

User's Guide

ice INTERMEDIATE CONDITIONING EXTREME



cath^e

CONTENTS

ICE USER'S GUIDE

ABOUT THE ICE WORKOUT SERIES	2
Overview.....	2
About the Seven ICE Workouts	3
About the ICE Rotations	4
EQUIPMENT USED IN THE ICE SERIES	5
QUICK START GUIDE.....	6
ALL ICE ROTATION.....	7
Level One	7
Level Two.....	8
Level Three	9
MIXED ROTATIONS	10
ICE & Low Impact Series.....	10
ICE & XTrain.....	11
ICE & Ripped with HiIT	12
CHAPTERS	13
Boot Camp Circuit	13
Boot Camp Circuit • Bonuses.....	15
Chiseled Lower Body Blast	18
Chiseled Lower Body Blast • Bonuses	20
Chiseled Upper Body	23
Chiseled Upper Body • Bonuses	25
Low Impact Sweat	27
Low Impact Sweat • Bonuses.....	29
Metabolic Total Body	32
Metabolic Total Body • Bonuses	35
Rock'm Sock'm Kickbox	38
Rock'm Sock'm Kickbox • Bonuses	40
To The Mat: Legs & Glutes.....	43
To The Mat: Legs & Glutes • Bonuses	45
PREMIXES.....	47
Boot Camp Circuit	47
Chiseled Lower Body Blast	48
Chiseled Upper Body	49
Low Impact Sweat	50
Metabolic Total Body	51
Rock'm Sock'm Kickbox	52
To The Mat: Legs & Glutes	53
WORKOUT CARDS.....	54
Chiseled Upper Body	54
Muscle Meltdown • Biceps.....	57
Muscle Meltdown • Shoulders	59
Muscle Meltdown • Back	61
Muscle Meltdown • Chest	63
Muscle Meltdown • Triceps	65
Muscle Meltdown • Shoulders	67

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

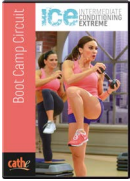
We all know that our core is used as we perform many different types of exercise. Even without focused core training our mid-sections are challenged though movement, balance and stabilization. That being said, I have also included two *Icy Core* bonuses in this series to round out your core training. 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 Muscle Meltdown • Shoulders as well as a Blizzard Blast option and the Icy Core 2 add-on.

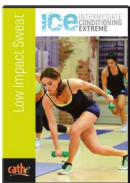
CHISELED UPPER BODY



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

This DVD includes both the Icy Core 1 & Icy Core 2 add-ons.

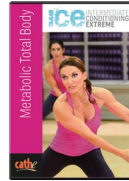
LOW IMPACT SWEAT



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 Muscle Meltdown • Back as well as a Blizzard 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

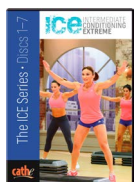
In this users guide I've provided six individual rotations to get you started with the new series. Each of these rotations utilizes the ICE workouts in a different way and at a different level of intensity. Choose the one that best suits your current workout needs to get the most out of your routine.

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

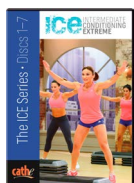
challenge and prepares an exerciser for what's to come in the following level. These new challenges are added throughout the three months to keep an exerciser focused while eliminating any boredom factor that can sometimes settle in when embarking on a multi-month rotation. Once completed an intermediate 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.

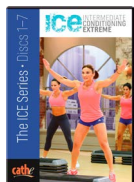
ALL ICE ROTATION



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.

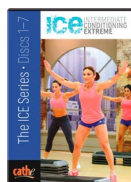


Level Two – In this rotation we will again be utilizing all of the ICE workouts, but in Level Two I have also included *Muscle Meltdowns*. Each week you will complete each of the five *Muscle Meltdown* routines to add additional challenge and help boost muscle building. This routine will again include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

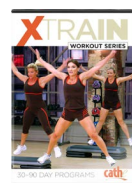


Level Three – In this rotation we will follow the guidelines of Level Two, but we will ramp up the intensity of the rotation with the addition of *Blizzard Blast* bonuses multiple times each week. This rotation will truly show you what this series has to offer by mixing not only all of the workouts in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

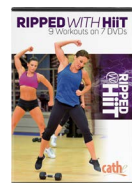
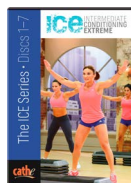
MIXED ROTATIONS



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 *Icy Core* bonuses.



ICE & XTrain – *Tabatacise* anyone? This is another intense rotation that leaves no muscle untouched or untuned! 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,

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.

Dumbbells



Loop



Step with Four Risers per Side



Stretch Band (Medium Tension Green)



Stability Ball



Mat



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

LEVEL ONE



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

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

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

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

ALL ICE ROTATION

LEVEL TWO



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

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

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

WEEK 4	WORKOUT	TIME
Monday	<u>Low Impact Sweat</u> • <u>Cardio 1</u> • <u>Muscle Meltdown</u> • <u>Back</u>	49 min.
Tuesday	<u>Chiseled Upper Body</u> • <u>Icy Core 2</u>	56 min.
Wednesday	<u>Rock'm Sock'm Kickbox</u> • <u>Muscle Meltdown</u> • <u>Triceps</u>	62 min.
Thursday	<u>Chiseled Lower Body Blast</u> • <u>Muscle Meltdown</u> • <u>Shoulders</u>	64 min.
Friday	<u>Metabolic Total Body</u> • <u>Muscle Meltdown</u> • <u>Chest</u>	63 min.
Saturday	Off	
Sunday	<u>Boot Camp Circuit</u> • <u>Muscle Meltdown</u> • <u>Biceps</u>	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	Metabolic Total Body • Muscle Meltdown • Chest • Icy Core 1 • Blizzard Blast	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	Metabolic Total Body • Muscle Meltdown • Chest • Blizzard Blast	76 min.
Saturday	Off	
Sunday	Boot Camp Circuit • Muscle Meltdown • Biceps • Blizzard Blast	72 min.

MIXED ROTATIONS

ICE & LOW IMPACT SERIES



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.

