1 Cathe's Weight 5 lb. My Weight		
PULLOVER HEEL TAP / EXTENSIONS		
CHAPTER Equipment: Dumbbell / Mat		
2 Cathe's Weight 5 lb. My Weight		
45 DEGREE TOE TO HEEL TAPS		
CHAPTER Equipment: Mat		
Cathe's Weight NA		
SIDE OBLIQUE REACHES		
CHAPTER Equipment: Mat		
Cathe's Weight NA		
C CURVE CRUNCHES		
CHAPTER Equipment: Resistance Band / Mat		
5 Cathe's Weight NA		
SAW		
CHAPTER Equipment: Resistance Band / Mat		
6 Cathe's Weight NA		
SIDE TO SIDE OBLIQUE TWISTS		
CHAPTER Equipment: Resistance Band / Mat		
7 Cathe's Weight NA		
SIDE PLANK CLAM EXTENSION		
CHAPTER Equipment: Mat		
8 Cathe's Weight NA		
ROTATING SIDE TO SIDE PLANKS		
CHAPTER Equipment: Mat		
9 Cathe's Weight NA		
PRONE PLANK / MARCHING PLANK		

CHAPTER	Equipment: Mat		
10	Cathe's Weight NA		

CHAPTERS LOW IMPACT SWEAT



CARDIO 1

WARM UP CHAPTER Equipment: None 1 Cathe's Weight NA PULL & POUND SPRINT SHOOTERS CHAPTER Equipment: None 2 Cathe's Weight NA **DISCUS THROW** CHAPTER Equipment: Dumbbell 3 Cathe's Weight **3 lb.** My Weight **ALTERNATING SIDE KICK / SQUAT** CHAPTER Equipment: None 4 Cathe's Weight NA FORWARD PICKUP LUNGE CHAPTER Equipment: Dumbbell 5 Cathe's Weight 3 lb. My Weight DYNAMIC SQUAT ABDUCTION CHAPTER Equipment: None 6 Cathe's Weight NA SHOT PUT THROW CHAPTER Equipment: Dumbbell 7 Cathe's Weight 3 lb. My Weight L SLIDES ON CORNER CHAPTER Equipment: Mat 8 Cathe's Weight NA **RHYTHMIC CROSS BACK LUNGES** CHAPTER Equipment: Dumbbell / Mat 9 Cathe's Weight 3 lb. My Weight SUMO PULSE WALK CHAPTER Equipment: Dumbbell / Mat 10 Cathe's Weight 5 lb. My Weight LATERAL SKATES CHAPTER Equipment: Mat 11 Cathe's Weight NA **COOL DOWN** CHAPTER Equipment: None 12 Cathe's Weight NA CARDIO 2 **SPRINT SHOOTERS**

CHAPTER Equipment: Step 13 Cathe's Weight NA

CHAPTERS LOW IMPACT SWEAT, Continued

LEAN BACK VOLLEY FORWARD

	CHAPTER	Equipment: Step	
	14	Cathe's Weight NA	
UN	EVEN DROP	SQUAT FRONT SWING	
	CHAPTER	Equipment: Dumbbell / Step	
	15	Cathe's Weight 5 lb.	My Weight
STE	P KNEE DOV	NN TAP	
	CHAPTER	Equipment: Step	
	16	Cathe's Weight NA	
HIP	HOP REPEA	TER ABDUCTION	
	CHAPTER	Equipment: Step	
	17	Cathe's Weight NA	
FOC	TBALL RUN		

CHAPTER	Equipment: Step
18	Cathe's Weight NA

WIDE REACHING LUNGE TAPS

CHAPTER 10	Equipment: Step
19	Cathe's Weight NA

FLYING ANGELS

CHAPTER	Equipment: Step
20	Cathe's Weight NA

STRADDLE DOWN LIFT

CHAPTER 21	Equipment: Two Dumbbells / Step	
	Cathe's Weight 3 lb.	My Weight

UNEVEN PULSE SQUATS

	Equipment: Dumbbell / Step	
22	Cathe's Weight 5 lb.	My Weight

DYNAMIC OUTER THIGH

CHAPTER	Equipment: Step
23	Cathe's Weight NA

SWIM LUNGES

CHAPTER	Equipment: Step
24	Cathe's Weight NA

COOL DOWN

CHAPTER	Equipment: None	
25	Cathe's Weight NA	

STRETCH

CHAPTER 26	Equipment: Mat
	Cathe's Weight NA

CHAPTERS LOW IMPACT SWEAT • BONUSES

BLIZZARD BLAST

SALUTE SQUATS

CHAPTER 1	Equipment: Step
1	Cathe's Weight NA

KNEE OFF SIDE BALL CHANGE

CHAPTER 2	Equipment: Step
	Cathe's Weight NA

JUMP KICKS CORNER TO CORNER

	Equipment: Step
3	Cathe's Weight NA

POWER TURNING SQUATS

4

CHAPTER Equipment: Step Cathe's Weight NA

SWING OFF SIDE DOWN UP DOWN ABDUCTION

CHAPTER Equipme	nc step
5 Cathe's V	Veight NA

SQUAT PENDULUM / SQUAT CHA CHA / TAP OFF / ABDUCTION

ſ	CHAPTER	Equipment: Step
	6	Cathe's Weight NA

WIDE BOX JUMPS / PLYO JACKS

CHAPTER	Equipment: Step
/	Cathe's Weight NA

COOL DOWN

CHAPTER	CHAPTER	Equipment: None
	8	Cathe's Weight NA

MUSCLE MELTDOWN · BACK

ROUND 1 • ONE ARM ROW

CHAPTER	WM # 134	Back	Equipment: Dumbbell / Step	/ Mat
1	1RM 75%	12 Reps	Cathe's Weight 20 lb.	My Weight

ROUND 1 • PULLOVER

СН	CHAPTER 2	WM # 140	Back	Equipment: Two Dumbbells /	' Step / Mat
		1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 1 • ONE ARM WIDE ROW

CHAPTER	WM # 133	Back	Equipment: Dumbbell / Step	/ Mat
3	1RM 75%	12 Reps	Cathe's Weight 20 lb.	My Weight

ROUND 1 • ONE ARM PULLOVER

CHAPTER	WM # ???	Back	Equipment: Dumbbell / Step	/ Mat
4	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

CHAPTERS LOW IMPACT SWEAT • BONUSES, Continued

ROUND 1 • DEADLIFT

	CHAPTER 5	WM # 1052	Back	Equipment: Two Dumbbells	
		1RM 75%	12 Reps	Cathe's Weight 20 lb.	My Weight

ROUND 2 • ONE ARM ROW

	CHAPTER 6	WM # 134	Back	Equipment: Dumbbell / Step	/ Mat
		1RM 75%	12 Reps	Cathe's Weight 20 lb.	My Weight

ROUND 2 • PULLOVER

CHAPTER	WM # 140	Back	Equipment: Two Dumbbells /	′ Step / Mat
7	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • ONE ARM WIDE ROW

	CHAPTER	WM # 133	Back	Equipment: Dumbbell / Step	/ Mat
		1RM 75%	12 Reps	Cathe's Weight 20 lb.	My Weight

ROUND 2 • ONE ARM PULLOVER

	CHAPTER	WM # ???	Back	Equipment: Dumbbell / Step	/ Mat
	9	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • DEADLIFT

CHAPTER	WM #1052	Back	Equipment: Two Dumbbells	
10	1RM 75%	12 Reps	Cathe's Weight 20 lb.	My Weight

ROUND 3 • ONE ARM ROW

CHAPTER	WM # 134	Back	Equipment: Dumbbell / Step / Mat	
11	1RM 75%	12 Reps	Cathe's Weight 20 lb.	My Weight

ROUND 3 • PULLOVER

	CHAPTER	WM # 140	Back	Equipment: Two Dumbbells /	' Step / Mat
	12	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 3 • ONE ARM WIDE ROW

CHAPTER	WM # 133	Back	Equipment: Dumbbell / Step / Mat	/ Mat
13	1RM 75%	12 Reps	Cathe's Weight 20 lb.	My Weight

ROUND 3 • ONE ARM PULLOVER

CHAPTER	WM # ???	Back	Equipment: Dumbbell / Step / Mat	
14	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 3 • DEADLIFT

ſ		WM # 1052	Back	Equipment: Two Dumbbells	
	15	1RM 75%	12 Reps	Cathe's Weight 20 lb.	My Weight

COOL DOWN

CHAPTER	Equipment: None
16	Cathe's Weight NA

CHAPTERS LOW IMPACT SWEAT • BONUSES, Continued

ICY CORE 2

WEIGHTED V SITS

WEIGHTED V SITS						
CHAPTER	Equipment: Dumbbell / Mat					
1	Cathe's Weight 5 lb.	My Weight				
PULLOVER HEE	PULLOVER HEEL TAP / EXTENSIONS					
CHAPTER	Equipment: Dumbbell / Mat					
2	Cathe's Weight 5 lb.	My Weight				
45 DEGREE TOE	TO HEEL TAPS					
CHAPTER	Equipment: Mat					
3	Cathe's Weight NA					
SIDE OBLIQUE F	REACHES					
CHAPTER	Equipment: Mat					
4	Cathe's Weight NA					
C CURVE CRUN	CHES					
CHAPTER	Equipment: Resistance Band / Mat					
5	Cathe's Weight NA					
SAW						
CHAPTER	Equipment: Resistance Band / Mat					
6	Cathe's Weight NA					
SIDE TO SIDE O	BLIQUE TWISTS					
CHAPTER	Equipment: Resistance Band / Mat					
7	Cathe's Weight NA					
SIDE PLANK CL	AM EXTENSION					
CHAPTER	Equipment: Mat					
8	Cathe's Weight NA					
ROTATING SIDE	TO SIDE PLANKS					
CHAPTER	Equipment: Mat					
9	Cathe's Weight NA					
PRONE PLANK	/ MARCHING PLANK					

