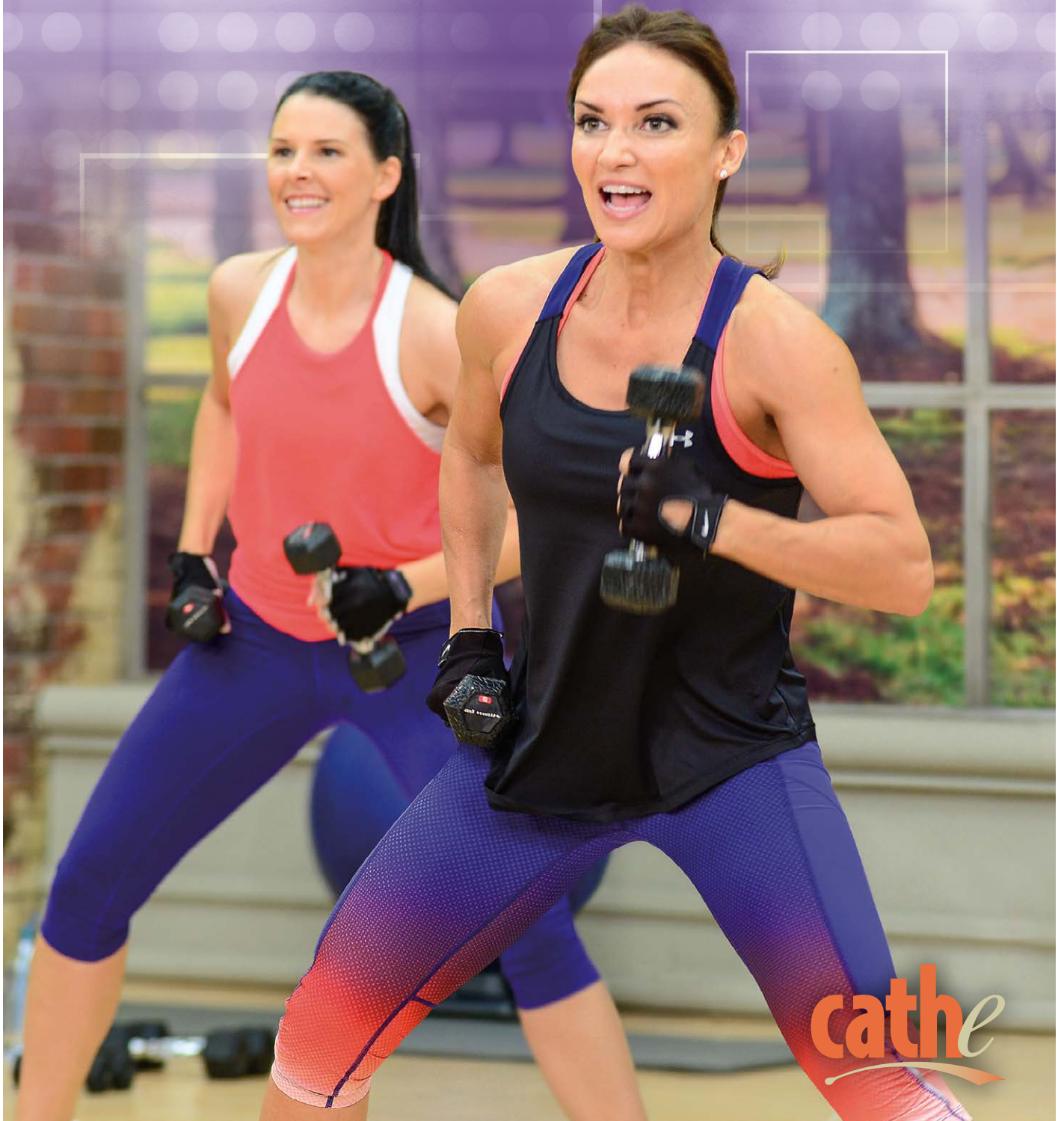


liTe Low Impact
Training
Extreme

User's Guide



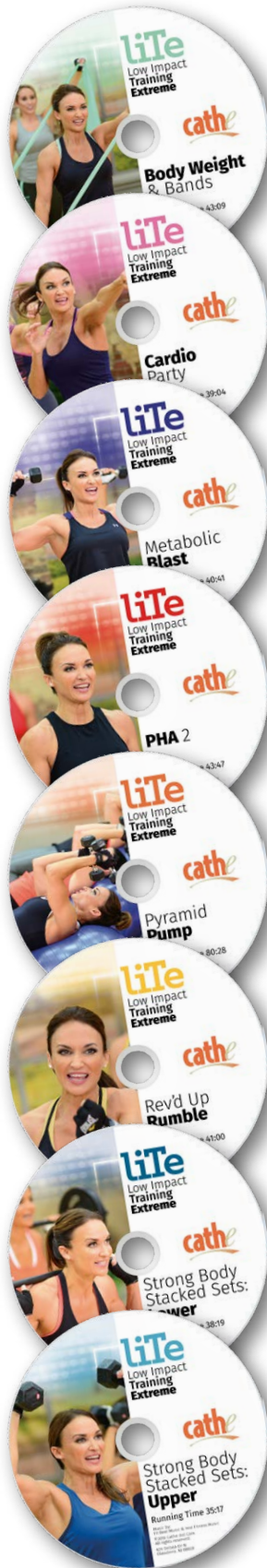
cath*e*

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ABOUT THE LITE SERIES



OVERVIEW

LITE is a fully low impact series that was designed to challenge the intermediate exerciser. Although the workouts were created with the intermediate exerciser in mind, they are easily adaptable for a more advanced exerciser by simply choosing heavier weight options and adding impact to the cardio movement as desired. Higher intensity “Calorie Crush” add on bonuses have also been added to the cardio routines to allow an advanced exerciser to get a solid sweaty workout! These easy adjustments will also help an intermediate exerciser as they graduate with the program and start looking for additional challenges. The Calorie Crushes are also great on their own when you only have a small amount of time to spare and want to get a quick sweat before getting on with your day!

The LITE Series has a perfect mix of solid weight routines and high energy, heart happy cardio! The series also includes two ab bonuses for a core focused challenge and two extended stretch bonuses for those days when your muscles are needing a little extra love. The routines in this series are on the shorter side making them time effective. The shorter length also allows an exerciser to add on the bonuses, utilize premixes or double up for a longer workout on days when time is not an issue!

In this User's Guide, I've provided four rotations to keep you motivated and challenged as you get to know and love your new routines! These rotations utilize the LITE series workouts along with a few other favorite series to keep things fresh and challenging through the weeks in each rotation. Choose to do a one-month rotation or add multiple rotations together for a two, three or even four-month challenge! I've added one rest day per week throughout the rotations. Take additional rest days when needed and utilize the extended stretches as often as you like. Calorie Crush add on bonuses are always listed as “optional” and can be eliminated if you prefer to keep your workout entirely low impact. On the flip side, you can add Calorie Crushes on any days where they are not listed if you feel like you need an extra boost! As always, get plenty of water, eat well and make sure you always leave time for proper recovery. Double knot those laces; it's time to *crush it!*

WORKOUTS

THE LITE SERIES

ABOUT THE WORKOUTS

Body Weight & Bands



You don't always need weights for a great muscle routine and this workout will prove it! Body Weight & Bands requires nothing more than your body weight and fitness bands making it a great low impact, travel friendly routine that will challenge your body through varying exercises and rep patterns using your own weight and rubber resistance.

Cardio Party



Who's ready to party?! This high energy routine will mix multiple cardio methods to leave you worked and breathless, but you'll be having so much fun, you may not even notice! Get ready to "party hard" while all low impact movement keeps it easy on your joints!

Metabolic Blast



This total body metabolic training workout will hit all muscle groups through utilization of compound lifting methods and grounded blast movements to fire up muscles and your heart rate! This type of training provides both strength and cardio benefits in a short amount of time.

PHA 2



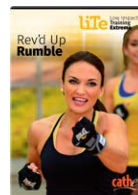
This workout moves! We will waste no time as we alternate between lower and upper body exercises to keep our bodies firing at optimal levels without the need for long rest periods. This method of training allows for maximum muscle recruitment and results that will speak for themselves!

Pyramid Pump



This optional bonus full body workout utilizes the full pyramid system to maximize your exercise potential in the shortest amount of time possible. This workout is available as short individual muscle group "Pyramid Pump Bonuses" featured on all of the other LITE DVDs. This bonus has all of the muscle groups combined on a single DVD, thoroughly chaptered, and includes premixes for upper body and lower body workouts as well as other options.