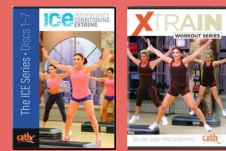
WEEK 2	WORKOUT	TIME
Monday	Low Impact Series: Athletic Training	56 min.
Tuesday	ICE: To The Mat: Legs & Glutes	49 min.
Wednesday	Low Impact Series: Slide & Glide	52 min.
Thursday	ICE: Chiseled Upper Body	42 min.
Friday	Low Impact Series: Low Impact Challenge	51 min.
Saturday	Low Impact Series: Total 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

ICE & XTRAIN



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

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

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

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

MIXED ROTATIONS

ICE & RIPPED WITH HIIT



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

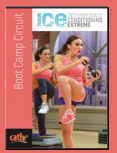
WEEK 2	WORKOUT	TIME
Monday	<u>ICE: Low Impact Sweat • Cardio 2</u>	28 min.
Tuesday	<u>Ripped with Hiit: Hiit Circuit Lower Body</u>	47 min.
Wednesday	<u>ICE: Low Impact Sweat • Cardio 1 • Icy Core 2</u>	42 min.
Thursday	<u>Ripped with Hiit: Hiit Circuit Upper Body</u>	46 min.
Friday	<u>Ripped with Hiit: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

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

WEEK 4	WORKOUT	TIME
Monday	<u>Ripped with Hiit: Lift It Hit It Back, Biceps & Shoulders</u>	52 min.
Tuesday	<u>Ripped with Hiit: Plyo Hiit Two</u>	27 min.
Wednesday	<u>Ripped with Hiit: Lift It Hit It Chest, Triceps & Shoulders</u>	40 min.
Thursday	<u>Ripped with Hiit: Plyo Hiit One</u>	27 min.
Friday	<u>ICE: To The Mat: Legs & Glutes</u>	49 min.
Saturday	<u>ICE: Low Impact Sweat • Cardio 1 • Icy Core 2</u>	42 min.
Sunday	Off	

CHAPTERS

BOOT CAMP CIRCUIT



WARM UP

CHAPTER 1	Equipment: Step
	Cathe's Weight NA

PLUNGE LUNGE

CHAPTER 2	Equipment: Step
	Cathe's Weight NA

ELEVATED LUNGES

CHAPTER 3	Equipment: Two Dumbbells / Step
	Cathe's Weight 12 lb. My Weight

TRICEP OVERHEAD EXTENSION

CHAPTER 4	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

HEEL TAP CRUNCHES

CHAPTER 5	Equipment: Mat
	Cathe's Weight NA

STRADDLE JUMPS

CHAPTER 6	Equipment: Step
	Cathe's Weight NA

MARCHING SUMOS

CHAPTER 7	Equipment: Dumbbell
	Cathe's Weight 8 lb. My Weight

INCLINE PUSHUPS

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

SINGLE ARM SWIMMER STROKES

CHAPTER 9	Equipment: Mat
	Cathe's Weight NA

STRADDLE JUMPS WITH BURPEES

CHAPTER 10	Equipment: Step
	Cathe's Weight NA

BACK LUNGES OFF STEP

CHAPTER 11	Equipment: Two Dumbbells / Step
	Cathe's Weight 10 lb. My Weight

OVERHEAD PRESS / UPRIGHT ROW SUPERSET

CHAPTER 12	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

SIDE BEND CRUNCHES

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

CHAPTERS

BOOT CAMP CIRCUIT, Continued

UNEVEN SQUAT

CHAPTER 14	Equipment: Step
	Cathe's Weight NA

STEP UPS

CHAPTER 15	Equipment: Two Dumbbells / Step
	Cathe's Weight 12 lb. My Weight

BICEP CURLS

CHAPTER 16	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

FORWARD SWOOPING LUNGE WITH TWIST

CHAPTER 17	Equipment: None
	Cathe's Weight NA

ONE ARM BURPEE

CHAPTER 18	Equipment: Step
	Cathe's Weight NA

CROSS BACK CURTSEY LUNGES

CHAPTER 19	Equipment: Two Dumbbells / Step
	Cathe's Weight 15 lb. My Weight

LATERAL RAISES

CHAPTER 20	Equipment: Two Dumbbells
	Cathe's Weight 5 lb. My Weight

L CRUNCHES

CHAPTER 21	Equipment: Mat
	Cathe's Weight NA

STEP KNEE DOWN TAP WITH LIFT

CHAPTER 22	Equipment: Step
	Cathe's Weight NA

DROP SQUAT OFF END

CHAPTER 23	Equipment: Dumbbell / Step
	Cathe's Weight 15 lb. My Weight

ONE ARM WIDE ROW

CHAPTER 24	Equipment: Dumbbell / Step
	Cathe's Weight 15 lb. My Weight

SQUAT WITH KNEE TWIST

CHAPTER 25	Equipment: Dumbbell
	Cathe's Weight 8 lb. My Weight

STRETCH

CHAPTER 26	Equipment: Mat
	Cathe's Weight NA

CHAPTERS

BOOT CAMP CIRCUIT • BONUSES

BLIZZARD BLAST

JUMP WIDE / PLYO / JUMP ROPE

CHAPTER 1	Equipment: Step
	Cathe's Weight NA

LEG ABDUCTION FRONT SWING

CHAPTER 2	Equipment: Dumbbell / Step
	Cathe's Weight 8 lb. My Weight

REAR DELT FLY

CHAPTER 3	Equipment: Two Dumbbells
	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 7	Equipment: Step
	Cathe's Weight NA

BUTTERFLY SITUPS

CHAPTER 8	Equipment: Mat
	Cathe's Weight NA

MUSCLE MELTDOWN • BICEPS

ROUND 1 • STANDING CURL

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

ROUND 1 • STANDING HAMMER CURL

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

ROUND 1 • PREACHER CURL

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

ROUND 1 • INCLINE HAMMER CURL

CHAPTER 4	WM #???	Biceps	Equipment: Two Dumbbells / Stability Ball / Mat
	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

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

ROUND 2 • STANDING HAMMER CURL

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

ROUND 2 • CONCENTRATION CURL

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

ROUND 3 • STANDING CURL

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

ROUND 3 • STANDING HAMMER CURL

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

ROUND 3 • PREACHER CURL

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

ROUND 3 • INCLINE HAMMER CURL

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

ROUND 3 • CONCENTRATION CURL

CHAPTER 15	WM #237	Biceps	Equipment: Dumbbell / Stability Ball / Mat	
	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 1	Equipment: Dumbbell / Mat
	Cathe's Weight 5 lb. My Weight