CHAPTER	Equipment: Mat	
10	Cathe's Weight NA	

CHAPTERS METABOLIC TOTAL BODY



WARM UP

District Eugenment: Two Bundbacks 2 Cache s Weight 8 lb. My Weight 2 Cache s Weight 8 lb. My Weight 2 Cache s Weight 8 lb. My Weight 3 Faperment: Two Bundbacks Cache s Weight 70 lb. 2 Cache s Weight 70 lb. My Weight 11 Cache s Weight 70 lb. My Weight 12 Cache s Weight 70 lb. My Weight 14 Cache s Weight 70 lb. My Weight 15 Cache s Weight 51 lb. My Weight 10 Cache s Weight 70 l				
ROSSBACK LUNGE / OVERHEAD PRESS QUAT TUNCE / ACK ROW / FLY QUAT PRESS QUAT PRESS <t< th=""><th>CHAPTER</th><th colspan="2">Equipment: None</th></t<>	CHAPTER	Equipment: None		
CHAPTER Equipment: Two Duntbells Quart PRESS Equipment: Two Duntbells Cathe's Weight: 101b. My Weight: Lif SQUAT / UPRIGHT ROW My Weight: Cathe's Weight: 101b. My Weight: Construction Cathe's Weight: 101b. My Weight: Construction My Weight: Cathe's Weight: 101b. My Weight: Construction Cathe's Weight: 101b. My Weight: Construction My Weight: Cathe's Weight: 101b. My Weight: Construction Cathe's Weight: 101b. My Weight: Cathe's Weight: 101b. My Weight:<	Ĩ	Cathe's Weight NA		
2 Eathels Weight 8 Ib. My Weight QUAT PRESS Fullipment: Two Dumbbells Table Section 100. 16 SQUAT / UPRIGHT ROW Equipment: Two Dumbbells Table Section 100. 4 Eathels Weight 10 Ib. My Weight CMMOTE Equipment: Two Dumbbells Table Section 100. CMMOTE Equipment: Two Dumbbells Table Section 100. CMMOTE Equipment: Dumbbells Table Section 100. CMMOTE Equipment: Dumbbell Table Section 100. State Section 100.	ROSSBACK L	UNGE / OVERHEAD PRESS		
Different Fry Magint Different Equipment: Two Dumbbells 3 Equipment: Two Dumbbells Different Equipment: Two Dumbbells Different Equipment: Two Dumbbells 4 Eathers Weight 10 Ib. My Weight Different Equipment: Two Dumbbells Equipment: Two Dumbbells 5 Eathers Weight 5 Ib. My Weight 0MT LUNG: / ABDUCTION Equipment: Two Dumbbell Equipment: Two Dumbbell 6 Eathers Weight 10 Ib. My Weight 0ME CURL PRESS Equipment: Dumbbell Equipment: Dumbbell 7 Equipment: Dumbbell Equipment: Dumbbell Equipment: Dumbbell 7 Eathers Weight 10 Ib. My Weight My Weight 0METER Equipment: Dumbbell Equipment: Equipment: Even Euhobell Eathers Weight 10 Ib. 8 Eathers Weight 10 Ib. My Weight My Weight 0 Eathers Weight 16 Ib. My Weight 8 Eathers Weight 16 Ib. My Weight 9 Eathers Weight 16 Ib. My Weight 0 Eathers Weight 16 Ib. My Weight 0 <th></th> <th>Equipment: Two Dumbbells</th>		Equipment: Two Dumbbells		
CHAPTER Equipment: Two Dumbbells Cattle's Weight 10 Ib. My Weight Lif SQUAT / UPRIGHT ROW CHAPTER Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells S Charter Sweight 51b. My Weight CHAPTER Equipment: Two Dumbbells CHAPTER Equipment: Dumbbell CHAPTER Equipment: Two Dumbbells CHAPTER Equipment	2	Cathe's Weight 8 lb. My Weight		
3 Cache's Weight 10 lb. My Weight Lif SQUAT / UPRIGHT ROW Environment. Two Bumbbells Cache's Weight 10 lb. 4 Cache's Weight 10 lb. My Weight CONT LUNGE / BACK ROW / FLY Equipment: Two Bumbbells Equipment: Two Bumbbells 5 Eche's Weight 10 lb. My Weight CONT SWING / ABDUCTION Equipment: Dumbbell Equipment: Dumbbell 6 Each's Weight 10 lb. My Weight 7 Each's Weight 10 lb. My Weight 8 Equipment: Dumbbell Equipment: Dumbbell 7 Each's Weight 10 lb. My Weight 8 Equipment: Dumbbell Equipment: Dumbbell 7 Each's Weight 10 lb. My Weight 8 Cathe's Weight 10 lb. My Weight 9 Cathe's Weight 10 lb. My Weight 10 Equipment: Two Dumbbells Equipment: Two Dumbbells 10 Equipment: Two Bumbbells Equipment: Two Bumbbells 11 Equipment: Two Bumbbells Equipment: Two Bumbbells 1	QUAT PRESS			
Li SQUAT / URIGHT ROW Li SQUAT / URIGHT / To Ib. My Weight RONT SWING / ABDUCTION CMMPTR Equipment: Dumbbell Cathe's Weight To Ib. My Weight CMMPTR Equipment: Dumbbell Cathe's Weight To Ib. My Weight NOE CURL PRESS Cathe's Weight To Ib. My Weight RONT SWING / ABDUCTION Li Start's Keight To Ib. My Weight RONT SWING / ABDUCTION Li Start's Cathe's Weight To Ib. My Weight RONT SWING / ABDUCTION Li Start's Keight To Ib. My Weight RONT SWING / ABDUCTION Li Start's Keight To Ib. My Weight RONT SWING / ABDUCTION Li Start's Keight To Ib. My Weight RONT SWING / ABDUCTION Li Start's Keight To Ib. My Weight RONT SWING / ABDUCTION Li Start's Keight To Ib. My Weight RONT SWING / ABDUCTION Li Start's Keight To Ib. My Weight RONT SWING / ABDUCTION Li Star		Equipment: Two Dumbbells		
Counter Equipment: Two Dumbbells Cathe's Weight 10 Ib. My Weight RONT LUNGE / BACK ROW / FLY Equipment: Two Dumbbells Cathe's Weight 5 Ib. My Weight RONT SWING / ABDUCTION Equipment: Dumbbell Constrat Equipment: Dumbbell Cathe's Weight 10 Ib. My Weight INGE CURL PRESS Equipment: Dumbbell Constrat Equipment: Dumbbell Cathe's Weight 10 Ib. My Weight INGE CURL PRESS Equipment: Dumbbell Constrat Equipment: Dumbbell Cathe's Weight 10 Ib. My Weight RONT SWING / ABDUCTION Equipment: Dumbbell Cathe's Weight 10 Ib. My Weight RONT SWING / ABDUCTION Equipment: Dumbbell Cathe's Weight 10 Ib. My Weight EADLIFTS / SQUATS Equipment: Dumbbells Constrat Equipment: Two Dumbbells Cathe's Weight 10 Ib. My Weight NBLE LEO DEADLIFTS / FRONT RAISES Equipment: Two Dumbbells Constrat Equipment: Two Dumbbells Cathe's Weight 10 Ib. My Weight ACK LUNGE / ROWS Equipment: Two Dumbbells	3	Cathe's Weight 10 lb. My Weight		
4 Cathe's Weight 101b. My Weight RONT LUNGE / BACK ROW / FLY COMPTER Equipment: Two Dumbbells Cathe's Weight 51b. My Weight RONT SWING / ABDUCTION CAMPTER Equipment: Dumbbell Cathe's Weight 101b. My Weight JNGE CURL PRESS COMPTER Equipment: Dumbbell 7 Cathe's Weight 101b. MY Weight RONT SWING / ABDUCTION COMPTER Equipment: Dumbbell Cathe's Weight 101b. My Weight RONT SWING / ABDUCTION COMPTER Equipment: Two Dumbbells Cathe's Weight 151b. My Weight SUBECULIFTS / SQUATS COMPTER Equipment: Two Dumbbells Cathe's Weight 151b. My Weight SUBMEDIA: COMPTER Equipment: Two Dumbbells Cathe's Weight 101b. My Weight CATHER Equipment: Two Dumbbells Cathe's Weight 101b. My Weight CATHER Equipment: Two Dumbbells Cathe's Weight 101b. My Weight <td colsp<="" td=""><td>LIÉ SQUAT /</td><td>UPRIGHT ROW</td></td>	<td>LIÉ SQUAT /</td> <td>UPRIGHT ROW</td>	LIÉ SQUAT /	UPRIGHT ROW	
4 Cathe's Weight 101b. My Weight RONT LUNGE / BACK ROW / FLY COMPTER Equipment: Two Dumbbells Cathe's Weight 51b. My Weight RONT SWING / ABDUCTION CMAPTER Equipment: Dumbbell Cathe's Weight 101b. My Weight JNGE CURL PRESS CMAPTER Equipment: Dumbbell 7 Cathe's Weight 101b. MY Weight RONT SWING / ABDUCTION CMAPTER Equipment: Dumbbell Cathe's Weight 101b. My Weight CATHER S CMAPTER Equipment: Two Dumbbells Cathe's Weight 151b. My Weight SOUNTS CMAPTER Equipment: Two Dumbbells Cathe's Weight 151b. My Weight SOUNTS CMAPTER Equipment: Two Dumbbells Cathe's Weight 101b. My Weight CMAPTER Equipment: Two Dumbbells Cathe's Weight 101b. My Weight CMAPTER Equipment: Two Dumbbells Cathe's Weight 101b. My Weight				
CMMPTER Equipment: Wwo Dumbbells Cache's Weight 5 lb. My Weight RONT SWING / ABDUCTION My Weight CMMPTER Equipment: Dumbbell Cache's Weight 10 lb. My Weight JNGE CURL PRESS Equipment: Dumbbell CAMPTER Equipment: Dumbbell Cache's Weight 10 lb. My Weight RONT SWING / ABDUCTION My Weight CAMPTER Equipment: Dumbbell Cache's Weight 10 lb. My Weight Cathe's Weight 10 lb. My Weight CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight Sources Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight Sources Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight Out Et & DEADLIFTS / FRONT RAISES Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight CALLES VEIGHT 10 lb. My Weight CALLES VEIGHT 10 lb. My Weight CALLES VEIGHT 10 lb. My Weight CALLES Weight 12 lb. My Weight CALLES Weight 10 lb. My Weight	4			
5 Cathe's Weight 5 lb. My Weight RONT SWING / ABDUCTION CHAPTER Equipment: Dumbbell Cathe's Weight 10 lb. My Weight JNGE CURL PRESS CHAPTER Equipment: Dumbbell Cathe's Weight 10 lb. My Weight RONT SWING / ABDUCTION Example: Equipment: Dumbbell Cathe's Weight 10 lb. My Weight RONT SWING / ABDUCTION Example: Equipment: Dumbbell Cathe's Weight 10 lb. My Weight RONT SWING / ABDUCTION Example: Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight SUBMER Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells My Weight O CHAPTER Equipment: Two Dumbbells My Weight O CHAPTER Equipment: Two Dumbbells My Weight O CHAPTER Equipment: Two Dumbbells My Weight	RONT LUNGE	/ BACK ROW / FLY		
CHAPTER Equipment: Dumbbell CHAPTER Equipment: Two Dumbbell CHAPTER Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells D Cathe's Weight 15 lb. My Weight My Weight NGLE LEG DEADLIFTS / FRONT RAISES CHAPTER Equipment: Two Dumbbells D Cathe's Weight 10 lb. My Weight My Weight CHAPTER Equipment: Two Dumbbells		Equipment: Two Dumbbells		