Rev'd Up Rumble



Get ready to find your fierce! This charged up kickboxing routine will have you digging deep and reaching high for those goals! Cardio punches, cardio kicks, combos and blasts will be mixed throughout the workout, so get yourself rumble ready!

Strong Body Stacked Sets: Lower



It's time to shape up those legs! This all lower body weight routine will torch your legs and glutes utilizing giant sets! There will be little rest within each giant set to raise that heart rate and burn some serious calories.

Strong Body Stacked Sets: Upper



Time to get your muscles pumping! This all upper body weight routine will utilize giant sets to incorporate a whole lot of work into a short amount of time! Layer on exercises, reps and sets to elevate your metabolic rate and totally fatigue your muscles!

ROTATIONS

THE LITE SERIES

ABOUT THE ROTATIONS

In this User's Guide I've provided four rotations to get you started and keep you challenged with the LITE Series. One of the rotations will focus solely on the LITE Series alone while the others will mix LITE with a few of my other popular workout series: ICE, Ripped with HiIT and Strong and Sweaty. It's simple to get started with LITE by choosing the rotation

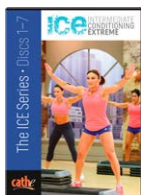
that best fits your current needs. As always, you may want to preview the new routines before you get started so that you have a better idea of what's in store for you as you move through the rotation of your choice. Most importantly, have fun! You've set this time aside for YOU! Find your perfect challenge! Let's take a closer look at the rotations.

LITE One Month Rotation



This rotation focuses only on the LITE series. This will allow you to “get to know” the new workouts and how each one feels before you start mixing them with additional series. This rotation is also great if you want a month of time effective yet solid workouts that are new, exciting and different for your body. This rotation is great alone as a one-month challenge, but also makes a great “first month” of a longer rotation. Feel free to play with LITE premixes within the series on days when you want longer workouts or additional bonus features.

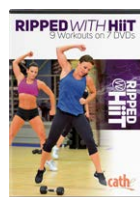
LITE / ICE One Month Rotation



Looking to mix things up a bit while staying low impact and/or intermediate? Then this rotation is for you! This rotation mixes the LITE series with my first intermediate series, ICE. Don't be fooled! This rotation utilizes intermediate, low impact workouts,

but it is NOT easy! Each week is packed with multiple types of weight routines, cardio routines and also includes both Calorie Crush AND Blizzard Blast add ons! Omit or add these bonuses as necessary to find your perfect challenge!

LITE / Ripped with HiIT One Month Rotation



This rotation takes LITE to a whole new level by mixing the LITE Series workouts with the Ripped with HiIT Series! We all know that RWH is no joke! The workouts are breathy, heavy and add up fast! Watch out for week three! Two Plyo HiITs, three Calorie Crush add ons and no rest till Sunday “oh my!” No matter how you slice this rotation will have you “work working” to your max!

LITE / Strong and Sweaty One Month Rotation



This rotation will put your endurance and your muscles to the test by mixing the LITE Series workouts with the Strong and Sweaty Series. Between metabolic weight routines, cardio routines and some solid weight routines in each week you are sure to be sore and exhilarated all in one! The weight routines in this rotation are on the heavier side so you may find yourself wanting a couple extra extended stretches throughout the month to restore length and flexibility to those hard-working muscles.

EQUIPMENT USED IN THE LITE SERIES

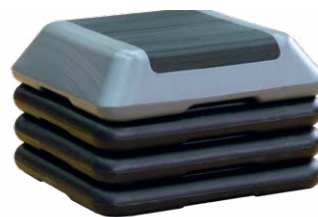
The LITE has been designed to be done in your home with minimal equipment. The dumbbell and barbell weights Cathe uses for every

exercise in the series are included in the Chapters section of this user guide.

Step with Three Risers per Side



High Step with Three Risers



Dumbbells (3, 5, 8, 10, 12, & 15 lbs.)



Barbell (25 & 30 lbs.)



Mat



Gliding Devices



Stability Ball



Fitness Loops



Tubing



Bands



QUICK START GUIDE

LITE SERIES

STEP #1

What is the “LITE”? Low Impact Training Extreme! It’s my new LOW IMPACT series focused on the needs of the intermediate exerciser. Don’t let the name of this series fool you. It may be LITE on impact and LITE on those joints, but the LITE Series is anything but LITE on the challenge! This series will not only help intermediate exercises reach their full potential, but it will also provide a solid challenge for the advanced exerciser through ramped up bonus segments, higher weight options, and premixes. No matter your current fitness level, the LITE series will fit perfectly into your routine.

So many of our Cathletes have requested a second intermediate series after my first series, ICE, was released in 2015. LITE, ICE’s sister series, takes intermediate even further with new routines, new bonuses and a fresh look at intermediate exercise.

To begin, select the LITE rotation workout program on the following pages that best fits your needs. Each LITE workout program is divided into weekly workout sections. Each of these weekly workout sections will tell you which LITE workout to do each day and the DVD the workout can be found on. This series contains 7 DVD workouts that not only maximize your workout time, but give you multiple options to make it happen with little to no impact. As your fitness level progresses make sure to increase the weights you use and also consider adding more advanced options using the LITE bonus workouts, like the “Calorie Crush” workouts.

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

STEP #3

Select the proper weights for each exercise that uses weights. Selecting a weight that is too light or too heavy will greatly diminish the results you can expect from the LITE program. The weight Cathe uses for every exercise is listed in the Chapters section of this user guide as well as at the beginning of every weight exercise in all of the LITE videos. 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 LITE Bonus Abs workout, Pyramid Pump and extended stretches in your LITE workout schedule. Just add them to the end of any workout you like, or select one of our premixes. On the following pages, you will find four LITE 30-day rotations. LITE workouts are designed so that it is very easy to substitute and use workouts from our other videos as well as the numerous premixes included with the LITE series. You’ll get the perfect mix of cardio and strength to keep your body challenged and changing!

LITE ONE MONTH ROTATION



WEEK 1	WORKOUT	TIME
Monday	Cardio Party + Cardio Party Calorie Crush (optional)	56 min.
Tuesday	Strong Body Stacked Sets: Upper + Bonus Six Pack Abs #1	47 min.
Wednesday	Strong Body Stacked Sets: Lower	39 min.
Thursday	OFF	
Friday	Pyramid Pump in its entirety	82 min.
Saturday	Rev'd Up Rumble + Bonus Six Pack Abs #2	52 min.
Sunday	Metabolic Blast + Metabolic Blast Calorie Crush (optional)	53 min.

WEEK 2	WORKOUT	TIME
Monday	PHA 2	45 min.
Tuesday	Cardio Party + Bonus Six Pack Abs #2	50 min.
Wednesday	Strong Body Stacked Sets: Lower	39 min.
Thursday	Rev'd Up Rumble + Rev'd Up Rumble Calorie Crush (optional)	51 min.
Friday	Strong Body Stacked Sets: Upper + Bonus Six Pack Abs #1	47 min.
Saturday	Off	
Sunday	Body Weight & Bands + Body Weight & Bands Calorie Crush (optional)	53 min.

WEEK 3	WORKOUT	TIME
Monday	Pyramid Pump Upper Body Only + Bonus Six Pack Abs #1	48 min.
Tuesday	Strong Body Stacked Sets: Lower	39 min.
Wednesday	Rev'd Up Rumble + Rev'd Up Rumble Calorie Crush (optional)	51 min.
Thursday	Cardio Party + Cardio Party Calorie Crush (optional)	56 min.
Friday	OFF	
Saturday	Pyramid Pump Lower Body Only + Bonus Six Pack Abs #2	46 min.
Sunday	Strong Body Stacked Sets: Upper	37 min.

WEEK 4	WORKOUT	TIME
Monday	Rev'd Up Rumble + Rev'd Up Rumble Calorie Crush (optional)	51 min.
Tuesday	Body Weight & Bands + Body Weight & Bands Calorie Crush (optional)	53 min.
Wednesday	Cardio Party + Bonus Six Pack Abs #2	50 min.
Thursday	PHA 2	45 min.
Friday	OFF	
Saturday	Metabolic Blast + Metabolic Blast Calorie Crush (optional)	53 min.
Sunday	Strong Body Stacked Sets: Lower + Bonus Six Pack Abs #1	49 min.

LITE / ICE ONE MONTH ROTATION



WEEK 1	WORKOUT	TIME
Monday	Rev'd Up Rumble + Rev'd Up Rumble Calorie Crush (optional)	51 min.
Tuesday	Chiseled Upper Body + Icy Core 1	54 min.
Wednesday	Chiseled Lower Body Blast	49 min.
Thursday	Cardio Party + Bonus Six Pack Abs #1	50 min.
Friday	PHA 2	45 min.
Saturday	OFF or Extended Stretch #1	13 min.
Sunday	Metabolic Total Body + Blizzard Blast (optional)	61 min.