PULLOVER EXTENSIONS

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

SIT UP LEG LIFT WITH WEIGHT

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

LYING UP AND OVERS

CHAPTER 4	Equipment: Dumbbell / Mat
	Cathe's Weight NA

HANDS TO HEELS CRUNCHES

CHAPTER 5	Equipment: Mat
	Cathe's Weight NA

LEG CHASERS

CHAPTER 6	Equipment: Mat
	Cathe's Weight NA

SLOW BIKE MANEUVER

CHAPTER 7	Equipment: Mat
	Cathe's Weight NA

REVERSE CRUNCHES

CHAPTER 8	Equipment: Mat
	Cathe's Weight NA

SWIMMER STROKE PLANKS

CHAPTER 9	Equipment: Mat
	Cathe's Weight NA

ELBOW TO KNEE PLANKS

CHAPTER 10	Equipment: Mat
	Cathe's Weight NA

FULL BODY BREAST STROKE

CHAPTER 11	Equipment: Mat
	Cathe's Weight NA

CHAPTERS

CHISELED LOWER BODY BLAST



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight NA

FORWARD / BACK LUNGES

CHAPTER 2	Equipment: None
	Cathe's Weight NA

FORWARD IN / OUT / BACK JACKS

CHAPTER 3	Equipment: None
	Cathe's Weight NA

HOVER SQUATS

CHAPTER 4	Equipment: Dumbbell
	Cathe's Weight 10 lb. My Weight

3 LATERAL SKATES / ONE JACK

CHAPTER 5	Equipment: None
	Cathe's Weight NA

STEP OUT SQUATS

CHAPTER 6	Equipment: Dumbbell
	Cathe's Weight 8 lb. My Weight

LATERAL FROG HOPS

CHAPTER 7	Equipment: None
	Cathe's Weight NA

HIGH REP LUNGE TAPS

CHAPTER 8	Equipment: Dumbbell
	Cathe's Weight 15 lb. My Weight

SUMO SQUAT LUNGE COMBO

CHAPTER 9	Equipment: None
	Cathe's Weight NA

CROSS BACK LUNGE CRESCENT KNEE SQUATS

CHAPTER 10	Equipment: Dumbbell
	Cathe's Weight 8 lb. My Weight

SHUFFLING POWER TURNS

CHAPTER 11	Equipment: None
	Cathe's Weight NA

STATIC LUNGES

CHAPTER 12	Equipment: Dumbbell
	Cathe's Weight 10 lb. My Weight

CROSS JACK CROSS KNEE

CHAPTER 13	Equipment: None
	Cathe's Weight NA

CHAPTERS

CHISELED LOWER BODY BLAST, Continued

ALTERNATING FORWARD LUNGES

CHAPTER 14	Equipment: Two Dumbbells
	Cathe's Weight 8 lb. My Weight

PLIÉ JACKS

CHAPTER 15	Equipment: None
	Cathe's Weight NA

PLIÉ SQUAT

CHAPTER 16	Equipment: Dumbbell
	Cathe's Weight 10 lb. My Weight

FRONT SIDE BACK JACK

CHAPTER 17	Equipment: None
	Cathe's Weight NA

SIDE LUNGES

CHAPTER 18	Equipment: Two Dumbbells
	Cathe's Weight 8 lb. My Weight

LIFTED SQUAT ABDUCTION

CHAPTER 19	Equipment: None
	Cathe's Weight NA

BACK LUNGES

CHAPTER 20	Equipment: Two Dumbbells
	Cathe's Weight 8 lb. My Weight

FLYING ANGEL JACKS

CHAPTER 21	Equipment: None
	Cathe's Weight NA

DEADLIFTS

CHAPTER 22	Equipment: Two Dumbbells
	Cathe's Weight 15 lb. My Weight

LATERAL SKATES

CHAPTER 23	Equipment: None
	Cathe's Weight NA

COOL DOWN

CHAPTER 24	Equipment: None
	Cathe's Weight NA

STRETCH

CHAPTER 25	Equipment: Mat
	Cathe's Weight NA

CHAPTERS

CHISELED LOWER BODY BLAST • BONUSES

BLIZZARD BLAST

LATERAL WALKS

CHAPTER 1	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

ONE LEGGED BURPEES

CHAPTER 2	Equipment: None
	Cathe's Weight NA

SQUAT PRESSES

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

SNOW ANGEL JACKS

CHAPTER 4	Equipment: None
	Cathe's Weight NA

SIDE LUNGE / CURTSEY LUNGE

CHAPTER 5	Equipment: Dumbbell
	Cathe's Weight 10 lb. My Weight

LATERAL FROG HOPS

CHAPTER 6	Equipment: Dumbbell
	Cathe's Weight 8 lb. My Weight

SIDE LUNGE / OVERHEAD PRESS

CHAPTER 7	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

SIDE TO SIDE BUNNY HOP

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

ROTATIONAL LUNGES

CHAPTER 9	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

PIVOTING APPLE PICKERS

CHAPTER 10	Equipment: None
	Cathe's Weight NA

SQUAT ABDUCTION FRONT SWING

CHAPTER 11	Equipment: Dumbbell
	Cathe's Weight 12 lb. My Weight

FORWARD BACK ATTACK

CHAPTER 12	Equipment: None
	Cathe's Weight NA

COOL DOWN

CHAPTER 13	Equipment: None
	Cathe's Weight NA

CHAPTERS

CHISELED LOWER BODY BLAST • BONUSES, Continued

MUSCLE MELTDOWN • SHOULDERS

ROUND 1 • OVERHEAD PRESS

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

ROUND 1 • UPRIGHT ROW

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

ROUND 1 • STANDING SIDE LATERAL RAISE

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

ROUND 1 • FRONT RAISE

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

ROUND 1 • REAR DELT ON BALL

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

ROUND 2 • OVERHEAD PRESS

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

ROUND 2 • UPRIGHT ROW

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

ROUND 2 • STANDING SIDE LATERAL RAISE

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

ROUND 2 • FRONT RAISE

CHAPTER 9	WM #636	Shoulders	Equipment: Dumbbell	
	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 11	WM #678	Shoulders	Equipment: Two Dumbbells	
	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 • UPRIGHT ROW

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

ROUND 3 • STANDING SIDE LATERAL RAISE

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

CHAPTERS

CHISELED LOWER BODY BLAST • BONUSES, Continued

ROUND 3 • FRONT RAISE

CHAPTER 14	WM #636	Shoulders	Equipment: Dumbbell	
	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 • REAR DELT ON BALL

CHAPTER 15	WM #645	Shoulders	Equipment: Dumbbell / Stability Ball / Mat	
	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight

COOL DOWN

CHAPTER 16	Equipment: None			
	Cathe's Weight NA			

ICY CORE 2

WEIGHTED V SITS

CHAPTER 1	Equipment: Dumbbell / Mat			
	Cathe's Weight 5 lb.		My Weight	

PULLOVER HEEL TAP / EXTENSIONS

CHAPTER 2	Equipment: Dumbbell / Mat			
	Cathe's Weight 5 lb.		My Weight	

45 DEGREE TOE TO HEEL TAPS

CHAPTER 3	Equipment: Mat			
	Cathe's Weight NA			

SIDE OBLIQUE REACHES

CHAPTER 4	Equipment: Mat			
	Cathe's Weight NA			

C CURVE CRUNCHES

CHAPTER 5	Equipment: Resistance Band / Mat			
	Cathe's Weight NA			

SAW

CHAPTER 6	Equipment: Resistance Band / Mat			
	Cathe's Weight NA			

SIDE TO SIDE OBLIQUE TWISTS

CHAPTER 7	Equipment: Resistance Band / Mat			
	Cathe's Weight NA			

SIDE PLANK CLAM EXTENSION

CHAPTER 8	Equipment: Mat			
	Cathe's Weight NA			

ROTATING SIDE TO SIDE PLANKS

CHAPTER 9	Equipment: Mat			
	Cathe's Weight NA			

PRONE PLANK / MARCHING PLANK

CHAPTER 10	Equipment: Mat			
	Cathe's Weight NA			

CHAPTERS

CHISELED UPPER BODY



WARM UP

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

SWINGING MILITARY PRESS

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

TRIPLE DEAD ROW / TRIPLE UPRIGHT ROW / SHRUG

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

WINDMILLS

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

HAMMER CURL / CLUTCH CURL

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

OVERHEAD PRESS / OVERHEAD EXTENSION

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

FORWARD TILT BENT ARM LATERAL RAISE

CHAPTER 7	Shoulders & Back	Equipment: Two Dumbbells
	Cathe's Weight 5 lb.	My Weight