CHAPTER Equipment: Dumbbell Cathe's Weight 10 lb. My Weight UNGE CURL PRESS Equipment: Dumbbell Cathe's Weight 10 lb. My Weight RONT SWING / ABDUCTION My Weight CHAPTER Equipment: Dumbbell Cathe's Weight 10 lb. My Weight COLATER Equipment: Dumbbell Cathe's Weight 10 lb. My Weight CATHER Equipment: Two Dumbbells Cathe's Weight 15 lb. My Weight NGLE LEG DEADLIFTS / FRONT RAISES Cathe's Weight 10 lb. CHAPTER Equipment: Two Dumbbells T0 Eathe's Weight 10 lb. Cathe's Weight 10 lb. My Weight EADROWS / UPRIGHT ROWS / SHRUGS My Weight CHAPTER Equipment: Two Dumbbells T1 Eathe's Weight 12 lb. My Weight ACK LUNGE / ROWS Cathe's Weight 10 lb. My Weight DELUNGE ABDUCTIONS Equipment: Two Dumbbells Eathe's Weight 10 lb. CHAPTER Equipment: Two Dumbbells My Weight DELUNGE ABDUCTIONS Exatherer Equipment: None	5	Cathe's Weight 5 lb. My Weight		
6 Cathe's Weight 10 lb. My Weight JNGE CURL PRESS CHAPTER Equipment: Dumbbell 7 Equipment: Dumbbell Cathe's Weight 10 lb. My Weight RONT SWING / ABDUCTION CHAPTER Equipment: Dumbbell Cathe's Weight 10 lb. My Weight EADLIFTS / SQUATS CHAPTER Equipment: Two Dumbbells Cathe's Weight 15 lb. My Weight NGLE LEG DEADLIFTS / FRONT RAISES CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight EADROWS / UPRIGHT ROWS / SHRUGS CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight EADROWS / UPRIGHT ROWS / SHRUGS CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight DE LUNGE ABDUCTIONS DIMPTER Equipment: None	RONT SWING	; / ABDUCTION		
6 Cathe's Weight 10 lb. My Weight JNGE CURL PRESS CHAPTER Equipment: Dumbbell 7 Equipment: Dumbbell Cathe's Weight 10 lb. My Weight RONT SWING / ABDUCTION CHAPTER Equipment: Dumbbell Cathe's Weight 10 lb. My Weight EADLIFTS / SQUATS CHAPTER Equipment: Two Dumbbells Cathe's Weight 15 lb. My Weight NGLE LEG DEADLIFTS / FRONT RAISES CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight EADROWS / UPRIGHT ROWS / SHRUGS CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight	CHAPTER	Equipment: Dumbbell		
CHAPTER Equipment: Dumbbell ZONT SWING / ABDUCTION My Weight RONT SWING / ABDUCTION My Weight CHAPTER Equipment: Dumbbell Rome Equipment: Dumbbell CHAPTER Equipment: Dumbbell B Cathe's Weight 10 lb. My Weight EADLIFTS / SQUATS My Weight CHAPTER Equipment: Two Dumbbells My Weight OHAPTER Equipment: Two Dumbbells My Weight NGLE LEG DEADLIFTS / FRONT RAISES My Weight CHAPTER Equipment: Two Dumbbells My Weight DE LUNGE / ROWS My Weight My Weight DE LUNGE ABDUCTIONS My Weight My Weight	6	Cathe's Weight 10 lb. My Weight		
7 Cathe's Weight 10 lb. My Weight RONT SWING / ABDUCTION CHAPTER Equipment: Dumbbell Cathe's Weight 10 lb. My Weight EADLIFTS / SQUATS CHAPTER 9 Cathe's Weight 15 lb. NGLE LEG DEADLIFTS / FRONT RAISES CHAPTER Equipment: Two Dumbbells 10 Cathe's Weight 10 lb. My Weight CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight	JNGE CURL P	PRESS		
7 Cathe's Weight 10 lb. My Weight RONT SWING / ABDUCTION CHAPTER Equipment: Dumbbell CHAPTER Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells O Cathe's Weight 15 lb. My Weight My Weight INGLE LEG DEADLIFTS / FRONT RAISES CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight IO Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight IO Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight CHAPTER Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight	CHAPTER	Equipment: Dumbbell		
CHAPTER Equipment: Dumbbell Cathe's Weight 10 lb. My Weight EADLIFTS / SQUATS Equipment: Two Dumbbells 9 Cathe's Weight 15 lb. My Weight NGLE LEG DEADLIFTS / FRONT RAISES My Weight CHAPTER Equipment: Two Dumbbells My Weight INGLE LEG DEADLIFTS / FRONT RAISES My Weight CHAPTER Equipment: Two Dumbbells My Weight EADROWS / UPRIGHT ROWS / SHRUGS My Weight CHAPTER Equipment: Two Dumbbells My Weight ACK LUNGE / ROWS My Weight My Weight ACK LUNGE / ROWS My Weight 10 lb. My Weight IDE LUNGE ABDUCTIONS My Weight My Weight CHAPTER Equipment: Two Dumbbells My Weight IDE LUNGE ABDUCTIONS My Weight My Weight	7			
CHAPTER Equipment: Dumbbell EADLIFTS / SQUATS EADLIFTS / SQUATS OHAPTER Equipment: Two Dumbbells 9 Cathe's Weight 15 lb. My Weight INGLE LEG DEADLIFTS / FRONT RAISES CHAPTER Equipment: Two Dumbbells 10 Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight EADROWS / UPRIGHT ROWS / SHRUGS CHAPTER Equipment: Two Dumbbells 11 Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight ACK LUNGE / ROWS Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells 12 Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells OHAPTER Equipment: Two Dumbbells 12 Equipment: Two Dumbbells 13 Equipment: Two Dumbbells 14 Equipment: Two Dumbbells 15 My Weight	RONT SWING	G / ABDUCTION		
8 Cathe's Weight 10 lb. My Weight EADLIFTS / SQUATS CHAPTER Equipment: Two Dumbbells 9 Cathe's Weight 15 lb. My Weight INGLE LEG DEADLIFTS / FRONT RAISES CHAPTER Equipment: Two Dumbbells 10 Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight EADROWS / UPRIGHT ROWS / SHRUGS CHAPTER Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight ACK LUNGE / ROWS CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight				
CHAPTER Equipment: Two Dumbbells 9 Cathe's Weight 15 lb. My Weight INGLE LEG DEADLIFTS / FRONT RAISES CHAPTER Equipment: Two Dumbbells My Weight 10 Equipment: Two Dumbbells My Weight EADROWS / UPRIGHT ROWS / SHRUGS EADROWS / UPRIGHT ROWS / SHRUGS CHAPTER Equipment: Two Dumbbells My Weight CHAPTER Equipment: Two Dumbbells My Weight ACK LUNGE / ROWS CHAPTER Equipment: Two Dumbbells My Weight IDE LUNGE ABUUCTIONS CHAPTER Equipment: None	8			
CHAPTER Equipment: Two Dumbbells Q Cathe's Weight 15 lb. My Weight NGLE LEG DEADLIFTS / FRONT RAISES Equipment: Two Dumbbells My Weight 10 Equipment: Two Dumbbells My Weight EADROWS / UPRIGHT ROWS / SHRUGS My Weight EADROWS / UPRIGHT ROWS / SHRUGS Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells T1 Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight ACK LUNGE / ROWS Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells DE LUNGE ABDUCTIONS My Weight	EADLIFTS / S	SQUATS		
NGLE LEG DEADLIFTS / FRONT RAISES CHAPTER Equipment: Two Dumbbells 10 Cathe's Weight 10 lb. My Weight EADROWS / UPRIGHT ROWS / SHRUGS CHAPTER Equipment: Two Dumbbells 11 Cathe's Weight 12 lb. My Weight ACK LUNGE / ROWS CHAPTER Equipment: Two Dumbbells 12 Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight DE LUNGE ABDUCTIONS My Weight				
CHAPTER Equipment: Two Dumbbells 10 Cathe's Weight 10 lb. My Weight EADROWS / UPRIGHT ROWS / SHRUGS EADROWS / UPRIGHT ROWS / SHRUGS CHAPTER Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight ACK LUNGE / ROWS CHAPTER Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight ACK LUNGE / ROWS CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight DE LUNGE ABDUCTIONS CHAPTER Equipment: None	9	Cathe's Weight 15 lb. My Weight		
CHAPTER Equipment: Two Dumbbells 10 Cathe's Weight 10 lb. My Weight EADROWS / UPRIGHT ROWS / SHRUGS EADROWS / UPRIGHT ROWS / SHRUGS CHAPTER Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight ACK LUNGE / ROWS CHAPTER Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight ACK LUNGE / ROWS CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight DE LUNGE ABDUCTIONS CHAPTER Equipment: None	NGLE LEG DE	EADLIFTS / FRONT RAISES		
EADROWS / UPRIGHT ROWS / SHRUGS CHAPTER Cathe's Weight 12 lb. My Weight CACK LUNGE / ROWS CHAPTER CHAPTER CATHE's Weight 10 lb. My Weight DE LUNGE ABDUCTIONS CHAPTER Equipment: None Equipment: None	CHAPTER	Equipment: Two Dumbbells		
CHAPTER Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight ACK LUNGE / ROWS Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells Cathe's Weight 10 lb. My Weight DE LUNGE ABDUCTIONS CHAPTER Equipment: None	10			
CHAPTER Equipment: Two Dumbbells Cathe's Weight 12 lb. My Weight ACK LUNGE / ROWS Equipment: Two Dumbbells CHAPTER Equipment: Two Dumbbells 12 Cathe's Weight 10 lb. My Weight My Weight IDE LUNGE ABDUCTIONS Equipment: None	EADROWS / I	UPRIGHT ROWS / SHRUGS		
11 Cathe's Weight 12 lb. My Weight ACK LUNGE / ROWS CHAPTER Equipment: Two Dumbbells 12 Cathe's Weight 10 lb. My Weight DE LUNGE ABDUCTIONS CHAPTER Equipment: None				
CHAPTER Equipment: Two Dumbbells 12 Cathe's Weight 10 lb. DE LUNGE ABDUCTIONS CHAPTER Equipment: None	11			
CHAPTER Equipment: Two Dumbbells 12 Cathe's Weight 10 lb. DE LUNGE ABDUCTIONS CHAPTER Equipment: None				
12 Cathe's Weight 10 lb. My Weight DE LUNGE ABDUCTIONS CHAPTER Equipment: None				
IDE LUNGE ABDUCTIONS				
CHAPTER Equipment: None				
10	CHAPTER			