WEEK 2	WORKOUT	TIME
Monday	Rock'm Sock'm Kickbox + Blizzard Blast (optional)	63 min.
Tuesday	Strong Body Stacked Sets: Upper + Bonus Six Pack Abs #2	47 min.
Wednesday	Strong Body Stacked Sets: Lower	39 min.
Thursday	Cardio Party + Cardio Party Calorie Crush (optional)	56 min.
Friday	Boot Camp Circuit + Icy Core 2	60 min.
Saturday	OFF or Extended Stretch #2	11 min.
Sunday	Metabolic Blast	42 min.

WEEK 3	WORKOUT	TIME
Monday	Body Weight & Bands + Body Weight & Bands Calorie Crush (optional)	53 min.
Tuesday	PHA 2 + Bonus Six Pack Abs #1	55 min.
Wednesday	Rev'd Up Rumble + Rev'd Up Rumble Calorie Crush (optional)	51 min.
Thursday	Cardio Party + Bonus Six Pack Abs #2	50 min.
Friday	Metabolic Total Body	49 min.
Saturday	OFF or Extended Stretch #1	13 min.
Sunday	Chiseled Lower Body Blast	49 min.

WEEK 4	WORKOUT	TIME
Monday	Low Impact Sweat + Blizzard Blast (optional)	58 min.
Tuesday	Boot Camp Circuit + Icy Core 2	60 min.
Wednesday	Pyramid Pump Upper Body Only	38 min.
Thursday	To The Mat: Legs & Glutes	50 min.
Friday	Metabolic Blast + Metabolic Blast Calorie Crush (optional)	53 min.
Saturday	OFF or Extended Stretch #2	11 min.
Sunday	Rock'm Sock'm Kickbox + Icy Core 1	60 min.

LITE / RIPPED WITH HIIT ONE MONTH ROTATION



WEEK 1	WORKOUT	TIME
Monday	Metabolic Blast + Metabolic Blast Calorie Crush (optional)	53 min.
Tuesday	Plyo HiiT One + Bonus Abs One	40 min.
Wednesday	Pyramid Pump Lower Body Only + Bonus Six Pack Abs #2	46 min.
Thursday	Strong Body Stacked Sets: Upper	37 min.
Friday	Low Impact HiiT One + Extended Stretch #1	43 min.
Saturday	PHA 2	45 min.
Sunday	OFF	

WEEK 2	WORKOUT	TIME
Monday	Rev'd Up Rumble + Rev'd Up Rumble Calorie Crush (optional)	51 min.
Tuesday	Lift It Hit It Back, Biceps, Shoulders + Bonus Abs One	65 min.
Wednesday	Strong Body Stacked Sets: Lower	39 min.
Thursday	OFF	
Friday	Lift It Hit It Chest, Triceps, Shoulders	42 min.
Saturday	Cardio Party + Low Impact HiiT One	70 min.
Sunday	Low Impact HiiT Two + Extended Stretch #1	45 min.

WEEK 3	WORKOUT	TIME
Monday	Metabolic Blast + Metabolic Blast Calorie Crush (optional)	53 min.
Tuesday	Plyo HiiT One + Bonus Abs Two	43 min.
Wednesday	Strong Body Stacked Sets: Upper	37 min.
Thursday	Plyo HiiT Two + Bonus Abs One	39 min.
Friday	Body Weight & Bands + Body Weight & Bands Calorie Crush (optional)	53 min.
Saturday	Rev'd Up Rumble + Rev'd Up Rumble Calorie Crush (optional)	51 min.
Sunday	OFF	

WEEK 4	WORKOUT	TIME
Monday	PHA 2 + Bonus Six Pack Abs #2	55 min.
Tuesday	Low Impact HiiT Two + Extended Stretch #1	45 min.
Wednesday	Pyramid Pump Upper Body Only + Bonus Six Pack Abs #1	48 min.
Thursday	Lift It HiiT It Legs	43 min.
Friday	OFF	
Saturday	HiiT Circuit Lower Body	49 min.
Sunday	HiiT Circuit Upper Body	48 min.

LITE / STRONG & SWEATY ONE MONTH ROTATION



WEEK 1	WORKOUT	TIME
Monday	Cardio Slam	51 min.
Tuesday	Total Body Giant Sets	52 min.
Wednesday	Cardio Party + Bonus Six Pack Abs #2	50 min.
Thursday	PHA Training	44 min.
Friday	OFF	
Saturday	Boot Camp + Bonus Abs	59 min.
Sunday	Rev'd Up Rumble + Extended Stretch #1	55 min.

WEEK 2	WORKOUT	TIME
Monday	Ramped Up Upper Body	48 min.
Tuesday	Cycle Sweat or solid cardio of your choice	54 min.
Wednesday	Strong Body Stacked Sets: Lower	39 min.
Thursday	OFF	
Friday	Total Body Giant Sets	52 min.
Saturday	Cardio Party + Cardio Party Calorie Crush (optional)	56 min.
Sunday	Body Weight & Bands	44 min.

WEEK 3	WORKOUT	TIME
Monday	PHA Training	44 min.
Tuesday	Cardio Slam	51 min.
Wednesday	Boot Camp + Bonus Abs	59 min.
Thursday	Rev'd Up Rumble + Rev'd Up Rumble Calorie Crush (optional)	51 min.
Friday	Strong Body Stacked Sets: Upper + Extended Stretch #2	48 min.
Saturday	OFF	
Sunday	Pyramid Pump Lower Body Only + Extended Stretch #1	49 min.

WEEK 4	WORKOUT	TIME
Monday	Metabolic Blast + Metabolic Blast Calorie Crush (optional)	53 min.
Tuesday	Cycle Sweat or solid cardio of your choice	54 min.
Wednesday	PHA Training	44 min.
Thursday	Rev'd Up Rumble + Rev'd Up Rumble Calorie Crush (optional)	51 min.
Friday	Strong Body Stacked Sets: Lower	39 min.
Saturday	OFF	
Sunday	PHA 2	45 min.