ROTATIONAL ROWS

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

DISCUS THROW

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

3 CURLS / 1 PRESS

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

TRICEP PUSHUP WITH LEG LIFT

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

REAR DELT RAISE WITH LEG EXTENSION

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

CHEST FLY WITH LEG EXTENSION

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

CHAPTERS

CHISELED UPPER BODY, Continued

PULLOVER EXTENSIONS

CHAPTER 14	Back & Core	Equipment: Two Dumbbells / Mat
	Cathe's Weight 5 lb.	My Weight

BEAR CRAWL PLANK WALKS

CHAPTER 15	Shoulders, Arms & Core	Equipment: Mat
	Cathe's Weight NA	

HIGH PLANK DESCENTS

CHAPTER 16	Shoulders, Chest & Triceps	Equipment: Mat
	Cathe's Weight NA	

HIGH PLANK DESCENTS WIDE ARM

CHAPTER 17	Shoulders, Chest & Triceps	Equipment: Mat
	Cathe's Weight NA	

KNEE PUSHUPS

CHAPTER 18	Shoulders, Chest & Triceps	Equipment: Mat
	Cathe's Weight NA	

STRETCH

CHAPTER 19	Equipment: Mat	
	Cathe's Weight NA	

CHAPTERS

CHISELED UPPER BODY • BONUSES

ICY CORE 1

SIDE TO SIDE ROWERS

CHAPTER 1	Equipment: Dumbbell / Mat
	Cathe's Weight 5 lb. My Weight

PULLOVER EXTENSIONS

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

SIT UP LEG LIFT WITH WEIGHT

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

LYING UP AND OVERS

CHAPTER 4	Equipment: Dumbbell / Mat
	Cathe's Weight NA

HANDS TO HEELS CRUNCHES

CHAPTER 5	Equipment: Mat
	Cathe's Weight NA

LEG CHASERS

CHAPTER 6	Equipment: Mat
	Cathe's Weight NA

SLOW BIKE MANEUVER

CHAPTER 7	Equipment: Mat
	Cathe's Weight NA

REVERSE CRUNCHES

CHAPTER 8	Equipment: Mat
	Cathe's Weight NA

SWIMMER STROKE PLANKS

CHAPTER 9	Equipment: Mat
	Cathe's Weight NA

ELBOW TO KNEE PLANKS

CHAPTER 10	Equipment: Mat
	Cathe's Weight NA

FULL BODY BREAST STROKE

CHAPTER 11	Equipment: Mat
	Cathe's Weight NA

CHAPTERS

CHISELED UPPER BODY • BONUSES, Continued

ICY CORE 2

WEIGHTED V SITS

CHAPTER 1	Equipment: Dumbbell / Mat
	Cathe's Weight 5 lb. My Weight

PULLOVER HEEL TAP / EXTENSIONS

CHAPTER 2	Equipment: Dumbbell / Mat
	Cathe's Weight 5 lb. My Weight

45 DEGREE TOE TO HEEL TAPS

CHAPTER 3	Equipment: Mat
	Cathe's Weight NA

SIDE OBLIQUE REACHES

CHAPTER 4	Equipment: Mat
	Cathe's Weight NA

C CURVE CRUNCHES

CHAPTER 5	Equipment: Resistance Band / Mat
	Cathe's Weight NA

SAW

CHAPTER 6	Equipment: Resistance Band / Mat
	Cathe's Weight NA

SIDE TO SIDE OBLIQUE TWISTS

CHAPTER 7	Equipment: Resistance Band / Mat
	Cathe's Weight NA

SIDE PLANK CLAM EXTENSION

CHAPTER 8	Equipment: Mat
	Cathe's Weight NA

ROTATING SIDE TO SIDE PLANKS

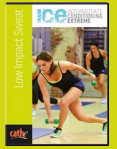
CHAPTER 9	Equipment: Mat
	Cathe's Weight NA

PRONE PLANK / MARCHING PLANK

CHAPTER 10	Equipment: Mat
	Cathe's Weight NA

CHAPTERS

LOW IMPACT SWEAT



CARDIO 1

WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight NA

PULL & POUND SPRINT SHOOTERS

CHAPTER 2	Equipment: None
	Cathe's Weight NA

DISCUS THROW

CHAPTER 3	Equipment: Dumbbell
	Cathe's Weight 3 lb. My Weight

ALTERNATING SIDE KICK / SQUAT

CHAPTER 4	Equipment: None
	Cathe's Weight NA

FORWARD PICKUP LUNGE

CHAPTER 5	Equipment: Dumbbell
	Cathe's Weight 3 lb. My Weight

DYNAMIC SQUAT ABDUCTION

CHAPTER 6	Equipment: None
	Cathe's Weight NA

SHOT PUT THROW

CHAPTER 7	Equipment: Dumbbell
	Cathe's Weight 3 lb. My Weight

L SLIDES ON CORNER

CHAPTER 8	Equipment: Mat
	Cathe's Weight NA

RHYTHMIC CROSS BACK LUNGES

CHAPTER 9	Equipment: Dumbbell / Mat
	Cathe's Weight 3 lb. My Weight

SUMO PULSE WALK

CHAPTER 10	Equipment: Dumbbell / Mat
	Cathe's Weight 5 lb. My Weight

LATERAL SKATES

CHAPTER 11	Equipment: Mat
	Cathe's Weight NA

COOL DOWN

CHAPTER 12	Equipment: None
	Cathe's Weight NA

CARDIO 2

SPRINT SHOOTERS

CHAPTER 13	Equipment: Step
	Cathe's Weight NA

CHAPTERS

LOW IMPACT SWEAT, Continued

LEAN BACK VOLLEY FORWARD

CHAPTER 14	Equipment: Step
	Cathe's Weight NA

UNEVEN DROP SQUAT FRONT SWING

CHAPTER 15	Equipment: Dumbbell / Step
	Cathe's Weight 5 lb. My Weight

STEP KNEE DOWN TAP

CHAPTER 16	Equipment: Step
	Cathe's Weight NA

HIP HOP REPEATER ABDUCTION

CHAPTER 17	Equipment: Step
	Cathe's Weight NA

FOOTBALL RUN

CHAPTER 18	Equipment: Step
	Cathe's Weight NA

WIDE REACHING LUNGE TAPS

CHAPTER 19	Equipment: Step
	Cathe's Weight NA

FLYING ANGELS

CHAPTER 20	Equipment: Step
	Cathe's Weight NA

STRADDLE DOWN LIFT

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

UNEVEN PULSE SQUATS

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

DYNAMIC OUTER THIGH

CHAPTER 23	Equipment: Step
	Cathe's Weight NA

SWIM LUNGES

CHAPTER 24	Equipment: Step
	Cathe's Weight NA

COOL DOWN

CHAPTER 25	Equipment: None
	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
	Cathe's Weight NA