CHAPTERS METABOLIC TOTAL BODY, Continued

FRONT LUNGES WITH FIGURE 8 ROW ARMS / ELBOW TO KNEE

CHAPTER	Equipment: None		
14	Cathe's Weight NA		
JSHUPS			
CHAPTER	Equipment: None		
15	Cathe's Weight NA		
UAT / CURL	/ PRESS / TRICEP EXTENSION		
CHAPTER	Equipment: Two Dumbbells		
16	Cathe's Weight 10 lb. My Weight		
UAT CURL	·		
CHAPTER	Equipment: Two Dumbbells		
17	Cathe's Weight 10 lb. My Weight		
INGE KICK L	UNGE STAND		
CHAPTER	Equipment: Two Dumbbells		
18	Cathe's Weight 5 lb. My Weight		
ATIC LUNGE	/ TRICEP EXTENSION		
CHAPTER	Equipment: Two Dumbbells		
19	Cathe's Weight 8 lb. My Weight		
MO SQUAT ,	/ BICEP CURL		
CHAPTER	Equipment: Two Dumbbells		
20	Cathe's Weight 10 lb. My Weight		
NAMIC FRO	NT LUNGE RAISES		
CHAPTER	Equipment: Two Dumbbells		
21	Cathe's Weight 5 lb. My Weight		
AR LUNGE /	CURL / PRESS		
CHAPTER	Equipment: Two Dumbbells		
22	Cathe's Weight 10 lb. My Weight		
ONT RAISE	/ REAR DELT PULL / LATERAL RAISE		
CHAPTER	Equipment: Two Dumbbells		
23	Cathe's Weight 5 lb. My Weight		
CHAPTER	Equipment: Two Dumbbells		
24	Cathe's Weight 5 lb. My Weight		
UAT JAB			
CHAPTER	Equipment: Two Dumbbells		
25	Cathe's Weight 5 lb. My Weight		
NTROLLED	SLOW ELBOW TO KNEE		
CHAPTER	Equipment: None		
26	Cathe's Weight NA		

CHAPTERS METABOLIC TOTAL BODY, Continued

STRETCH

CHAPTER	Equipment: None
	Cathe's Weight NA

CHAPTERS METABOLIC TOTAL BODY • BONUSES

BLIZZARD BLAST

SQUAT THRUST / PUSHUP / AIR JACKS

CHAPTER Equipment: None							
	Cathe's Weight NA						
45 I	DEGREE LUN	IGE / CURL					
	CHAPTER	Equipment: Two Dumbbells					
	2	Cathe's Weight 10 lb.	My Weight				
SUR	FER BURPE	ES					
Γ	CHAPTER	Equipment: None					
	3	Cathe's Weight NA					
FRO	RONT SWING WITH LAT PULL DOWN						
Γ	CHAPTER	Equipment: Dumbbell					
	4	Cathe's Weight 10 lb.	My Weight				
JAC	K THRUST F	ST PUSHUP COMPLEX					
Γ	CHAPTER	Equipment: None					
	5	Cathe's Weight NA					
KNE	E LIFT / SH	OULDER ARCS					
Γ	CHAPTER	Equipment: Two Dumbbells					
	6	Cathe's Weight 5 lb.	My Weight				
squ	AT THRUST	CLIMBERS					
Γ	CHAPTER	Equipment: None					
	7	Cathe's Weight NA					
ALT	ERNATING	SIDE LUNGE CIRCLES					
	CHAPTER	Equipment: Dumbbell					
		Cathe's Weight 5 lb.	My Weight				
JAC	K SEQUENC	E					
Γ	CHAPTER	Equipment: None					
	9	Cathe's Weight NA					
WAI	LKING LUNG	ES					
		Equipment: Two Dumbbells					
	10	Cathe's Weight 8 lb.	My Weight				
C00	L DOWN						
Γ	CHAPTER	Equipment: None					
	11	Cathe's Weight NA					

MUSCLE MELTDOWN \cdot CHEST

ROUND 1 • INCLINE PUSHUPS

ĺ	CHAPTER 1	Chest	Equipment: Step
		Cathe's Weight NA	
CHAPTERS METABOLIC TOTAL BODY • BONUSES, Continued

ROUND 1 • FLAT BENCH PRESS

CHAPTER	WM # 307	Chest	Equipment: Two Dumbbells / Step	
2	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 1 • FLAT BENCH FLY

CHAPTER	WM #297	Chest	Equipment: Two Dumbbells / Step	
3	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 1 • INCLINE BENCH PRESS

CHAPTER	WM # 324	Chest	Equipment: Two Dumbbells / Step	
4	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 1 • INCLINE BENCH FLY

CHAPTER	WM #326	Chest	Equipment: Two Dumbbells / Step	
5	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • INCLINE PUSHUPS

CHAPTER 6	Chest	Equipment: Step
	Cathe's Weight NA	

ROUND 2 • FLAT BENCH PRESS

	CHAPTER 7	WM # 307	Chest	Equipment: Two Dumbbells / Step	
		1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • FLAT BENCH FLY

CHAPTER	WM # 297	Chest	Equipment: Two Dumbbells / Step	
8	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • INCLINE BENCH PRESS

CHAPTER	WM # 324	Chest	Equipment: Two Dumbbells / Step	
9	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • INCLINE BENCH FLY

	PTER	WM # 326	Chest	Equipment: Two Dumbbells / Step	
1	10	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 3 • INCLINE PUSHUPS

CHAPTER	Chest	Equipment: Step
11	Cathe's Weight NA	

ROUND 3 • FLAT BENCH PRESS

CHAPTER 10	WM # 307	Chest	Equipment: Two Dumbbells / Step	
12	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 3 • FLAT BENCH FLY

СНАР		WM # 297	Chest	Equipment: Two Dumbbells /	' Step
	3	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 3 • INCLINE BENCH PRESS

	CHAPTER 14	WM # 324	Chest	Equipment: Two Dumbbells /	Step
		1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

CHAPTERS METABOLIC TOTAL BODY • BONUSES, Continued

ROUND 3 • INCLINE BENCH FLY

	CHAPTER	WM # 326	Chest	Equipment: Two Dumbbel	ls / Step	
	15	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight	
C00	DL DOWN					
	CHAPTER	Equipment: Step				
	16	Cathe's Weight NA				
IC)	ICY CORE 1					
	SIDE TO SIDE ROWERS					
	CHAPTER	Equipment: Dumbbe	ll / Mat			
	1	Cathe's Weight 5 lb.		My Weight		