CHAPTERS

BODY WEIGHT & BANDS



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

PUDDLE JUMPERS

CHAPTER 2	Equipment: Loop
	Cathe's Weight: NA

FIREWALKERS

CHAPTER 3	Equipment: Loop
	Cathe's Weight: NA

SIDE TO SIDE SUMO SQUATS

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

BOW AND ARROW LUNGES

CHAPTER 5	Equipment: Band
	Cathe's Weight: NA

STANDING TRICEP OVERHEAD EXTENSIONS

CHAPTER 6	Equipment: Band
	Cathe's Weight: NA

TRICEP PRESS DOWN

CHAPTER 7	Equipment: Band
	Cathe's Weight: NA

FRONT RAISE IN TREE POSE

CHAPTER 8	Equipment: Band
	Cathe's Weight: NA

X PATTERN REAR DELT PULLS

CHAPTER 9	Equipment: Band
	Cathe's Weight: NA

SINGLE LEG DEADLIFT WITH REAR PULSES

CHAPTER 10	Equipment: Tubing
	Cathe's Weight: NA

SINGLE ARM BICEP CURLS

CHAPTER 11	Equipment: Tubing
	Cathe's Weight: NA

STANDING OVERHEAD PRESS

CHAPTER 12	Equipment: Tubing
	Cathe's Weight: NA

CHAPTERS

BODY WEIGHT & BANDS



REAR LUNGES WITH BICEP CURLS

CHAPTER 13	Equipment: Tubing
	Cathe's Weight: NA

UPRIGHT ROWS

CHAPTER 14	Equipment: Tubing
	Cathe's Weight: NA

PUSH UPS

CHAPTER 15	Equipment: Tubing
	Cathe's Weight: NA

DOUBLE ARM ROWS

CHAPTER 16	Equipment: Tubing
	Cathe's Weight: NA

L POSITION PULSES

CHAPTER 17	Equipment: Loop, Mat
	Cathe's Weight: NA

HIP DIPS WITH LEG PRESS / INNER THIGH PRESS

CHAPTER 18	Equipment: Band, Mat
	Cathe's Weight: NA

GLUTE SQUEEZES

CHAPTER 19	Equipment: Band, Mat
	Cathe's Weight: NA

STRETCH

CHAPTER 20	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

BODY WEIGHT & BANDS CALORIE CRUSH



JACKS / SCISSORS

CHAPTER 1	Equipment: Loop
	Cathe's Weight: NA

ICE BREAKERS

CHAPTER 2	Equipment: Loop
	Cathe's Weight: NA

TWIST & TRAVEL COMBO

CHAPTER 3	Equipment: Loop
	Cathe's Weight: NA

TOUCHDOWN JACKS

CHAPTER 4	Equipment: Loop
	Cathe's Weight: NA

HEEL TOE COMBO

CHAPTER 5	Equipment: Loop
	Cathe's Weight: NA

SNOWBOARDS

CHAPTER 6	Equipment: Loop
	Cathe's Weight: NA

REACH & TAPS

CHAPTER 7	Equipment: Loop
	Cathe's Weight: NA

TRAVELING SCISSORS

CHAPTER 8	Equipment: Loop
	Cathe's Weight: NA

JACKS / AIR JACKS

CHAPTER 9	Equipment: Loop
	Cathe's Weight: NA

LOW IMPACT FIREWALKER COMBO

CHAPTER 10	Equipment: Loop
	Cathe's Weight: NA

COOLDOWN

CHAPTER 11	Equipment: Loop
	Cathe's Weight: NA

CHAPTERS

CARDIO PARTY



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

BOXING 1

CHAPTER 2	Equipment: None
	Cathe's Weight: NA

HI / LO 1

CHAPTER 3	Equipment: None
	Cathe's Weight: NA

BLAST 1

CHAPTER 4	Equipment: None
	Cathe's Weight: NA

BOXING 2

CHAPTER 5	Equipment: None
	Cathe's Weight: NA

HI / LO 2

CHAPTER 6	Equipment: None
	Cathe's Weight: NA

BLAST 2

CHAPTER 7	Equipment: None
	Cathe's Weight: NA

BOXING 3

CHAPTER 8	Equipment: None
	Cathe's Weight: NA

BLAST 3

CHAPTER 9	Equipment: None
	Cathe's Weight: NA

COOLDOWN

CHAPTER 10	Equipment: None
	Cathe's Weight: NA

STRETCH

CHAPTER 11	Equipment: None
	Cathe's Weight: NA

CHAPTERS

CARDIO PARTY CALORIE CRUSH



COMBO 1

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

BLAST 1

CHAPTER 2	Equipment: None
	Cathe's Weight: NA

COMBO 2

CHAPTER 3	Equipment: None
	Cathe's Weight: NA

BLAST 2

CHAPTER 4	Equipment: None
	Cathe's Weight: NA

COMBO 3

CHAPTER 5	Equipment: None
	Cathe's Weight: NA

BLAST 3

CHAPTER 6	Equipment: None
	Cathe's Weight: NA

COMBO 4

CHAPTER 7	Equipment: None
	Cathe's Weight: NA

BLAST 4

CHAPTER 8	Equipment: None
	Cathe's Weight: NA

COOLDOWN

CHAPTER 9	Equipment: None
	Cathe's Weight: NA

CHAPTERS

METABOLIC BLAST



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

CURL PRESS WITH LUNGE / SIDE LUNGE WITH ABDUCTION

CHAPTER 2	Equipment: Dumbbells
	Cathe's Weight: 5 lbs.

ONE ARM SNATCH

CHAPTER 3	Equipment: Dumbbell
	Cathe's Weight: 8 lbs.

4 JABS UP / 4 JABS ACROSS / 4 LEG ABDUCTIONS / SQUAT

CHAPTER 4	Equipment: Dumbbells
	Cathe's Weight: 5 lbs.

FORWARD LEANING REAR DELT FLY WITH CURL PRESS

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

SQUAT LUNGE / SQUAT PRESS

CHAPTER 6	Equipment: Dumbbell
	Cathe's Weight: 5 lbs.

8 PASS UNDER LUNGES / 8 TRAVELING LUNGES

CHAPTER 7	Equipment: Dumbbell
	Cathe's Weight: 5 lbs.

SQUAT WITH 2 SMALL JUMPS / LUNGE KICK LUNGE STAND

CHAPTER 8	Equipment: Dumbbells
	Cathe's Weight: 5 lbs.

CROSS BACK LUNGE WITH LATERAL RAISE / 1 FRONT RAISE / UPRIGHT ROW

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

3 SQUAT PRESS / 1 GOAL POST PRESS / 2 SINGLES

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

REAR LUNGE WITH TORSO TWIST

CHAPTER 11	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

ALTERNATING BICEP CURLS WITH LEG EXTENSION

CHAPTER 12	Equipment: Dumbbells
	Cathe's Weight: 5 lbs.

CHAPTERS

METABOLIC BLAST



FRONT / LATERAL RAISE WITH CALF PUMPS

CHAPTER 13	Equipment: Dumbbells
	Cathe's Weight: 3 lbs.

SCARE CROW LIFTS WITH HAMSTRING CURLS

CHAPTER 14	Equipment: Dumbbells
	Cathe's Weight: 3 lbs.

SIDE PLANK WITH FRONT ANGLE REAR DELT RAISE

CHAPTER 15	Equipment: Dumbbell, Mat
	Cathe's Weight: 3 lbs.

WEIGHTED SIT UPS

CHAPTER 16	Equipment: Dumbbells, Mat
	Cathe's Weight: 5 lbs.

CHEST FLY WITH GLUTE SQUEEZE

CHAPTER 17	Equipment: Dumbbells, Mat
	Cathe's Weight: 8 lbs.

PRESS AND PULLOVER

CHAPTER 18	Equipment: Dumbbells, Mat
	Cathe's Weight: 8 lbs.

BREAST STROKE SWIMMERS

CHAPTER 19	Equipment: Mat
	Cathe's Weight: NA

COOLDOWN

CHAPTER 20	Equipment: None
	Cathe's Weight: NA

STRETCH

CHAPTER 21	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

METABOLIC BLAST CALORIE CRUSH



LOW LOADED SEAL JACKS

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

SWINGING SPLIT JUMPS

CHAPTER 2	Equipment: None
	Cathe's Weight: NA

HOPSCOTCH

CHAPTER 3	Equipment: None
	Cathe's Weight: NA

ONE LEGGED TUCK JUMPS

CHAPTER 4	Equipment: None
	Cathe's Weight: NA

QUARTER TURN JACKS

CHAPTER 5	Equipment: None
	Cathe's Weight: NA

3 ALTERNATING TWIST / 1 TUCK

CHAPTER 6	Equipment: None
	Cathe's Weight: NA

MOGUL BURPEES

CHAPTER 7	Equipment: None
	Cathe's Weight: NA

JUMP FRONT / BACK / FRONT AND RUN BACK

CHAPTER 8	Equipment: None
	Cathe's Weight: NA

ONE LEGGED BURPEE

CHAPTER 9	Equipment: None
	Cathe's Weight: NA

COOLDOWN

CHAPTER 10	Equipment: None
	Cathe's Weight: NA

CHAPTERS

PHA 2



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

ROUND 1A - SIDE TO SIDE SUMO SQUATS

CHAPTER 2	Equipment: Dumbbell
	Cathe's Weight: 15 lbs.

ROUND 1A - ONE ARM ROW

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

ROUND 1A - FORWARD LEANING GLUTE LUNGES

CHAPTER 4	Equipment: Dumbbell, Step Platform
	Cathe's Weight: 10 lbs.

ROUND 1A - PULLOVERS

CHAPTER 5	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 12 lbs.

ROUND 1A - STANDING SQUATS

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

ROUND 1A - PUSHUPS

CHAPTER 7	Equipment: Mat
	Cathe's Weight: NA

ROUND 1A - REAR LUNGES OFF STEP

CHAPTER 8	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 10 lbs.

ROUND 1A - CLOSE GRIP BENCH PRESS

CHAPTER 9	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 15 lbs.

ROUND 1B - SIDE TO SIDE SUMO SQUATS

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

ROUND 1B - ONE ARM ROW

CHAPTER 11	Equipment: Dumbbell
	Cathe's Weight: 15 lbs.

ROUND 1B - FORWARD LEANING GLUTE LUNGES

CHAPTER 12	Equipment: Dumbbell, Step Platform
	Cathe's Weight: 10 lbs.

CHAPTERS

PHA 2



ROUND 1B - PULLOVERS

CHAPTER 13	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 12 lbs.

ROUND 1B - STANDING SQUATS

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

ROUND 1B - PUSHUPS

CHAPTER 15	Equipment: Mat
	Cathe's Weight: NA

ROUND 1B - REAR LUNGES OFF STEP

CHAPTER 16	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 10 lbs.

ROUND 1B - CLOSE GRIP BENCH PRESS

CHAPTER 17	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 15 lbs.

ROUND 2A - SIDE LUNGE

CHAPTER 18	Equipment: Dumbbell
	Cathe's Weight: 15 lbs.

ROUND 2A - BICEP CURLS

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

ROUND 2A - ELEVATED PUSH DIPS

CHAPTER 20	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 8 lbs.