KNEE OFF SIDE BALL CHANGE

CHAPTER 2	Equipment: Step
	Cathe's Weight NA

JUMP KICKS CORNER TO CORNER

CHAPTER 3	Equipment: Step
	Cathe's Weight NA

POWER TURNING SQUATS

CHAPTER 4	Equipment: Step
	Cathe's Weight NA

SWING OFF SIDE DOWN UP DOWN ABDUCTION

CHAPTER 5	Equipment: Step
	Cathe's Weight NA

SQUAT PENDULUM / SQUAT CHA CHA / TAP OFF / ABDUCTION

CHAPTER 6	Equipment: Step
	Cathe's Weight NA

WIDE BOX JUMPS / PLYO JACKS

CHAPTER 7	Equipment: Step
	Cathe's Weight NA

COOL DOWN

CHAPTER 8	Equipment: None
	Cathe's Weight NA

MUSCLE MELTDOWN • BACK

ROUND 1 • ONE ARM ROW

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

ROUND 1 • PULLOVER

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

ROUND 1 • ONE ARM PULLOVER

CHAPTER 4	WM #???	Back	Equipment: Dumbbell / Step / Mat
	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 7	WM #140	Back	Equipment: Two Dumbbells / Step / Mat	
	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • ONE ARM WIDE ROW

CHAPTER 8	WM #133	Back	Equipment: Dumbbell / Step / Mat	
	1RM 75%	12 Reps	Cathe's Weight 20 lb.	My Weight

ROUND 2 • ONE ARM PULLOVER

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

ROUND 2 • DEADLIFT

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

ROUND 3 • ONE ARM ROW

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

ROUND 3 • PULLOVER

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

ROUND 3 • ONE ARM WIDE ROW

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

ROUND 3 • ONE ARM PULLOVER

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

ROUND 3 • DEADLIFT

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

COOL DOWN

CHAPTER 16	Equipment: None			
	Cathe's Weight NA			

CHAPTERS

LOW IMPACT SWEAT • BONUSES, Continued

ICY CORE 2

WEIGHTED V SITS

CHAPTER 1	Equipment: Dumbbell / Mat
	Cathe's Weight 5 lb. My Weight

PULLOVER HEEL TAP / EXTENSIONS

CHAPTER 2	Equipment: Dumbbell / Mat
	Cathe's Weight 5 lb. My Weight

45 DEGREE TOE TO HEEL TAPS

CHAPTER 3	Equipment: Mat
	Cathe's Weight NA

SIDE OBLIQUE REACHES

CHAPTER 4	Equipment: Mat
	Cathe's Weight NA

C CURVE CRUNCHES

CHAPTER 5	Equipment: Resistance Band / Mat
	Cathe's Weight NA

SAW

CHAPTER 6	Equipment: Resistance Band / Mat
	Cathe's Weight NA

SIDE TO SIDE OBLIQUE TWISTS

CHAPTER 7	Equipment: Resistance Band / Mat
	Cathe's Weight NA

SIDE PLANK CLAM EXTENSION

CHAPTER 8	Equipment: Mat
	Cathe's Weight NA

ROTATING SIDE TO SIDE PLANKS

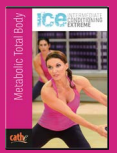
CHAPTER 9	Equipment: Mat
	Cathe's Weight NA