PULLOVER EXTENSIONS

)	Equipment: Two Dumbbells / Mat		
		Cathe's Weight 5 lb.	My Weight	
сіт				

SIT UP LEG LIFT WITH WEIGHT

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

LYING UP AND OVERS

CHAPTER Equi	quipment: Dumbbell / Mat
4 Cath	athe's Weight NA

HANDS TO HEELS CRUNCHES

CHAPTER 5	Equipment: Mat
	Cathe's Weight NA

LEG CHASERS

CHAPTER	Equipment: Mat
	Cathe's Weight NA

SLOW BIKE MANEUVER

CHAPTER	Equipment: Mat
7	Cathe's Weight NA

REVERSE CRUNCHES

-	Equipment: Mat
8	Cathe's Weight NA

SWIMMER STROKE PLANKS

CHAPTER	Equipment: Mat
9	Cathe's Weight NA

ELBOW TO KNEE PLANKS

CHAPTER	Equipment: Mat
10	Cathe's Weight NA
LI BODY BREAST STROKE	

FULL BODY BREAST STROKE

CHAPTER	Equipment: Mat
11	Cathe's Weight NA

CHAPTERS ROCK'M SOCK'M KICKBOX



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight NA

CONDITIONING KICKS

CHAPTER 2	Equipment: None
	Cathe's Weight NA

PUNCHING COMBO 1

CHAPTER	Equipment: None
3	Cathe's Weight NA

LEG BLAST

CHAPTER 4	Equipment: None
	Cathe's Weight NA

CONDITIONING PUNCHES WITH BLAST

CHAPTER 5	Equipment: None
	Cathe's Weight NA

SHUFFLE JACK BLAST

CHAPTER 6	Equipment: None
	Cathe's Weight NA

PUNCHING COMBO 2

CHAPTER 7	Equipment: None
	Cathe's Weight NA

CRESCENT KNEE SQUATS

CHAPTER 8	Equipment: None
	Cathe's Weight NA

SNOW ANGEL BLAST

CHAPTER	Equipment: None
9	Cathe's Weight NA

TRAVELING KICKS AND JUMPS

CHAPTER 10	Equipment: None
	Cathe's Weight NA

SPEED BAG ARMS / REACHING LUNGES

CHAPTER 11	Equipment: None
	Cathe's Weight NA

FRONT BACK KICK COMBO

CHAPTER	Equipment: None
12	Cathe's Weight NA

PUNCHING COMBO 3

CHAPTER	Equipment: None
13	Cathe's Weight NA

CHAPTERS ROCK'M SOCK'M KICKBOX, Continued

GROUND AND POUND BLAST

CHAPTER	Equipment: None
14	Cathe's Weight NA

HIGH INTENSITY PUNCHING DRILLS

CHAPTER	Equipment: None
15	Cathe's Weight NA

FORWARD BACK ATTACK BLAST

CHAPTER	Equipment: None
16	Cathe's Weight NA

COOL DOWN

CHAPTER	Equipment: None
17	Cathe's Weight NA

STRETCH

СНАРТЕ	R	Equipment: Mat
18	18	Cathe's Weight NA

CHAPTERS ROCK'M SOCK'M KICKBOX • BONUSES

BLIZZARD BLAST

CARDIO BLIZZARD BURN

CHAPTER 1	Equipment: None
	Cathe's Weight NA

HAMMER PUNCH BLAST

CHAPTER 2	Equipment: None
	Cathe's Weight NA

HI-LO JAB BLAST

CHAPTER 3	Equipment: None
	Cathe's Weight NA

ICE BREAKER BLAST

CHAPTER 4	Equipment: None
	Cathe's Weight NA

QUARTER TURN JUMP BLAST

CHAPTER 5	Equipment: None
	Cathe's Weight NA

COOL DOWN

CHAPTER	Equipment: None
	Cathe's Weight NA

MUSCLE MELTDOWN • TRICEPS

ROUND 1 • OVERHEAD TRICEP EXTENSIONS

CHAPTER	WM #1093	Triceps	Equipment: Two Dumbbells	
1	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 1 · KICKBACKS

CHAPTER	WM # 720	Triceps	Equipment: Two Dumbbells	
2	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 1 • DIPS

ſ	CHAPTER 3	Triceps	Equipment: Step
		Cathe's Weight NA	

ROUND 1 • LYING TRICEP EXTENSIONS

	CHAPTER 4	WM # 757	Triceps	Equipment: Two Dumbbells / Step	
		1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 1 • CLOSE GRIP BENCH PRESS

CHAPTER	WM #706	Triceps	Equipment: Two Dumbbells /	' Step
5	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • OVERHEAD TRICEP EXTENSIONS

CHAPTER	WM #1093	Triceps	Equipment: Two Dumbbells	
6	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

CHAPTERS ROCK'M SOCK'M KICKBOX · BONUSES, Continued

ROUND 2 • KICKBACKS

ROUND 2 • KIC	CKBACKS					
CHAPTER	WM #720	Triceps	Equipment: Two Dumbbe	lls		
7	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight		
ROUND 2 • DIF	PS					
CHAPTER	Triceps		Equipment: Step	Equipment: Step		
8	Cathe's Weight N	NA				
ROUND 2 • LYI	NG TRICEP EXTE	INSIONS				
CHAPTER	WM # 757	Triceps	Equipment: Two Dumbbe	lls / Step		
9	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight		
ROUND 2 · CLO	OSE GRIP BENCH	I PRESS				
CHAPTER	WM #706	Triceps	Equipment: Two Dumbbe	lls / Step		
10	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight		
	ERHEAD TRICEP	EXTENSIONS				
CHAPTER	WM #1093	Triceps	Equipment: Two Dumbbe	lls		
11	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight		
ROUND $3 \cdot KIC$	CKBACKS	·				
CHAPTER	WM #720	Triceps	Equipment: Two Dumbbe	lls		
12	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight		
ROUND 3 • DIF	PS	·				
CHAPTER	Triceps		Equipment: Step			
13	Cathe's Weight N	A				
ROUND 3 • LYI	NG TRICEP EXTE	INSIONS				
CHAPTER	WM # 757	Triceps	Equipment: Two Dumbbe	Equipment: Two Dumbbells / Step		
14	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight		
ROUND 3 · CLO	OSE GRIP BENCH	I PRESS				
CHAPTER	WM #706	Triceps	Equipment: Two Dumbbe	Equipment: Two Dumbbells / Step		
15	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight		
OOL DOWN						
CHAPTER	Equipment: Step					
16	Cathe's Weight I	A				
CY CORE	1					
SIDE TO SIDE I						
CHAPTER	Equipment: Dum	hhell / Mat				
1	Cathe's Weight		My Weight			
PULLOVER EX	=		ing morgine			
CHAPTER		Dumbbells / Mat				
2	Cathe's Weight		My Weight			

SIT UP LEG LIFT WITH WEIGHT

-	Equipment: Dumbbell / Mat				
3	Cathe's Weight 5 lb.	My Weight			

CHAPTERS ROCK'M SOCK'M KICKBOX • BONUSES, Continued

LYING UP AND OVERS

	CHAPTER	Equipment: Dumbbell / Mat						
	4	Cathe's Weight NA						
HAI	IANDS TO HEELS CRUNCHES							
	CHAPTER	Equipment: Mat						
	5	Cathe's Weight NA						
LEG	CHASERS							
	CHAPTER	Equipment: Mat						
	6	Cathe's Weight NA						
SLO	W BIKE MA	NEUVER						
	CHAPTER	Equipment: Mat						
	/	Cathe's Weight NA						
RE\	/ERSE CRUN	ICHES						
	CHAPTER	Equipment: Mat						
	8	Cathe's Weight NA						
SW	IMMER STR	OKE PLANKS						
	CHAPTER	Equipment: Mat						
	9	Cathe's Weight NA						
ELE	BOW TO KNE	E PLANKS						
	CHAPTER	Equipment: Mat						
	10	Cathe's Weight NA						
FUL	L BODY BR	EAST STROKE						
	CHAPTER	Equipment: Mat						
	11	Cathe's Weight NA						

CHAPTERS TO THE MAT: LEGS & GLUTES



WARM UP

CH	APTER	Equipment: Mat
	1	Cathe's Weight NA

ROLL INS

CHAPTER	Equipment: Stability Ball / Mat
2	Cathe's Weight NA

FROG ROLL INS

CHAPTER	Equipment: Stability Ball / Mat
3	Cathe's Weight NA

SIDE LEANING OUTER THIGH

	CHAPTER 4	Equipment: Stability Ball / Mat
		Cathe's Weight NA

BALL TOSS

CHAPTER	Equipment: Stability Ball / Mat
5	Cathe's Weight NA

BALL KNEE SQUEEZE

CHAPTER	Equipment: Stability Ball / Mat
6	Cathe's Weight NA

LEG LIFT PULSES

CHAPTER	Equipment: Stability Ball / Mat
7	Cathe's Weight NA

OUTER THIGH PRESSES

CHAPTER	Equipment: Loop / Mat
8	Cathe's Weight NA

GLUTE SQUEEZES / BRIDGES

CHAPTER	Equipment: Resistance Band / Mat
9	Cathe's Weight NA

SINGLE LEG HIP LIFTS

CHAPTER	Equipment: Resistance Band / Mat
10	Cathe's Weight NA

MARCHING PLANKS

CHAPTER	Equipment: Loop / Mat
11	Cathe's Weight NA

HYDRANTS

CHAPTER	Equipment: Loop / Mat
12	Cathe's Weight NA

CALF PRESS

CHAPTER	Equipment: Resistance Band / Mat
13	Cathe's Weight NA

CHAPTERS TO THE MAT: LEGS & GLUTES, Continued

SIDE PLANK WITH HIP LIFT / LEG LIFT

	CHAPTER	Equipment: Mat				
14 Cathe's Weight NA						
INNEF	R THIGH L	LIFT				
CHAPTER Equipment: Mat						
	15	Cathe's Weight NA				
GLUT	E HAMST	RING SQUEEZES				
	CHAPTER	Equipment: Dumbbell / Mat				
	16	Cathe's Weight 10 lb. My Weight				
PIVOTING CHILD'S POSE PLANKS						
	CHAPTER	Equipment: Mat				
	17	Cathe's Weight NA				
L POSITION LEG LIFTS / KNEE TO TOE ROTATIONS						
	CHAPTER	Equipment: Mat				
	18	Cathe's Weight NA				
DOWN	WARD F	ACING DOG PLANKS				
	CHAPTER	Equipment: Mat				
	19	Cathe's Weight NA				
FLUT	TER KICK	S				
	CHAPTER	Equipment: Mat				
	20	Cathe's Weight NA				
STRE	ТСН					
	CHAPTER	Equipment: Mat				
	Cathe's Weight NA					