ROUND 2A - SIDE TO FRONT LATERAL RAISES

CHAPTER 21	Equipment: Dumbbells
	Cathe's Weight: 5 lbs.

ROUND 2A - STATIC LUNGE

CHAPTER 22	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

ROUND 2A - W-CURL

CHAPTER 23	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

ROUND 2A - DEADLIFTS

CHAPTER 24	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

CHAPTERS

PHA 2



ROUND 2A - LYING EXTENSION

CHAPTER 25	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 10 lbs.

ROUND 2B - SIDE LUNGE

CHAPTER 26	Equipment: Dumbbell
	Cathe's Weight: 15 lbs.

ROUND 2B - BICEP CURLS

CHAPTER 27	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

ROUND 2B - ELEVATED PUSH DIPS

CHAPTER 28	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 8 lbs.

ROUND 2B - SIDE TO FRONT LATERAL RAISES

CHAPTER 29	Equipment: Dumbbells
	Cathe's Weight: 5 lbs.

ROUND 2B - STATIC LUNGE

CHAPTER 30	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

ROUND 2B - W-CURL

CHAPTER 31	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

ROUND 2B - DEADLIFTS

CHAPTER 32	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

ROUND 2B - LYING EXTENSION

CHAPTER 33	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 10 lbs.

STRETCH

CHAPTER 34	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

PYRAMID PUMP - LOWER BODY



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

LOWER BODY - ROUND 1 - SET 1 - REAR SLIDE LUNGES

CHAPTER 2	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 5 lbs.

LOWER BODY - ROUND 1 - SET 2 - REAR SLIDE LUNGES

CHAPTER 3	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 8 lbs.

LOWER BODY - ROUND 1 - SET 3 - REAR SLIDE LUNGES

CHAPTER 4	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 10 lbs.

LOWER BODY - ROUND 1 - SET 4 - REAR SLIDE LUNGES

CHAPTER 5	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 8 lbs.

LOWER BODY - ROUND 1 - SET 5 - REAR SLIDE LUNGES

CHAPTER 6	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 5 lbs.

LOWER BODY - ROUND 2 - SET 1 - STEP UPS

CHAPTER 7	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 8 lbs.

LOWER BODY - ROUND 2 - SET 2 - STEP UPS

CHAPTER 8	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 10 lbs.

LOWER BODY - ROUND 2 - SET 3 - STEP UPS

CHAPTER 9	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 12 lbs.

LOWER BODY - ROUND 2 - SET 4 - STEP UPS

CHAPTER 10	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 10 lbs.

LOWER BODY - ROUND 2 - SET 5 - STEP UPS

CHAPTER 11	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 8 lbs.

LOWER BODY - ROUND 3 - SET 1 - SIDE SLIDE LUNGES

CHAPTER 12	Equipment: Dumbbell, Gliding Device
	Cathe's Weight: 10 lbs.

CHAPTERS

PYRAMID PUMP - LOWER BODY



LOWER BODY - ROUND 3 - SET 2 - SIDE SLIDE LUNGES

CHAPTER 13	Equipment: Dumbbell, Gliding Device
	Cathe's Weight: 12 lbs.

LOWER BODY - ROUND 3 - SET 3 - SIDE SLIDE LUNGES

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

LOWER BODY - ROUND 3 - SET 4 - SIDE SLIDE LUNGES

CHAPTER 15	Equipment: Dumbbell, Gliding Device
	Cathe's Weight: 12 lbs.

LOWER BODY - ROUND 3 - SET 5 - SIDE SLIDE LUNGES

CHAPTER 16	Equipment: Dumbbell, Gliding Device
	Cathe's Weight: 10 lbs.

LOWER BODY - ROUND 4 - SET 1 - ELEVATED LUNGES

CHAPTER 17	Equipment: Dumbbells, Step with 1 Riser on Each Side
	Cathe's Weight: 8 lbs.

LOWER BODY - ROUND 4 - SET 2 - ELEVATED LUNGES

CHAPTER 18	Equipment: Dumbbells, Step with 1 Riser on Each Side
	Cathe's Weight: 10 lbs.

LOWER BODY - ROUND 4 - SET 3 - ELEVATED LUNGES

CHAPTER 19	Equipment: Dumbbells, Step with 1 Riser on Each Side
	Cathe's Weight: 12 lbs.

LOWER BODY - ROUND 4 - SET 4 - ELEVATED LUNGES

CHAPTER 20	Equipment: Dumbbells, Step with 1 Riser on Each Side
	Cathe's Weight: 10 lbs.

LOWER BODY - ROUND 4 - SET 5 - ELEVATED LUNGES

CHAPTER 21	Equipment: Dumbbells, Step with 1 Rises on Each Side
	Cathe's Weight: 8 lbs.

LOWER BODY - ROUND 5 - SET 1 - SLIDING CROSSBACK LUNGES

CHAPTER 22	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 8 lbs.

LOWER BODY - ROUND 5 - SET 2 - SLIDING CROSSBACK LUNGES

CHAPTER 23	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 10 lbs.

LOWER BODY - ROUND 5 - SET 3 - SLIDING CROSSBACK LUNGES

CHAPTER 24	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 12 lbs.

CHAPTERS

PYRAMID PUMP - LOWER BODY



LOWER BODY - ROUND 5 - SET 4 - SLIDING CROSSBACK LUNGES

CHAPTER 25	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 10 lbs.

LOWER BODY - ROUND 5 - SET 5 - SLIDING CROSSBACK LUNGES

CHAPTER 26	Equipment: Dumbbells, Gliding Device
	Cathe's Weight: 8 lbs.

LOWER BODY - ROUND 6 - SET 1 - DEADLIFTS

CHAPTER 27	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

LOWER BODY - ROUND 6 - SET 2 - DEADLIFTS

CHAPTER 28	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

LOWER BODY - ROUND 6 - SET 3 - DEADLIFTS

CHAPTER 29	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

LOWER BODY - ROUND 6 - SET 4 - DEADLIFTS

CHAPTER 30	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

LOWER BODY - ROUND 6 - SET 5 - DEADLIFTS

CHAPTER 31	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

LOWER BODY - ROUND 7 - SET 1 - CALF RAISES

CHAPTER 32	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

LOWER BODY - ROUND 7 - SET 2 - CALF RAISES

CHAPTER 33	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

LOWER BODY - ROUND 7 - SET 3 - CALF RAISES

CHAPTER 34	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

LOWER BODY - ROUND 7 - SET 4 - CALF RAISES

CHAPTER 35	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

LOWER BODY - ROUND 7 - SET 5 - CALF RAISES

CHAPTER 36	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

CHAPTERS

PYRAMID PUMP - UPPER BODY



UPPER BODY - BACK SUPERSET - SET 1 - PULLOVER ON BALL / STANDING SINGLE ARM BACK FLY

CHAPTER 37	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8 lbs. / 5 lbs.

UPPER BODY - BACK SUPERSET - SET 2 - PULLOVER ON BALL / STANDING SINGLE ARM BACK FLY

CHAPTER 38	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 10 lbs. / 8 lbs.

UPPER BODY - BACK SUPERSET - SET 3 - PULLOVER ON BALL / STANDING SINGLE ARM BACK FLY

CHAPTER 39	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 12 lbs. / 10 lbs.

UPPER BODY - BACK SUPERSET - SET 4 - PULLOVER ON BALL / STANDING SINGLE ARM BACK FLY

CHAPTER 40	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 10 lbs. / 8 lbs.

UPPER BODY - BACK SUPERSET - SET 5 - PULLOVER ON BALL / STANDING SINGLE ARM BACK FLY

CHAPTER 41	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8 lbs. / 5 lbs.

UPPER BODY - CHEST SUPERSET - SET 1 - CHEST FLY ON BALL / INCLINE PRESS ON BALL

CHAPTER 42	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8 lbs.

UPPER BODY - CHEST SUPERSET - SET 2 - CHEST FLY ON BALL / INCLINE PRESS ON BALL

CHAPTER 43	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 10 lbs.

UPPER BODY - CHEST SUPERSET - SET 3 - CHEST FLY ON BALL / INCLINE PRESS ON BALL

CHAPTER 44	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 12 lbs.

UPPER BODY - CHEST SUPERSET - SET 4 - CHEST FLY ON BALL / INCLINE PRESS ON BALL

CHAPTER 45	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 10 lbs.

UPPER BODY - CHEST SUPERSET - SET 5 - CHEST FLY ON BALL / INCLINE PRESS ON BALL

CHAPTER 46	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8 lbs.

UPPER BODY - TRICEPS SUPERSET - SET 1 - STANDING KICK BACKS / LYING EXTENSION ON BALL

CHAPTER 47	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 5 lbs.