PRONE PLANK / MARCHING PLANK

CHAPTER 10	Equipment: Mat
	Cathe's Weight NA

CHAPTERS

METABOLIC TOTAL BODY



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight NA

CROSSBACK LUNGE / OVERHEAD PRESS

CHAPTER 2	Equipment: Two Dumbbells
	Cathe's Weight 8 lb. My Weight

SQUAT PRESS

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

PLIÉ SQUAT / UPRIGHT ROW

CHAPTER 4	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

FRONT LUNGE / BACK ROW / FLY

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

FRONT SWING / ABDUCTION

CHAPTER 6	Equipment: Dumbbell
	Cathe's Weight 10 lb. My Weight

LUNGE CURL PRESS

CHAPTER 7	Equipment: Dumbbell
	Cathe's Weight 10 lb. My Weight

FRONT SWING / ABDUCTION

CHAPTER 8	Equipment: Dumbbell
	Cathe's Weight 10 lb. My Weight

DEADLIFTS / SQUATS

CHAPTER 9	Equipment: Two Dumbbells
	Cathe's Weight 15 lb. My Weight

SINGLE LEG DEADLIFTS / FRONT RAISES

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

DEADROWS / UPRIGHT ROWS / SHRUGS

CHAPTER 11	Equipment: Two Dumbbells
	Cathe's Weight 12 lb. My Weight

BACK LUNGE / ROWS

CHAPTER 12	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

SIDE LUNGE ABDUCTIONS

CHAPTER 13	Equipment: None
	Cathe's Weight NA

CHAPTERS

METABOLIC TOTAL BODY, Continued

FRONT LUNGES WITH FIGURE 8 ROW ARMS / ELBOW TO KNEE

CHAPTER 14	Equipment: None
	Cathe's Weight NA

PUSHUPS

CHAPTER 15	Equipment: None
	Cathe's Weight NA

SQUAT / CURL / PRESS / TRICEP EXTENSION

CHAPTER 16	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

SQUAT CURL

CHAPTER 17	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

LUNGE KICK LUNGE STAND

CHAPTER 18	Equipment: Two Dumbbells
	Cathe's Weight 5 lb. My Weight

STATIC LUNGE / TRICEP EXTENSION

CHAPTER 19	Equipment: Two Dumbbells
	Cathe's Weight 8 lb. My Weight

SUMO SQUAT / BICEP CURL

CHAPTER 20	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

DYNAMIC FRONT LUNGE RAISES

CHAPTER 21	Equipment: Two Dumbbells
	Cathe's Weight 5 lb. My Weight

REAR LUNGE / CURL / PRESS

CHAPTER 22	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

FRONT RAISE / REAR DELT PULL / LATERAL RAISE

CHAPTER 23	Equipment: Two Dumbbells
	Cathe's Weight 5 lb. My Weight

SQUAT TWISTS

CHAPTER 24	Equipment: Two Dumbbells
	Cathe's Weight 5 lb. My Weight

SQUAT JAB

CHAPTER 25	Equipment: Two Dumbbells
	Cathe's Weight 5 lb. My Weight

CONTROLLED SLOW ELBOW TO KNEE

CHAPTER 26	Equipment: None
	Cathe's Weight NA

CHAPTERS

METABOLIC TOTAL BODY, Continued

STRETCH

CHAPTER 27	Equipment: None
	Cathe's Weight NA

CHAPTERS

METABOLIC TOTAL BODY • BONUSES

BLIZZARD BLAST

SQUAT THRUST / PUSHUP / AIR JACKS

CHAPTER 1	Equipment: None
	Cathe's Weight NA

45 DEGREE LUNGE / CURL

CHAPTER 2	Equipment: Two Dumbbells
	Cathe's Weight 10 lb. My Weight

SURFER BURPEES

CHAPTER 3	Equipment: None
	Cathe's Weight NA

FRONT SWING WITH LAT PULL DOWN

CHAPTER 4	Equipment: Dumbbell
	Cathe's Weight 10 lb. My Weight

JACK THRUST PUSHUP COMPLEX

CHAPTER 5	Equipment: None
	Cathe's Weight NA

KNEE LIFT / SHOULDER ARCS

CHAPTER 6	Equipment: Two Dumbbells
	Cathe's Weight 5 lb. My Weight

SQUAT THRUST CLIMBERS

CHAPTER 7	Equipment: None
	Cathe's Weight NA

ALTERNATING SIDE LUNGE CIRCLES

CHAPTER 8	Equipment: Dumbbell
	Cathe's Weight 5 lb. My Weight

JACK SEQUENCE

CHAPTER 9	Equipment: None
	Cathe's Weight NA

WALKING LUNGES

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

COOL DOWN

CHAPTER 11	Equipment: None
	Cathe's Weight NA

MUSCLE MELTDOWN • CHEST

ROUND 1 • INCLINE PUSHUPS

CHAPTER 1	Chest	Equipment: Step
	Cathe's Weight NA	

CHAPTERS

METABOLIC TOTAL BODY • BONUSES, Continued

ROUND 1 • FLAT BENCH PRESS

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

ROUND 1 • FLAT BENCH FLY

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

ROUND 1 • INCLINE BENCH PRESS

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

ROUND 1 • INCLINE BENCH FLY

CHAPTER 5	WM #326	Chest	Equipment: Two Dumbbells / Step	
	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 8	WM #297	Chest	Equipment: Two Dumbbells / Step	
	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • INCLINE BENCH PRESS

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

ROUND 2 • INCLINE BENCH FLY

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

ROUND 3 • INCLINE PUSHUPS

CHAPTER 11	Chest	Equipment: Step
	Cathe's Weight NA	

ROUND 3 • FLAT BENCH PRESS

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

ROUND 3 • FLAT BENCH FLY

CHAPTER 13	WM #297	Chest	Equipment: Two Dumbbells / Step	
	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 15	WM #326	Chest	Equipment: Two Dumbbells / Step	
	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

COOL DOWN

CHAPTER 16	Equipment: Step			
	Cathe's Weight NA			

ICY CORE 1

SIDE TO SIDE ROWERS

CHAPTER 1	Equipment: Dumbbell / Mat			
	Cathe's Weight 5 lb.		My Weight	

PULLOVER EXTENSIONS

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

SIT UP LEG LIFT WITH WEIGHT

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

LYING UP AND OVERS

CHAPTER 4	Equipment: Dumbbell / Mat			
	Cathe's Weight NA			

HANDS TO HEELS CRUNCHES

CHAPTER 5	Equipment: Mat			
	Cathe's Weight NA			

LEG CHASERS

CHAPTER 6	Equipment: Mat			
	Cathe's Weight NA			

SLOW BIKE MANEUVER

CHAPTER 7	Equipment: Mat			
	Cathe's Weight NA			

REVERSE CRUNCHES

CHAPTER 8	Equipment: Mat			
	Cathe's Weight NA			

SWIMMER STROKE PLANKS

CHAPTER 9	Equipment: Mat			
	Cathe's Weight NA			

ELBOW TO KNEE PLANKS

CHAPTER 10	Equipment: Mat			
	Cathe's Weight NA			

FULL BODY BREAST STROKE

CHAPTER 11	Equipment: Mat			
	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 3	Equipment: None
	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 9	Equipment: None
	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 12	Equipment: None
	Cathe's Weight NA

PUNCHING COMBO 3

CHAPTER 13	Equipment: None
	Cathe's Weight NA

CHAPTERS

ROCK'M SOCK'M KICKBOX, Continued

GROUND AND POUND BLAST

CHAPTER 14	Equipment: None
	Cathe's Weight NA

HIGH INTENSITY PUNCHING DRILLS

CHAPTER 15	Equipment: None
	Cathe's Weight NA

FORWARD BACK ATTACK BLAST

CHAPTER 16	Equipment: None
	Cathe's Weight NA

COOL DOWN

CHAPTER 17	Equipment: None
	Cathe's Weight NA

STRETCH

CHAPTER 18	Equipment: Mat
	Cathe's Weight NA

CHAPTERS

ROCK'M SOCK'M KICKBOX • BONUSSES

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 6	Equipment: None
	Cathe's Weight NA

MUSCLE MELTDOWN • TRICEPS

ROUND 1 • OVERHEAD TRICEP EXTENSIONS

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

ROUND 1 • KICKBACKS

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

ROUND 1 • DIPS

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

ROUND 2 • OVERHEAD TRICEP EXTENSIONS

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

CHAPTERS

ROCK'M SOCK'M KICKBOX • BONUSES, Continued

ROUND 2 • KICKBACKS

CHAPTER 7	WM #720	Triceps	Equipment: Two Dumbbells	
	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • DIPS

CHAPTER 8	Triceps	Equipment: Step
	Cathe's Weight NA	

ROUND 2 • LYING TRICEP EXTENSIONS

CHAPTER 9	WM #757	Triceps	Equipment: Two Dumbbells / Step	
	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 2 • CLOSE GRIP BENCH PRESS

CHAPTER 10	WM #706	Triceps	Equipment: Two Dumbbells / Step	
	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 3 • OVERHEAD TRICEP EXTENSIONS

CHAPTER 11	WM #1093	Triceps	Equipment: Two Dumbbells	
	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 3 • KICKBACKS

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

ROUND 3 • DIPS

CHAPTER 13	Triceps	Equipment: Step
	Cathe's Weight NA	

ROUND 3 • LYING TRICEP EXTENSIONS

CHAPTER 14	WM #757	Triceps	Equipment: Two Dumbbells / Step	
	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

ROUND 3 • CLOSE GRIP BENCH PRESS

CHAPTER 15	WM #706	Triceps	Equipment: Two Dumbbells / Step	
	1RM 75%	12 Reps	Cathe's Weight 12 lb.	My Weight