CHAPTERS TO THE MAT: LEGS & GLUTES · BONUSES

MUSCLE MELTDOWN · SHOULDERS

ROUND 1 • OVERHEAD PRESS

CHAPTER	WM #678	Shoulders	Equipment: Two Dumbbells	
1	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 1 • UPRIGHT ROW

CHAPTER	WM # 1070	Shoulders	Equipment: Two Dumbbells	
2	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 1 • STANDING SIDE LATERAL RAISE

CHAPTER	WM #693	Shoulders	Equipment: Two Dumbbells	
3	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight

ROUND 1 • FRONT RAISE

CHAPTER	WM #636	Shoulders	Equipment: Dumbbell	
4	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 1 • REAR DELT ON BALL

CH	APTER	WM #645	Shoulders	Equipment: Dumbbell / Stability Ball / Mat	
	5	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight

ROUND 2 • OVERHEAD PRESS

CHAPTER	WM #678	Shoulders	Equipment: Two Dumbbells	
6	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 2 • UPRIGHT ROW

CHAPTER	WM # 1070	Shoulders	Equipment: Two Dumbbells	
/	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 2 • STANDING SIDE LATERAL RAISE

CHAPTER	WM #693	Shoulders	Equipment: Two Dumbbells	
	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight

ROUND 2 • FRONT RAISE

CHAPTER	WM #636	Shoulders	Equipment: Dumbbell	
9	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 2 • REAR DELT ON BALL

CHAPTER	WM #645	Shoulders	Equipment: Dumbbell / Stability Ball / Mat	
10	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight

ROUND 3 • OVERHEAD PRESS

CHAPTER	WM #678	Shoulders	Equipment: Two Dumbbells	
11	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 • UPRIGHT ROW

CHAPTER	WM # 1070	Shoulders	Equipment: Two Dumbbells	
12	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 • STANDING SIDE LATERAL RAISE

CHAPTER	WM #693	Shoulders	Equipment: Two Dumbbells	
13	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight

CHAPTERS TO THE MAT: LEGS & GLUTES · BONUSES, Continued

ROUND 3 • FRONT RAISE

CHAPTER	WM #636	Shoulders	Equipment: Dumbbell		
14	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight	
ROUND 3 • REAR DELT ON BALL					
CHAPTER	WM #645	Shoulders	Equipment: Dumbbell / S	tability Ball / Mat	
15	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight	
COOL DOWN					
CHAPTER	Equipment: None)			
16	Cathe's Weight N	IA			
CY CORE	2				
VEIGHTED V					
CHAPTER 1	Equipment: Dum Cathe's Weight 5		MuWeight		
•	5		My Weight		
	EL TAP / EXTENS				
CHAPTER	Equipment: Dum		Mullinkk		
	Cathe's Weight 5		My Weight		
	DE TO HEEL TAPS				
CHAPTER 3	Equipment: Mat				
	Cathe's Weight N	IA			
CHAPTER	Equipment: Mat				
4	Cathe's Weight N	A			
C CURVE CRU	NCHES				
CHAPTER	· · ·	stance Band / Mat			
5	Cathe's Weight N	A			
AW					
CHAPTER	Equipment: Resis	stance Band / Mat			
6	Cathe's Weight N	A			
IDE TO SIDE	OBLIQUE TWISTS	;			
CHAPTER	Equipment: Resis	stance Band / Mat			
7	Cathe's Weight N	A			
SIDE PLANK (CLAM EXTENSION	l			
CHAPTER	Equipment: Mat				
8	Cathe's Weight N	A			
ROTATING SIE	DE TO SIDE PLAN	<s< th=""><th></th><th></th></s<>			
CHAPTER	Equipment: Mat				
9	Cathe's Weight N	IA			
PRONE PLANK / MARCHING PLANK					
CHAPTER					
10	Cathe's Weight N	IA			

PREMIXES BOOT CAMP CIRCUIT

BASIC PREMIXES

Premix #1	Warm Up + Main Routine + Icy Core 1 + Stretch	55:42
Premix #2	Warm Up + Main Routine + Muscle Meltdown • Biceps + Stretch	60:01
Premix #3	Warm Up + Main Routine + Muscle Meltdown • Biceps + Icy Core 1 + Stretch	71:04
Premix #4	Warm Up + Main Routine + Blizzard Blast + Stretch	56:39
Premix #5	Warm Up + Main Routine + Blizzard Blast + Icy Core 1 + Stretch	67:41
Premix #6	Warm Up + Main Routine + Blizzard Blast + Muscle Meltdown • Biceps + Icy Core 1 + Stretch	83:02
Premix #7	Muscle Meltdown (4 Rounds): Warm Up + Muscle Meltdown • Biceps Rounds 1–3 + Round 3 Repeated + Stretch	30:10

TIMESAVER PREMIXES

Premix #1	Warm Up + Blizzard Blast + Stretch	21:48
Premix #2	Warm Up + Muscle Meltdown • Biceps + Stretch	25:12
Premix #3	Warm Up + Blizzard Blast + Muscle Meltdown • Biceps + Stretch	37:10
Premix #4	No Abs: Warm Up + Main Routine (no abs) + Stretch	35:54
Premix #5	No Upper Body: Warm Up + Main Routine (no upper body) + Stretch	34:54
Premix #6	No Abs or Upper Body: Warm Up + Main Routine (no upper body or abs) + Stretch	26:06
Premix #7	Upper Body Only: Warm Up + Upper Body Only Exercises + Stretch	19:36
Premix #8	Upper Body & Abs: Warm Up + Upper Body + Abs Only Exercises + Stretch	28:23

Scrambled #1	Changes the order of some rounds and mixes in Blizzard Blast intervals.	56:39
Scrambled #2	Mixes all 3 Muscle Meltdown \cdot Biceps rounds throughout the workout. All ab sections at end of workout.	71:04
Scrambled Express with Blizzard Blast	Mixes in all of the rounds from Blizzard Blast with some of the rounds from the main workout.	38:52
Double It #1	Warm Up + Main Routine + Main Routine + Stretch	79:31
Double It + BB #2	Warm Up + Main Routine + Main Routine + Blizzard Blast + Stretch	91:29

PREMIXES CHISELED LOWER BODY BLAST

BASIC PREMIXES

Premix #1	Warm Up + Main Routine + Icy Core 2 + Stretch	61:43
Premix #2	Warm Up + Main Routine + Muscle Meltdown • Shoulders + Stretch	63:38
Premix #3	Warm Up + Main Routine + Muscle Meltdown • Shoulders + Icy Core 2 + Stretch	77:22
Premix #4	Warm Up + Main Routine + Blizzard Blast + Stretch	65:29
Premix #5	Warm Up + Main Routine + Blizzard Blast + Icy Core 2 + Stretch	79:13
Premix #6	Warm Up + Main Routine + Blizzard Blast + Muscle Meltdown • Shoulders + Icy Core 2 + Stretch	94:51
Premix #7	Muscle Meltdown (4 rounds): Warm Up + Muscle Meltdown • Shoulders Rounds 1–3 + Round 3 Repeated + Stretch	34:24

TIMESAVER PREMIXES

Premix #1	Warm Up + Blizzard Blast + Stretch	30:41
Premix #2	Warm Up + Muscle Meltdown • Shoulders + Stretch	28:50
Premix #3	Warm Up + Blizzard Blast + Muscle Meltdown • Shoulders + Stretch	46:19
Premix #4	No Jacks: Main Routine without any jacks.	39:31
Premix #5	Mixed Up: The exercise order is changed slightly and the exercise intervals are reduced.	35:41
Premix #6	Less Intervals: Same order as Main Routine with less intervals.	37:51

Scrambled #1	Changes the order of some exercises and mixes in some Blizzard Blast intervals.	64:32
Scrambled #2	Mixes all 3 Muscle Meltdown • Shoulders rounds throughout the main workout.	63:38
Scrambled #3	Mixes abs from Icy Core 2 throughout the main workout.	60:10
Double It #1	Warm Up + Main Routine + Main Routine + Stretch	81:50
Double It + BB #2	Warm Up + Main Routine + Main Routine + Blizzard Blast + Stretch	98:23

PREMIXES CHISELED UPPER BODY

BASIC PREMIXES

Premix #1	Warm Up + Main Routine + Icy Core 1 + Stretch	52:46
Premix #2	Warm Up + Main Routine + Icy Core 2 + Stretch	55:28

TIMESAVER PREMIXES

Premix #1	5 Gone: 5 segments are removed to shorten the workout.	33:37
Premix #2	On The Mat: After the Warm Up you will only do the floor exercises.	26:59
Premix #3	Standing Only: You will only do the standing exercises.	24:50

Scrambled #1	Floor exercises first followed by all of the standing exercises.	41:44
Scrambled #2	Mixes abs from Icy Core 1 throughout the main workout.	52:46
Scrambled #3	Mixes abs from Icy Core 2 throughout the main workout.	55:28
Scrambled #4	Mixes the main workout in a different way.	41:44
Double It	Warm Up + Main Routine + Main Routine + Stretch	73:23
One and a Half #1	Entire main workout once then repeat the standing exercises.	56:29
One and a Half #2	Entire main workout once then repeat the floor exercises.	58:38