UPPER BODY - TRICEPS SUPERSET - SET 2 - STANDING KICK BACKS / LYING EXTENSION ON BALL

CHAPTER 48	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8 lbs.

CHAPTERS

PYRAMID PUMP - UPPER BODY



UPPER BODY - TRICEPS SUPERSET - SET 3 - STANDING KICK BACKS / LYING EXTENSION ON BALL

CHAPTER 49	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 10 lbs.

UPPER BODY - TRICEPS SUPERSET - SET 4 - STANDING KICK BACKS / LYING EXTENSION ON BALL

CHAPTER 50	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8 lbs.

UPPER BODY - TRICEPS SUPERSET - SET 5 - STANDING KICK BACKS / LYING EXTENSION ON BALL

CHAPTER 51	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 5 lbs.

UPPER BODY - BICEPS SUPERSET - SET 1 - STANDING SWEEPER CURLS / INCLINE CURLS ON BALL

CHAPTER 52	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8 lbs.

UPPER BODY - BICEPS SUPERSET - SET 2 - STANDING SWEEPER CURLS / INCLINE CURLS ON BALL

CHAPTER 53	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 10 lbs.

UPPER BODY - BICEPS SUPERSET - SET 3 - STANDING SWEEPER CURLS / INCLINE CURLS ON BALL

CHAPTER 54	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 12 lbs.

UPPER BODY - BICEPS SUPERSET - SET 4 - STANDING SWEEPER CURLS / INCLINE CURLS ON BALL

CHAPTER 55	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 10 lbs.

UPPER BODY - BICEPS SUPERSET - SET 5 - STANDING SWEEPER CURLS / INCLINE CURLS ON BALL

CHAPTER 56	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8 lbs.

UPPER BODY - SHOULDERS SUPERSET - SET 1 - STANDING OVERHEAD PRESS / INCLINE FRONT RAISE ON BALL

CHAPTER 57	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 5 lbs. / 3 lbs.

UPPER BODY - SHOULDERS SUPERSET - SET 2 - STANDING OVERHEAD PRESS / INCLINE FRONT RAISE ON BALL

CHAPTER 58	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8 lbs. / 5 lbs.

UPPER BODY - SHOULDERS SUPERSET - SET 3 - STANDING OVERHEAD PRESS / INCLINE FRONT RAISE ON BALL

CHAPTER 59	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 10 lbs. / 8 lbs.

UPPER BODY - SHOULDERS SUPERSET - SET 4 - STANDING OVERHEAD PRESS / INCLINE FRONT RAISE ON BALL

CHAPTER 60	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8 lbs. / 5 lbs.

CHAPTERS

PYRAMID PUMP - UPPER BODY



UPPER BODY - SHOULDERS SUPERSET - SET 5 - STANDING OVERHEAD PRESS / INCLINE FRONT RAISE ON BALL

CHAPTER 61	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 5 lbs. / 3 lbs.

STRETCH

CHAPTER 62	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

REV'D UP RUMBLE



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

KICK DRILLS

CHAPTER 2	Equipment: None
	Cathe's Weight: NA

COMBO 1

CHAPTER 3	Equipment: None
	Cathe's Weight: NA

CARDIO DRILLS

CHAPTER 4	Equipment: None
	Cathe's Weight: NA

COMBO 2

CHAPTER 5	Equipment: None
	Cathe's Weight: NA

KICK & PUNCH INTENSITY BLAST

CHAPTER 6	Equipment: None
	Cathe's Weight: NA

COOLDOWN

CHAPTER 7	Equipment: None
	Cathe's Weight: NA

STRETCH

CHAPTER 8	Equipment: None
	Cathe's Weight: NA

CHAPTERS

REV'D UP RUMBLE CALORIE CRUSH



4 JACKS 4 FOOTBALL RUNS

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

4 ATTACKS 4 PLIÉ JACKS

CHAPTER 2	Equipment: None
	Cathe's Weight: NA

HI-LO JOG / CLINCH KNEES

CHAPTER 3	Equipment: None
	Cathe's Weight: NA

4 RIGHT KICK, 4 ALTERNATING CLINCH, 4 RIGHT KICKS, 4 ALTERNATING CLINCH

CHAPTER 4	Equipment: None
	Cathe's Weight: NA

FLYING ANGEL JACKS WITH FRONT KICKS

CHAPTER 5	Equipment: None
	Cathe's Weight: NA

WIDE STANCE BURPEES WITH HEEL CLICK

CHAPTER 6	Equipment: None
	Cathe's Weight: NA

TRAVELLING BOXER SHUFFLE WITH 2 JACKS AND 2 AIR JACKS

CHAPTER 7	Equipment: None
	Cathe's Weight: NA

8 POP SQUATS, 8 JUMP ROPE, 2 PLYO

CHAPTER 8	Equipment: None
	Cathe's Weight: NA

SEQUENTIAL KICKS - 3 MARCHES AND 1 KICK

CHAPTER 9	Equipment: None
	Cathe's Weight: NA

COOLDOWN

CHAPTER 10	Equipment: None
	Cathe's Weight: NA

CHAPTERS

STRONG BODY STACKED SETS: LOWER



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

ROUND 1A - BARBELL SQUATS

CHAPTER 2	Equipment: Barbell
	Cathe's Weight: 25 lbs.

ROUND 1A - ALTERNATING CROSS TAP LUNGES

CHAPTER 3	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

ROUND 1A - BARBELL PLIÉ SQUATS

CHAPTER 4	Equipment: Barbell
	Cathe's Weight: 25 lbs.

ROUND 1A - ALTERNATING REAR LUNGE WITH 2/2 DEADLIFT

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

ROUND 1A - SIDE TO SIDE PIVOTING SQUATS

CHAPTER 6	Equipment: Dumbbell
	Cathe's Weight: 12 lbs.

ROUND 1B - BARBELL SQUATS

CHAPTER 7	Equipment: Barbell
	Cathe's Weight: 25 lbs.

ROUND 1B - ALTERNATING CROSS TAP LUNGES

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

ROUND 1B - BARBELL PLIÉ SQUATS

CHAPTER 9	Equipment: Barbell
	Cathe's Weight: 25 lbs.

ROUND 1B - ALTERNATING REAR LUNGE WITH 2/2 DEADLIFT

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

ROUND 1B - SIDE TO SIDE PIVOTING SQUATS

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

ROUND 2A - STATIC LUNGES

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

CHAPTERS

STRONG BODY STACKED SETS: LOWER



ROUND 2A - WIDE SQUAT TO SIDE LUNGE

CHAPTER 13	Equipment: Dumbbell
	Cathe's Weight: 8 lbs.

ROUND 2A - WIDE STANCE DEADLIFT

CHAPTER 14	Equipment: Barbell
	Cathe's Weight: 30 lbs.

ROUND 2A - FORWARD-DIAGONAL LUNGE COMBO

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

ROUND 2A - SIDE / CROSSBACK / SIDE LUNGE COMBO

CHAPTER 16	Equipment: Dumbbell
	Cathe's Weight: 10 lbs.

ROUND 2B - STATIC LUNGES

CHAPTER 17	Equipment: Dumbbell
	Cathe's Weight: 10 lbs.

ROUND 2B - WIDE SQUAT TO SIDE LUNGE

CHAPTER 18	Equipment: Dumbbell
	Cathe's Weight: 8 lbs.

ROUND 2B - WIDE STANCE DEADLIFT

CHAPTER 19	Equipment: Barbell
	Cathe's Weight: 30 lbs.

ROUND 2B - FORWARD-DIAGONAL LUNGE COMBO

CHAPTER 20	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

ROUND 2B - SIDE / CROSSBACK / SIDE LUNGE COMBO

CHAPTER 21	Equipment: Dumbbell
	Cathe's Weight: 10 lbs.

COOLDOWN

CHAPTER 22	Equipment: None
	Cathe's Weight: NA

STRETCH

CHAPTER 23	Equipment: None
	Cathe's Weight: NA

CHAPTERS

STRONG BODY STACKED SETS: UPPER



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

ROUND 1A - DIPS

CHAPTER 2	Equipment: Step with 3 Risers on Each Side
	Cathe's Weight: NA

ROUND 1A - TRICEP PUSHUPS

CHAPTER 3	Equipment: Step with 3 Risers on Each Side
	Cathe's Weight: NA

ROUND 1A - ROTATING KICKBACKS

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

ROUND 1A - CLOSE GRIP BENCH / FLAT BENCH / COMBO

CHAPTER 5	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 10 lbs.