COOL DOWN

CHAPTER 16	Equipment: Step			
	Cathe's Weight NA			

ICY CORE 1

SIDE TO SIDE ROWERS

CHAPTER 1	Equipment: Dumbbell / Mat			
	Cathe's Weight 5 lb.		My Weight	

PULLOVER EXTENSIONS

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

SIT UP LEG LIFT WITH WEIGHT

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

CHAPTERS

ROCK'M SOCK'M KICKBOX • BONUSES, Continued

LYING UP AND OVERS

CHAPTER 4	Equipment: Dumbbell / Mat
	Cathe's Weight NA

HANDS TO HEELS CRUNCHES

CHAPTER 5	Equipment: Mat
	Cathe's Weight NA

LEG CHASERS

CHAPTER 6	Equipment: Mat
	Cathe's Weight NA

SLOW BIKE MANEUVER

CHAPTER 7	Equipment: Mat
	Cathe's Weight NA

REVERSE CRUNCHES

CHAPTER 8	Equipment: Mat
	Cathe's Weight NA

SWIMMER STROKE PLANKS

CHAPTER 9	Equipment: Mat
	Cathe's Weight NA

ELBOW TO KNEE PLANKS

CHAPTER 10	Equipment: Mat
	Cathe's Weight NA

FULL BODY BREAST STROKE

CHAPTER 11	Equipment: Mat
	Cathe's Weight NA

CHAPTERS

TO THE MAT: LEGS & GLUTES



WARM UP

CHAPTER 1	Equipment: Mat
	Cathe's Weight NA

ROLL INS

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

FROG ROLL INS

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

SIDE LEANING OUTER THIGH

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

BALL TOSS

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

BALL KNEE SQUEEZE

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

LEG LIFT PULSES

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

OUTER THIGH PRESSES

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

GLUTE SQUEEZES / BRIDGES

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

SINGLE LEG HIP LIFTS

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

MARCHING PLANKS

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

HYDRANTS

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

CALF PRESS

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

CHAPTERS

TO THE MAT: LEGS & GLUTES, Continued

SIDE PLANK WITH HIP LIFT / LEG LIFT

CHAPTER 14	Equipment: Mat
	Cathe's Weight NA

INNER THIGH LIFT

CHAPTER 15	Equipment: Mat
	Cathe's Weight NA

GLUTE HAMSTRING SQUEEZES

CHAPTER 16	Equipment: Dumbbell / Mat
	Cathe's Weight 10 lb. My Weight

PIVOTING CHILD'S POSE PLANKS

CHAPTER 17	Equipment: Mat
	Cathe's Weight NA

L POSITION LEG LIFTS / KNEE TO TOE ROTATIONS

CHAPTER 18	Equipment: Mat
	Cathe's Weight NA

DOWNWARD FACING DOG PLANKS

CHAPTER 19	Equipment: Mat
	Cathe's Weight NA

FLUTTER KICKS

CHAPTER 20	Equipment: Mat
	Cathe's Weight NA

STRETCH

CHAPTER 21	Equipment: Mat
	Cathe's Weight NA

CHAPTERS

TO THE MAT: LEGS & GLUTES • BONUSSES

MUSCLE MELTDOWN • SHOULDERS

ROUND 1 • OVERHEAD PRESS

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

ROUND 1 • UPRIGHT ROW

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

ROUND 1 • STANDING SIDE LATERAL RAISE

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

ROUND 1 • FRONT RAISE

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

ROUND 1 • REAR DELT ON BALL

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

ROUND 2 • OVERHEAD PRESS

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

ROUND 2 • UPRIGHT ROW

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

ROUND 2 • STANDING SIDE LATERAL RAISE

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

ROUND 2 • FRONT RAISE

CHAPTER 9	WM #636	Shoulders	Equipment: Dumbbell	
	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 11	WM #678	Shoulders	Equipment: Two Dumbbells	
	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 • UPRIGHT ROW

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

ROUND 3 • STANDING SIDE LATERAL RAISE

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

CHAPTERS

TO THE MAT: LEGS & GLUTES • BONUSES, Continued

ROUND 3 • FRONT RAISE

CHAPTER 14	WM #636	Shoulders	Equipment: Dumbbell	
	1RM 75%	12 Reps	Cathe's Weight 10 lb.	My Weight

ROUND 3 • REAR DELT ON BALL

CHAPTER 15	WM #645	Shoulders	Equipment: Dumbbell / Stability Ball / Mat	
	1RM 75%	12 Reps	Cathe's Weight 5 lb.	My Weight

COOL DOWN

CHAPTER 16	Equipment: None			
	Cathe's Weight NA			

ICY CORE 2

WEIGHTED V SITS

CHAPTER 1	Equipment: Dumbbell / Mat			
	Cathe's Weight 5 lb.		My Weight	

PULLOVER HEEL TAP / EXTENSIONS

CHAPTER 2	Equipment: Dumbbell / Mat			
	Cathe's Weight 5 lb.		My Weight	

45 DEGREE TOE TO HEEL TAPS

CHAPTER 3	Equipment: Mat			
	Cathe's Weight NA			

SIDE OBLIQUE REACHES

CHAPTER 4	Equipment: Mat			
	Cathe's Weight NA			

C CURVE CRUNCHES

CHAPTER 5	Equipment: Resistance Band / Mat			
	Cathe's Weight NA			

SAW

CHAPTER 6	Equipment: Resistance Band / Mat			
	Cathe's Weight NA			

SIDE TO SIDE OBLIQUE TWISTS

CHAPTER 7	Equipment: Resistance Band / Mat			
	Cathe's Weight NA			

SIDE PLANK CLAM EXTENSION

CHAPTER 8	Equipment: Mat			
	Cathe's Weight NA			

ROTATING SIDE TO SIDE PLANKS

CHAPTER 9	Equipment: Mat			
	Cathe's Weight NA			

PRONE PLANK / MARCHING PLANK

CHAPTER 10	Equipment: Mat			
	Cathe's Weight NA			

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

MISHMOSH PREMIXES

Scrambled #1	Changes the order of some rounds and mixes in Blizzard Blast intervals.	56:39
Scrambled #2	Mixes all 3 Muscle Meltdown + 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

MISHMOSH PREMIXES

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

MISHMOSH PREMIXES

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

MISHMOSH PREMIXES

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	Warm Up + Main Routine + Muscle Meltdown + Chest + Stretch	63:18
Premix #3	Warm Up + Main Routine + Muscle Meltdown + Chest + Icy Core 1 + Stretch	74:21
Premix #4	Warm Up + Main Routine + Blizzard Blast + Stretch	60:11
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

MISHMOSH PREMIXES

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	Warm Up + Main Routine + Muscle Meltdown + Triceps + Stretch	61:52
Premix #3	Warm Up + Main Routine + Muscle Meltdown + Triceps + Icy Core 1 + Stretch	72:53
Premix #4	Warm Up + Main Routine + Blizzard Blast + Stretch	61:58
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

MISHMOSH PREMIXES

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	No Stability Ball: Only bands and floor work exercises.	35:02
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

MISHMOSH PREMIXES

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 SWINGING MILITARY PRESS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 3 TRIPLE DEAD ROW / TRIPLE UPRIGHT ROW / SHRUG 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 4 WINDMILLS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 5 HAMMER CURL / CLUTCH CURL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 6 OVERHEAD PRESS / OVERHEAD EXTENSION 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 7 FORWARD TILT BENT ARM LATERAL RAISE 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 8 ROTATIONAL ROWS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 9 DISCUS THROW Dumbbell 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

CHISELED UPPER BODY, Continued

CHAPTER 10 3 CURLS / 1 PRESS Two Dumbbells / Mat 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 11 TRICEP PUSHUP WITH LEG LIFT Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 12 REAR DELT RAISE WITH LEG EXTENSION Dumbbell / Mat 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 13 CHEST FLY WITH LEG EXTENSION Two Dumbbells / Mat Cathe's Weight 8 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 14 PULLOVER EXTENSIONS Two Dumbbells / Mat 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 15 BEAR CRAWL PLANK WALKS Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 16 HIGH PLANK DESCENTS Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 17 HIGH PLANK DESCENTS WIDE ARM Mat	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