PREMIXES LOW IMPACT SWEAT

BASIC PREMIXES

Premix #1	Warm Up + Cardio 1 + Cardio 2 + Icy Core 2 + Stretch	59:57
Premix #2	Warm Up + Cardio 1 + Cardio 2 + Muscle Meltdown • Back + Stretch	67:22
Premix #3	Warm Up + Cardio 1 + Cardio 2 + Muscle Meltdown • Back + Icy Core 2 + Stretch	81:06
Premix #4	Warm Up + Cardio 1 + Cardio 2 + Blizzard Blast + Stretch	55:41
Premix #5	Warm Up + Cardio 1 + Cardio 2 + Blizzard Blast + Icy Core 2 + Stretch	69:26
Premix #6	Warm Up + Cardio 1 + Cardio 2 + Blizzard Blast + Muscle Meltdown • Back + Icy Core 2 + Stretch	90:35
Premix #7	Muscle Meltdown (4 Rounds): Warm Up + Muscle Meltdown • Back Rounds 1–3 + Round 3 Repeated + Stretch	37:13

TIMESAVER PREMIXES

Premix #1	Warm Up + Blizzard Blast + Stretch	20:07
Premix #2	Warm Up + Muscle Meltdown • Back + Stretch	30:45
Premix #3	Warm Up + Blizzard Blast + Muscle Meltdown • Back + Stretch	41:16
Premix #4	Warm Up + Cardio 1 + Stretch	27:54
Premix #5	Warm Up + Cardio 1 + Icy Core 2 + Stretch	41:38
Premix #6	Warm Up + Cardio 1 + Muscle Meltdown • Back + Stretch	49:04
Premix #7	Warm Up + Cardio 1 + Muscle Meltdown • Back + Icy Core 2 + Stretch	62:48
Premix #8	Warm Up + Cardio 1 + Blizzard Blast + Stretch	37:16
Premix #9	Warm Up + Cardio 1 + Blizzard Blast + Icy Core 2 + Stretch	51:00
Premix #10	Warm Up + Cardio 2 + Stretch	27:53
Premix #11	Warm Up + Cardio 2 + Icy Core 2 + Stretch	41:37
Premix #12	Warm Up + Cardio 2 + Muscle Meltdown • Back + Stretch	49:03
Premix #13	Warm Up + Cardio 2 + Muscle Meltdown • Back + Icy Core 2 + Stretch	62:47
Premix #14	Warm Up + Cardio 2 + Blizzard Blast + Stretch	37:22
Premix #15	Warm Up + Cardio 2 + Blizzard Blast + Icy Core 2 + Stretch	51:07
Premix #16	Warm Up + First Half Cardio 2 + Last Half Cardio 1 + Stretch	27:11

Scrambled #1	Warm Up + First Half Cardio 1 + Last Half Cardio 2 + Last Half Cardio 1 + First Half Cardio 2 + Blizzard Blast + Stretch	54:31
Scrambled #2	Non-Stop Cardio & Weights + Mixes all 3 Muscle Meltdown • Back rounds throughout the main workout.	65:25
Scrambled #3	All Step Cardio - Mixes the main step and Blizzard Blasts workout intervals in a different way.	37:22
Scrambled #4	Floor and Step Cardio - Mixes the floor and step intervals in a different way.	54:33
Double It #1	Warm Up + Cardio 1 + Cardio 2 + Cardio 1 + Cardio 2 + Stretch	79:27
Double It #2	Warm Up + Cardio 1 + Cardio 2 + Cardio 1 + Cardio 2 + Blizzard Blast + Stretch	88:56
Double It #3	Warm Up + Cardio 1 + Cardio 1 + Stretch	45:03
Double It + BB #4	Warm Up + Cardio 1 + Cardio 1 + Blizzard Blast + Stretch	54:25
Double It #5	Warm Up + Cardio 2 + Cardio 2 + Stretch	45:09
Double It + BB #6	Warm Up + Cardio 2 + Cardio 2 + Blizzard Blast + Stretch	54:38

PREMIXES METABOLIC TOTAL BODY

BASIC PREMIXES

Premix #1	Warm Up + Main Routine + Icy Core 1 + Stretch	58:53					
Premix #2	arm Up + Main Routine + Muscle Meltdown • Chest + Stretch 6						
Premix #3	Warm Up + Main Routine + Muscle Meltdown • Chest + Icy Core 1 + Stretch	74:21					
Premix #4	/arm Up + Main Routine + Blizzard Blast + Stretch 6						
Premix #5	Warm Up + Main Routine + Blizzard Blast + Icy Core 1 + Stretch	71:12					
Premix #6	Warm Up + Main Routine + Blizzard Blast + Muscle Meltdown • Chest + Icy Core 1 + Stretch	86:43					
Premix #7	Muscle Meltdown (4 rounds): Warm Up + Muscle Meltdown • Chest Rounds 1–3 + Round 3 Repeated + Stretch	31:12					

TIMESAVER PREMIXES

Premix #1	Warm Up + Blizzard Blast + Stretch	23:13
Premix #2	Warm Up + Muscle Meltdown • Chest + Stretch	26:21
Premix #3	Warm Up + Blizzard Blast + Muscle Meltdown • Chest + Stretch	38:42
Premix #4	Timesaver MishMosh	31:38

Scrambled #1	Changes the order of some rounds and mixes in some Blizzard Blast intervals.	53:07
Scrambled #2	Changes the order of some rounds and mixes in some Blizzard Blast intervals.	53:22
Scrambled #3	Mixes all 3 Muscle Meltdown • Chest rounds throughout the workout.	63:18
Scrambled #4	Mixes abs from Icy Core 1 throughout the main workout.	58:51
Double It #1	Warm Up + Main Routine + Main Routine + Stretch	84:47
Double It + BB #2	Warm Up + Main Routine + Main Routine + Blizzard Blast + Stretch	97:10

PREMIXES ROCK'M SOCK'M KICKBOX

BASIC PREMIXES

Premix #1	Warm Up + Main Routine + Icy Core 1 + Stretch	58:59					
Premix #2	arm Up + Main Routine + Muscle Meltdown • Triceps + Stretch 6						
Premix #3	Warm Up + Main Routine + Muscle Meltdown • Triceps + Icy Core 1 + Stretch	72:53					
Premix #4	/arm Up + Main Routine + Blizzard Blast + Stretch 6						
Premix #5	Warm Up + Main Routine + Blizzard Blast + Icy Core 1 + Stretch	73:00					
Premix #6	Warm Up + Main Routine + Blizzard Blast + Muscle Meltdown • Triceps + Icy Core 1 + Stretch	86:54					
Premix #7	Muscle Meltdown (4 rounds): Warm Up + Muscle Meltdown • Triceps Rounds 1–3 + Round 3 Repeated + Stretch	32:13					

TIMESAVER PREMIXES

Premix #1	Warm Up + Blizzard Blast + Stretch	27:56
Premix #2	Warm Up + Muscle Meltdown • Triceps + Stretch	27:49
Premix #3	Warm Up + Blizzard Blast + Muscle Meltdown • Triceps + Stretch	41:50
Premix #4	5 Gone: 5 segments are removed to shorten the workout.	35:31
Premix #5	Less Kicks: Most of the kicks are eliminated.	39:52
Premix #6	Punching Combos: After the Warm Up you will do only the three "Punching Combo" segments from the main workout.	24:21
Premix #7	Blast Only: After the Warm Up you will do only the "Blast" segments from the main workout.	22:03

Scrambled Extreme #1	Mixes the main workout in a different way and repeats some intervals to add intensity.	71:37
Scrambled Extreme #2	Changes the order of the main workout and mixes in some Blizzard Blasts.	64:31
Scrambled #3	Mixes abs from Icy Core 1 throughout the main workout.	58:59
Scrambled #4	Mixes all 3 Muscle Meltdown • Triceps rounds throughout the main workout.	61:06
Double It #1	Warm Up + Main Routine + Main Routine + Stretch	81:19
Double It + BB #2	Warm Up + Main Routine + Main Routine + Blizzard Blast + Stretch	95:20

PREMIXES TO THE MAT: LEGS & GLUTES

BASIC PREMIXES

Premix #1	Warm Up + Main Routine + Icy Core 2 + Stretch	62:45
Premix #2	Warm Up + Main Routine + Muscle Meltdown • Shoulders + Stretch	64:39
Premix #3	Warm Up + Main Routine + Muscle Meltdown • Shoulders + Icy Core 2 + Stretch	77:32
Premix #4	Muscle Meltdown (4 rounds): Muscle Meltdown • Shoulders Rounds 1–3 + Round 3 Repeated + Stretch	23:00

TIMESAVER PREMIXES

Premix #1	Warm Up + Muscle Meltdown + Stretch	22:30			
Premix #2	o Stability Ball: Only bands and floor work exercises. 3				
Premix #3	No Bands: Only stability ball and floor work exercises.	37:11			
Premix #4	No Floor Work: Only stability ball and band exercises.	32:40			
Premix #5	All Ball: You will only do stability ball exercises.	20:50			
Premix #6	All Bands: You will only do band exercises.	18:42			
Premix #7	All Floor Work: You will only do floor work exercises.	23:12			

Scrambled #1	Floor Work First	49:01
Scrambled #2	Bands First	49:01
Scrambled #3	Mixes the main workout exercises in a different way.	50:53
Scrambled #4	Mixes all 3 Muscle Meltdown • Shoulders rounds throughout the main workout.	64:39
Scrambled #5	Mixes abs from Icy Core 2 throughout the main workout.	62:45
Double It	Warm Up + Main Routine + Main Routine + Stretch	91:09

WORKOUT CARD CHISELED UPPER BODY

CHAPTER 2	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
SWINGING MILITARY PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 3 TRIPLE DEAD ROW /	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
TRIPLE UPRIGHT ROW / SHRUG	Date			Date			Date		
Two Dumbbells Cathe's Weight 10 lb.		Weight	Reps		Weight	Reps		Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 4	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
WINDMILLS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 5	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
HAMMER CURL / CLUTCH CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 8 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
						_			_
CHAPTER 6 OVERHEAD PRESS /	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
OVERHEAD EXTENSION	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 8 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 7	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
FORWARD TILT BENT ARM	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
LATERAL RAISE Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 8	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROTATIONAL ROWS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 9	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
DISCUS THROW	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	l						l		