ROUND 1A - CHEST FLYS

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

ROUND 1A - PLYO PUSHUPS

CHAPTER 7	Equipment: Step with 3 Risers on Each Side
	Cathe's Weight: NA

ROUND 1B - DIPS

CHAPTER 8	Equipment: Step with 3 Risers on Each Side
	Cathe's Weight: NA

ROUND 1B - TRICEP PUSHUPS

CHAPTER 9	Equipment: Step with 3 Risers on Each Side
	Cathe's Weight: NA

ROUND 1B - ROTATING KICKBACKS

CHAPTER 10	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

ROUND 1B - CLOSE GRIP BENCH / FLAT BENCH / COMBO

CHAPTER 11	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 10 lbs.

ROUND 1B - CHEST FLYS

CHAPTER 12	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

CHAPTERS

STRONG BODY STACKED SETS: UPPER



ROUND 1B - PLYO PUSHUPS

CHAPTER 13	Equipment: Step with 3 Risers on Each Side
	Cathe's Weight: NA

ROUND 2A - DUMBBELL FRONT SQUEEZE AND PRESS

CHAPTER 14	Equipment: Dumbbells
	Cathe's Weight: 5 lbs.

ROUND 2A - OVERHEAD PRESS

CHAPTER 15	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

ROUND 2A - LATERAL RAISE

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

ROUND 2A - LATERAL "U" RAISE

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

ROUND 2A - HIP HUGGERS

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

ROUND 2B - DUMBBELL FRONT SQUEEZE AND PRESS

CHAPTER 19	Equipment: Dumbbells
	Cathe's Weight: 5 lbs.

ROUND 2B - OVERHEAD PRESS

CHAPTER 20	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

ROUND 2B - LATERAL RAISE

CHAPTER 21	Equipment: Dumbbells
	Cathe's Weight: 5 lbs.

ROUND 2B - LATERAL "U" RAISE

CHAPTER 22	Equipment: Dumbbells
	Cathe's Weight: 5 lbs.

ROUND 2B - HIP HUGGERS

CHAPTER 23	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

ROUND 3A - PULLOVERS

CHAPTER 24	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 12 lbs.

CHAPTERS

STRONG BODY STACKED SETS: UPPER



ROUND 3A - DOUBLE ARM DEAD ROW

CHAPTER 25	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

ROUND 3A - HIP HINGE WITH BACK FLY

CHAPTER 26	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

ROUND 3A - BICEP CURLS

CHAPTER 27	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

ROUND 3A - 8 POINT DROP CURLS

CHAPTER 28	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

ROUND 3A - HAMMER CURLS

CHAPTER 29	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

ROUND 3A - REVERSE CURLS

CHAPTER 30	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

ROUND 3B - PULLOVERS

CHAPTER 31	Equipment: Dumbbells, Step with 3 Risers on Each Side
	Cathe's Weight: 12 lbs.

ROUND 3B - DOUBLE ARM DEAD ROW

CHAPTER 32	Equipment: Dumbbells
	Cathe's Weight: 15 lbs.

ROUND 3B - HIP HINGE WITH BACK FLY

CHAPTER 33	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

ROUND 3B - BICEP CURLS

CHAPTER 34	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

ROUND 3B - 8 POINT DROP CURLS

CHAPTER 35	Equipment: Dumbbells
	Cathe's Weight: 10 lbs.

ROUND 3B - HAMMER CURLS

CHAPTER 36	Equipment: Dumbbells
	Cathe's Weight: 12 lbs.

CHAPTERS

STRONG BODY STACKED SETS: UPPER



ROUND 3B - REVERSE CURLS

CHAPTER 37	Equipment: Dumbbells
	Cathe's Weight: 8 lbs.

STRETCH

CHAPTER 38	Equipment: Step with 3 Risers on Each Side
	Cathe's Weight: NA

CHAPTERS

BONUS SIX PACK ABS #1



ALTERNATING SIT OUTS

CHAPTER 1	Equipment: Mat
	Cathe's Weight: NA

TRIANGLE CHOKE REVERSE LIFT

CHAPTER 2	Equipment: Mat
	Cathe's Weight: NA

GUARD BLOCK CRUNCHES

CHAPTER 3	Equipment: Mat
	Cathe's Weight: NA

BODY SHOT SIT UPS

CHAPTER 4	Equipment: Mat
	Cathe's Weight: NA

BOXER SIT UPS

CHAPTER 5	Equipment: Mat
	Cathe's Weight: NA

HIP THRUSTS WITH UPSTRIKE

CHAPTER 6	Equipment: Mat
	Cathe's Weight: NA

V PLANK

CHAPTER 7	Equipment: Mat
	Cathe's Weight: NA

W PLANK

CHAPTER 8	Equipment: Mat
	Cathe's Weight: NA

SUPERMAN

CHAPTER 9	Equipment: Mat
	Cathe's Weight: NA

V PLANK

CHAPTER 10	Equipment: Mat
	Cathe's Weight: NA

W PLANK

CHAPTER 11	Equipment: Mat
	Cathe's Weight: NA

SUPERMAN

CHAPTER 12	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

BONUS SIX PACK ABS #2



LONG LEG LIFT CRUNCHES

CHAPTER 1	Equipment: Mat
	Cathe's Weight: NA

LONG REACH BUTTERFLY SITUPS

CHAPTER 2	Equipment: Mat
	Cathe's Weight: NA

REVERSE CYCLING

CHAPTER 3	Equipment: Mat
	Cathe's Weight: NA

WIDE SWING KNEE UPS

CHAPTER 4	Equipment: Mat
	Cathe's Weight: NA

SIDE TO SIDE TAP OUTS

CHAPTER 5	Equipment: Mat
	Cathe's Weight: NA

ROLL UPS

CHAPTER 6	Equipment: Mat
	Cathe's Weight: NA

KNEE CIRCLE PLANKS

CHAPTER 7	Equipment: Mat
	Cathe's Weight: NA

STAGGERED ARM PLANK HOLDS

CHAPTER 8	Equipment: Mat
	Cathe's Weight: NA

PREMIXES

BODY WEIGHT & BANDS



BASIC PREMIXES

Basic #1	Main Workout + Extended Stretch #2	51 min
Basic #2	Main Workout + 6 Pack Abs #2	53 min
Basic #3	Main Workout + 6 Pack Abs #2 + Extended Stretch #2	61 min
Basic #4	Main Workout + Calorie Crush	52 min
Basic #5	Main Workout + Calorie Crush + Extended Stretch #2	59 min
Basic #6	Main Workout + Calorie Crush + 6 Pack Abs #2	61 min
Basic #7	Main Workout + Calorie Crush + 6 Pack Abs #2 + Extended Stretch #2	69 min
Basic #8	Main Workout + Pyramid Pump Triceps	49 min
Basic #9	Main Workout + Pyramid Pump Triceps + 6 Pack Abs #2	59 min
Basic #10	Main Workout + Calorie Crush + Pyramid Pump Triceps + 6 Pack Abs #2 + Extended Stretch #2	75 min

TIMESAVER PREMIXES

Timesaver #1	Calorie Crush	16 min
Timesaver #2	Standing - No Floor	31 min
Timesaver #3	Floor - No Standing	20 min
Timesaver #4	Calorie Crush + Pyramid Pump Triceps	22 min
Timesaver #5	Standing Exercises Only + Pyramid Pump Triceps	37 min
Timesaver #6	Floor Exercises Only + Pyramid Pump Triceps	26 min
Timesaver #7	Pyramid Pump Triceps	14 min

MISHMOSH PREMIXES

MishMosh #1	Scrambled #1 - Floor Exercises First	43 min
MishMosh #2	Scrambled #2 - Mixes 6 Pack Abs #2 after Standing and Floor Sections	53 min
MishMosh #3	Double Standing	54 min
MishMosh #4	Double Floor	32 min
MishMosh #5	Double Standing + Calorie Crush	62 min
MishMosh #6	Double It	79 min

PREMIXES

CARDIO PARTY



BASIC PREMIXES

Basic #1	Main Workout + Extended Stretch #1	48 min
Basic #2	Main Workout + 6 Pack Abs #1	49 min
Basic #3	Main Workout + 6 Pack Abs #1 + Extended Stretch #1	58 min
Basic #4	Main Workout + Calorie Crush	54 min
Basic #5	Main Workout + Calorie Crush + Extended Stretch #1	63 min
Basic #6	Main Workout + Calorie Crush + 6 Pack Abs #1	64 min
Basic #7	Main Workout + Calorie Crush + 6 Pack Abs #1 + Extended Stretch #1	73 min
Basic #8	Main Workout + Pyramid Pump Chest	46 min
Basic #9	Main Workout + Pyramid Pump Chest + 6 Pack Abs #1	56 min
Basic #10	Main Workout + Calorie Crush + Pyramid Pump Chest + 6 Pack Abs #1 + Extended Stretch #1	80 min