WORKOUT CARD

CHISELED UPPER BODY, Continued

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

WORKOUT CARD

MUSCLE MELTDOWN • BICEPS

CHAPTER 1 ROUND 1 • STANDING 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 2 ROUND 1 • STANDING 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 3 ROUND 1 • PREACHER CURL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 4 ROUND 1 • INCLINE HAMMER CURL Two Dumbbells / Stability Ball / 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 5 ROUND 1 • CONCENTRATION CURL Dumbbell / Stability Ball / 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 6 ROUND 2 • STANDING CURL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 7 ROUND 2 • STANDING HAMMER CURL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 8 ROUND 2 • PREACHER CURL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

MUSCLE MELTDOWN • BICEPS, Continued

CHAPTER 9 ROUND 2 • INCLINE HAMMER CURL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 10 ROUND 2 • CONCENTRATION CURL Dumbbell / Stability Ball / 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11 ROUND 3 • STANDING CURL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 12 ROUND 3 • STANDING HAMMER CURL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13 ROUND 3 • PREACHER CURL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 14 ROUND 3 • INCLINE HAMMER CURL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15 ROUND 3 • CONCENTRATION CURL Dumbbell / Stability Ball / 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

MUSCLE MELTDOWN • SHOULDERS

CHAPTER 1 ROUND 1 • OVERHEAD PRESS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 2 ROUND 1 • UPRIGHT ROW 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 3 ROUND 1 • STANDING SIDE LATERAL RAISE 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 4 ROUND 1 • FRONT RAISE Dumbbell 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 5 ROUND 1 • REAR DELT ON BALL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 6 ROUND 2 • OVERHEAD PRESS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 7 ROUND 2 • UPRIGHT ROW 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 8 ROUND 2 • STANDING SIDE LATERAL RAISE 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

MUSCLE MELTDOWN • SHOULDERS, Continued

CHAPTER 9 ROUND 2 • FRONT RAISE Dumbbell 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 10 ROUND 2 • REAR DELT ON BALL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11 ROUND 3 • OVERHEAD PRESS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 12 ROUND 3 • UPRIGHT ROW 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13 ROUND 3 • STANDING SIDE LATERAL RAISE 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 14 ROUND 3 • FRONT RAISE Dumbbell 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15 ROUND 3 • REAR DELT ON BALL 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
	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 ROUND 1 • ONE ARM ROW 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 2 ROUND 1 • PULLOVER 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 3 ROUND 1 • ONE ARM WIDE ROW 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 4 ROUND 1 • ONE ARM PULLOVER 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 5 ROUND 1 • DEADLIFT 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
	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 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 7 ROUND 2 • PULLOVER 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 8 ROUND 2 • ONE ARM WIDE ROW 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

MUSCLE MELTDOWN • BACK, Continued

CHAPTER 9 ROUND 2 • ONE ARM PULLOVER 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 10 ROUND 2 • DEADLIFT 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11 ROUND 3 • ONE ARM ROW 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 12 ROUND 3 • PULLOVER 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13 ROUND 3 • ONE ARM WIDE ROW 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 14 ROUND 3 • ONE ARM PULLOVER 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15 ROUND 3 • DEADLIFT 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
	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 ROUND 1 • INCLINE PUSHUPS Step	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 2 ROUND 1 • FLAT BENCH PRESS 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	Reps	Date	Weight	Reps

CHAPTER 3 ROUND 1 • FLAT BENCH FLY 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	Reps	Date	Weight	Reps

CHAPTER 4 ROUND 1 • INCLINE BENCH PRESS 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	Reps	Date	Weight	Reps

CHAPTER 5 ROUND 1 • INCLINE BENCH FLY 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	Reps	Date	Weight	Reps

CHAPTER 6 ROUND 2 • INCLINE PUSHUPS Step	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 7 ROUND 2 • FLAT BENCH PRESS 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	Reps	Date	Weight	Reps

CHAPTER 8 ROUND 2 • FLAT BENCH FLY 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	Reps	Date	Weight	Reps

WORKOUT CARD

MUSCLE MELTDOWN • CHEST, Continued

CHAPTER 9 ROUND 2 • INCLINE BENCH PRESS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 10 ROUND 2 • INCLINE BENCH FLY 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11 ROUND 3 • INCLINE PUSHUPS Step	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
CHAPTER 12 ROUND 3 • FLAT BENCH PRESS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13 ROUND 3 • FLAT BENCH FLY 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 14 ROUND 3 • INCLINE BENCH PRESS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15 ROUND 3 • INCLINE BENCH FLY 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

MUSCLE MELTDOWN • TRICEPS

CHAPTER 1 ROUND 1 • OVERHEAD TRICEP EXTENSIONS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 2 ROUND 1 • KICKBACKS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 3 ROUND 1 • DIPS Step	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

CHAPTER 4 ROUND 1 • LYING TRICEP EXTENSIONS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 5 ROUND 1 • CLOSE GRIP BENCH PRESS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 6 ROUND 2 • OVERHEAD TRICEP EXTENSIONS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 7 ROUND 2 • KICKBACKS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHAPTER 8 ROUND 2 • DIPS Step	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps
	Date	Reps	Date	Reps	Date	Reps

WORKOUT CARD

MUSCLE MELTDOWN • TRICEPS, Continued

CHAPTER 9 ROUND 2 • LYING TRICEP EXTENSIONS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 10 ROUND 2 • CLOSE GRIP BENCH PRESS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11 ROUND 3 • OVERHEAD TRICEP EXTENSIONS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 12 ROUND 3 • KICKBACKS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13 ROUND 3 • DIPS Step	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
	Date		Reps	Date		Reps	Date		Reps
CHAPTER 14 ROUND 3 • LYING TRICEP EXTENSIONS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15 ROUND 3 • CLOSE GRIP BENCH PRESS 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	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

MUSCLE MELTDOWN • SHOULDERS

CHAPTER 1 ROUND 1 • OVERHEAD PRESS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 2 ROUND 1 • UPRIGHT ROW 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 3 ROUND 1 • STANDING SIDE LATERAL RAISE 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 4 ROUND 1 • FRONT RAISE Dumbbell 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 5 ROUND 1 • REAR DELT ON BALL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 6 ROUND 2 • OVERHEAD PRESS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 7 ROUND 2 • UPRIGHT ROW 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 8 ROUND 2 • STANDING SIDE LATERAL RAISE 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARD

MUSCLE MELTDOWN • SHOULDERS, Continued

CHAPTER 9 ROUND 2 • FRONT RAISE Dumbbell 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 10 ROUND 2 • REAR DELT ON BALL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 11 ROUND 3 • OVERHEAD PRESS 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 12 ROUND 3 • UPRIGHT ROW 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 13 ROUND 3 • STANDING SIDE LATERAL RAISE 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 14 ROUND 3 • FRONT RAISE Dumbbell 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CHAPTER 15 ROUND 3 • REAR DELT ON BALL 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
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps



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