WORKOUT CARD CHISELED UPPER BODY, Continued

	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 10 3 CURLS / 1 PRESS	Date	Walaba		Date	Wataba	P	Data	Walaka	Deer
Two Dumbbells / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	I								
CHAPTER 11	Date		Reps	Date		Reps	Date		Reps
TRICEP PUSHUP WITH LEG LIFT	Date		Reps	Date		Reps	Date		Reps
Mat	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
CHAPTER 12	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
REAR DELT RAISE WITH LEG Extension	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHEST FLY WITH LEG EXTENSION	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 8 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 14									
PULLOVER EXTENSIONS Two Dumbbells / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15	Date		Reps	Date		Reps	Date		Reps
BEAR CRAWL PLANK WALKS	Date		Reps	Date		Reps	Date		Reps
Mat	Date		Reps	Date		Reps	Date		Reps
			· · · · · · · · · · · · · · · · · · ·						
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
CHAPTER 16 High plank descents	Date					Pana	Date		Reps
Mat			Reps	Date		Reps	Date		
									Reps
	Date		Reps	Date		Reps	Date		Reps
									Reps Reps
CHAPTER 17	Date		Reps	Date		Reps	Date		
CHAPTER 17 High Plank descents	Date Date		Reps Reps	Date Date		Reps Reps	Date Date		Reps
HIGH PLANK DESCENTS WIDE ARM	Date Date		Reps Reps Reps	Date Date		Reps Reps Reps	Date Date		Reps Reps
HIGH PLANK DESCENTS	Date Date Date Date Date		Reps Reps Reps Reps	Date Date Date Date Date		Reps Reps Reps Reps	Date Date Date Date Date		Reps Reps Reps

WORKOUT CARD CHISELED UPPER BODY, Continued

CHAPTER 18	Date	Reps	Date	Reps	Date	Reps
KNEE PUSHUPS	Date	Reps	Date	Reps	Date	Reps
Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

WORKOUT CARD MUSCLE MELTDOWN · BICEPS

CHAPTER 1	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • STANDING CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 2 Round 1 • Standing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
HAMMER CURL		_							
Two Dumbbells Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 3	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • PREACHER CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Stability Ball / Mat Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
oacho s wolght io ib.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 4	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • INCLINE HAMMER CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Stability Ball / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 5 Round 1 • Concentration	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Stability Ball / Mat Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	batt	Hoight	пора	bac	moight	nepa	Butt	Hoight	neps
CHAPTER 6	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • STANDING CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 7	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • STANDING Hammer Curl	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
					Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	weight				
CHAPTER 8 Round 2 • Preacher Curl	Date Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • PREACHER CURL Two Dumbbells / Stability Ball / Mat	Date	Weight	Reps	Date	Weight	Reps			
ROUND 2 • PREACHER CURL						-	Date Date Date Date	Weight Weight Weight	Reps Reps Reps

WORKOUT CARD MUSCLE MELTDOWN · BICEPS, Continued

CHAPTER 9	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • INCLINE Hammer curl	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Stability Ball / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 10	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 · CONCENTRATION CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Stability Ball / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • STANDING CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	1								
CHAPTER 12	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • STANDING HAMMER CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • PREACHER CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Stability Ball / Mat Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
-	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 14	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • INCLINE HAMMER CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Stability Ball / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • CONCENTRATION CURL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Stability Ball / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD MUSCLE MELTDOWN · SHOULDERS

CHAPTER 1	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • OVERHEAD PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 2	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • UPRIGHT ROW Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 3 Round 1 • Standing Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
LATERAL RAISE	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 5 lb.									
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 4	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • FRONT RAISE	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 5	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • REAR DELT ON BALL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Stability Ball / Mat Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Ŭ	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 6	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • OVERHEAD PRESS Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 7 Round 2 • Upright Row	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Juit	weight	nopo	Dulo	weight	Кера	Jace	weight	noho
CHAPTER 8	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • STANDING SIDE	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
LATERAL RAISE Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD MUSCLE MELTDOWN · SHOULDERS, Continued

CHAPTER 9	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • FRONT RAISE	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
									-
CHAPTER 10	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • REAR DELT ON BALL Dumbbell / Stability Ball / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • OVERHEAD PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 12	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • UPRIGHT ROW	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • STANDING SIDE Lateral raise	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 14	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • FRONT RAISE	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • REAR DELT ON BALL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Stability Ball / Mat Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD MUSCLE MELTDOWN · BACK

CHAPTER 1	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • ONE ARM ROW	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Step / Mat Cathe's Weight 20 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 2 Round 1 • Pullover					_				
Two Dumbbells / Step / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 3	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • ONE ARM WIDE ROW	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Step / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 20 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 4	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • ONE ARM PULLOVER	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Step / Mat Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 5	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • DEADLIFT Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 20 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 6 Round 2 • ONE ARM ROW	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Step / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 20 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 7	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • PULLOVER	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step / Mat Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 8	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • ONE ARM WIDE ROW	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Step / Mat Cathe's Weight 20 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
,	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD MUSCLE MELTDOWN · BACK, Continued

CHAPTER 9	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • ONE ARM PULLOVER Dumbbell / Step / Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	1								
CHAPTER 10	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • DEADLIFT	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 20 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • ONE ARM ROW	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Step / Mat Cathe's Weight 20 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
							I		
CHAPTER 12	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • PULLOVER	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step / Mat Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	ļ					-	I		
CHAPTER 13	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • ONE ARM WIDE ROW	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Step / Mat Cathe's Weight 20 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	1								
CHAPTER 14	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • ONE ARM PULLOVER	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Step / Mat Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15									
ROUND 3 • DEADLIFT Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 20 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
				•					

WORKOUT CARD MUSCLE MELTDOWN · CHEST

CHAPTER 1	Date		Reps	Date		Reps	Date		Reps
ROUND 1 • INCLINE PUSHUPS	Date		Reps	Date		Reps	Date		Reps
Step	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
CHAPTER 2	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • FLAT BENCH PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	1								
CHAPTER 3	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • FLAT BENCH FLY	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Pane	Date	Weight	Pone	Date	Woinht	Page
CHAPTER 4			Reps			Reps		Weight	Reps
ROUND 1 • INCLINE BENCH PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 5 Round 1 • Incline Bench Fly	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step									
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 6	Date		Reps	Date		Reps	Date		Reps
ROUND 2 • INCLINE PUSHUPS	Date		Reps	Date		Reps	Date		Reps
Step	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
CHAPTER 7	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • FLAT BENCH PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 8	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • FLAT BENCH FLY	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
oucho o Wolghe 12 10.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD MUSCLE MELTDOWN · CHEST, Continued

CHAPTER 9	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • INCLINE BENCH PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 10	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • INCLINE BENCH FLY	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11	Date		Reps	Date		Reps	Date		Reps
ROUND 3 • INCLINE PUSHUPS	Date		Reps	Date		Reps	Date		Reps
Step	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	1								
CHAPTER 12	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • FLAT BENCH PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • FLAT BENCH FLY	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 14	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • INCLINE BENCH PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • INCLINE BENCH FLY	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD MUSCLE MELTDOWN · TRICEPS

CHAPTER 1	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • OVERHEAD TRICEP Extensions	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 2 Round 1 • Kickbacks	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.									
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 3	Date		Reps	Date		Reps	Date		Reps
ROUND 1 • DIPS	Date		Reps	Date		Reps	Date		Reps
Step	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
CHAPTER 4 Round 1 • Lying Tricep	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
EXTENSIONS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
cathe s weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 5	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • CLOSE GRIP	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
BENCH PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 6	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • OVERHEAD TRICEP Extensions	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 7	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • KICKBACKS Two Dumbbells / Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date		Reps	Date		Reps	Date		Reps
CHAPTER 8 Round 2 • DIPS	Date			Date			Date		
Step			Reps			Reps			Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps

WORKOUT CARD MUSCLE MELTDOWN · TRICEPS, Continued

CHAPTER 9	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • LYING TRICEP Extensions	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 10	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • CLOSE GRIP BENCH PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • OVERHEAD TRICEP Extensions	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 12	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • KICKBACKS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13	Date		Reps	Date		Reps	Date		Reps
ROUND 3 • DIPS	Date		Reps	Date		Reps	Date		Reps
Step	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
CHAPTER 14	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • LYING TRICEP Extensions	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells / Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • CLOSE GRIP	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
BENCH PRESS									
Two Dumbbells / Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 12 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD MUSCLE MELTDOWN · SHOULDERS

	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 1			Keps			keps			Keps
ROUND 1 • OVERHEAD PRESS Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	l								
CHAPTER 2	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • UPRIGHT ROW	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	l								
CHAPTER 3	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • STANDING SIDE Lateral raise	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 4	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • FRONT RAISE	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 5	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1 • REAR DELT ON BALL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Stability Ball / Mat Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 6	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • OVERHEAD PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	I								
CHAPTER 7	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • UPRIGHT ROW	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 8	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • STANDING SIDE Lateral Raise	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD MUSCLE MELTDOWN · SHOULDERS, Continued

CHAPTER 9	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • FRONT RAISE	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 10	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2 • REAR DELT ON BALL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Stability Ball / Mat Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • OVERHEAD PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 12	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • UPRIGHT ROW	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • STANDING SIDE Lateral Raise	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Two Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	1						1		
CHAPTER 14	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • FRONT RAISE	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell Cathe's Weight 10 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
							1		
CHAPTER 15	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3 • REAR DELT ON BALL	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Dumbbell / Stability Ball / Mat Cathe's Weight 5 lb.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
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