TIMESAVER PREMIXES

Timesaver #1	Calorie Crush	28 min
Timesaver #2	Blast + Calorie Crush	32 min
Timesaver #3	Only Hi/Lo	23 min
Timesaver #4	Only Boxing	25 min
Timesaver #5	Hi/Lo & Blasts	27 min
Timesaver #6	Boxing & Blasts	29 min
Timesaver #7	1st Round Only	25 min
Timesaver #8	2nd Round Only	24 min
Timesaver #9	3rd Round Only	17 min
Timesaver #10	1st & 2nd Rounds	36 min
Timesaver #11	1st & 3rd Rounds	29 min
Timesaver #12	2nd & 3rd Rounds	27 min
Timesaver #13	Pyramid Pump Chest	20 min

MISHMOSH PREMIXES

MishMosh #1	Scrambled #1 - Calorie Crush MishMosh	53 min
MishMosh #2	Scrambled #2 - Calorie Crush MishMosh	51 min
MishMosh #3	Scrambled #3 - Boxing & Blasts MishMosh	38 min
MishMosh #4	Scrambled #4 - Hi/Lo & Blasts MishMosh	41 min
MishMosh #5	Scrambled #5 - Boxing & Abs Mixed In	35 min
MishMosh #6	Scrambled #6 - Boxing & Abs at the end	35 min
MishMosh #7	Double It	65 min

PREMIXES

METABOLIC BLAST



BASIC PREMIXES

Basic #1	Main Workout + Extended Stretch #2	46 min
Basic #2	Main Workout + 6 Pack Abs #2	51 min
Basic #3	Main Workout + 6 Pack Abs #2 + Extended Stretch #2	56 min
Basic #4	Main Workout + Calorie Crush	52 min
Basic #5	Main Workout + Calorie Crush + Extended Stretch #2	57 min
Basic #6	Main Workout + Calorie Crush + 6 Pack Abs #2	62 min
Basic #7	Main Workout + Calorie Crush + 6 Pack Abs #2 + Extended Stretch #2	67 min
Basic #8	Main Workout + Pyramid Pump Back	50 min
Basic #9	Main Workout + Pyramid Pump Back + 6 Pack Abs #2	60 min
Basic #10	Main Workout + Calorie Crush + Pyramid Pump Back + 6 Pack Abs #2 + Extended Stretch #2	76 min

TIMESAVER PREMIXES

Timesaver #1	Calorie Crush	23 min
Timesaver #2	Calorie Crush + Pyramid Pump Back	32 min
Timesaver #3	No Metabolic Floor	31 min
Timesaver #4	Metabolic Standing + Calorie Crush	42 min
Timesaver #5	Metabolic Floor + Pyramid Pump Back	30 min
Timesaver #6	Pyramid Pump Back	21 min

MISHMOSH PREMIXES

MishMosh #1	Scrambled #1 - Metabolic Floor First	41 min
MishMosh #2	Scrambled #2 - Mixes 6 Pack Abs #2 after each Metabolic Section	51 min
MishMosh #3	Double Metabolic Standing	51 min
MishMosh #4	Double Metabolic Standing + Calorie Crush	62 min
MishMosh #5	Double Metabolic Standing + Metabolic Floor	60 min
MishMosh #6	Double Metabolic Standing + Calorie Crush + Metabolic Floor	71 min

PREMIXES

PHA 2



BASIC PREMIXES

Basic #1	Main Workout + Extended Stretch #2	51 min
Basic #2	Main Workout + 6 Pack Abs #1	54 min
Basic #3	Main Workout + 6 Pack Abs #1 + Extended Stretch #2	60 min
Basic #4	Main Workout + Pyramid Pump Biceps	51 min
Basic #5	Main Workout + Pyramid Pump Biceps + 6 Pack Abs #1	61 min

TIMESAVER PREMIXES

Timesaver #1	First Half Only	27 min
Timesaver #2	Last Half Only	25 min
Timesaver #3	2 Segments Mixed - 1A + 2B	26 min
Timesaver #4	3 Segments Only - 1A + 1B + 2B	36 min
Timesaver #5	3 Segments Only - 1A + 2A + 2B	34 min
Timesaver #6	Lower Body Exercises Only	26 min
Timesaver #7	Upper Body Exercises Only	26 min
Timesaver #8	Pyramid Pump Biceps	15 min

MISHMOSH PREMIXES

MishMosh #1	Scrambled #1	44 min
MishMosh #2	Scrambled #2 - Abs mixed in after Rounds 1B and 2B	54 min
MishMosh #3	Scrambled #3 - Abs mixed in after every Round	54 min
MishMosh #4	Extreme #1 - 6 Rounds	62 min
MishMosh #5	Extreme #2 Double It - 8 Rounds	79 min

PREMIXES

PYRAMID PUMP



BASIC PREMIXES

Basic #1	Main Workout + 6 Pack Abs #1	90 min
Basic #2	Upper Body First	80 min
Basic #3	Upper Body First + 6 Pack Abs #1	90 min

TIMESAVER PREMIXES

Timesaver #1	Pyramid Lower Body Only	45 min
Timesaver #2	Pyramid Lower Body + 6 Pack Abs #1	55 min
Timesaver #3	Pyramid Upper Body Only	45 min
Timesaver #4	Pyramid Upper Body + 6 Pack Abs #1	55 min
Timesaver #5	Total Body - Pyramid Up Only	50 min
Timesaver #6	Total Body - Pyramid Down Only	51 min
Timesaver #7	Pyramid Lower Body - Pyramid Up Only - 3 sets	30 min
Timesaver #8	Pyramid Lower Body - Pyramid Down Only - 3 sets	29 min
Timesaver #9	Pyramid Upper Body - Pyramid Up Only - 3 sets	29 min
Timesaver #10	Pyramid Upper Body - Pyramid Down Only - 3 sets	31 min
Timesaver #11	One Set of Everything	26 min

MISHMOSH PREMIXES

MishMosh #1	Scrambled Total Body - Alternates Lower and Upper Body Exercise Rounds	80 min
MishMosh #2	Scrambled Lower Body	45 min
MishMosh #3	Scrambled Upper Body	45 min
MishMosh #4	Scrambled Total Body with 6 Pack Abs Mixed In	90 min
MishMosh #5	No Sliding Discs	63 min
MishMosh #6	No High Step	70 min

PREMIXES

REV'D UP RUMBLE



BASIC PREMIXES

Basic #1	Main Workout + Extended Stretch #1	50 min
Basic #2	Main Workout + 6 Pack Abs #1	51 min
Basic #3	Main Workout + 6 Pack Abs #1 + Extended Stretch #1	60 min
Basic #4	Main Workout + Calorie Crush	49 min
Basic #5	Main Workout + Calorie Crush + Extended Stretch #1	58 min
Basic #6	Main Workout + Calorie Crush + 6 Pack Abs #1	59 min
Basic #7	Main Workout + Calorie Crush + 6 Pack Abs #1 + Extended Stretch #1	68 min
Basic #8	Main Workout + Pyramid Pump Shoulders	47 min
Basic #9 -	Main Workout + Pyramid Pump Shoulders + 6 Pack Abs #1	57 min
Basic #10	Main Workout + Calorie Crush + Pyramid Pump Shoulders + 6 Pack Abs #1 + Extended Stretch #1	75 min

TIMESAVER PREMIXES

Timesaver #1	Calorie Crush	22 min
Timesaver #2	Skips Kick & Punch Intensity Blast	37 min
Timesaver #3	No Combos	28 min
Timesaver #4	Combos Only	27 min
Timesaver #5	No Combo 2 or Cardio Drills	31 min
Timesaver #6	No Combo 1 or Kick Drills	29 min
Timesaver #7	No Kick Drills	36 min
Timesaver #8	No Drills	31 min
Timesaver #9	Pyramid Pump Shoulders	20 min

MISHMOSH PREMIXES

MishMosh #1	Scrambled #1 - Extreme Double Calorie Crush MishMosh	57 min
MishMosh #2	Scrambled #2 - Combos Only + Calorie Crush MishMosh	34 min
MishMosh #3	Scrambled #3 - No Combos + Calorie Crush MishMosh	36 min
MishMosh #4	Scrambled #4 - Abs Mixed In	51 min
MishMosh #5	Double It	68 min

PREMIXES

STRONG BODY STACKED SETS: LOWER



BASIC PREMIXES

Basic #1	Main Workout + Extended Stretch #1	47 min
Basic #2	Main Workout + 6 Pack Abs #1	48 min
Basic #3	Main Workout + 6 Pack Abs #1 + Extended Stretch #1	57 min
Basic #4	Main Workout + Pyramid Pump Shoulders	45 min
Basic #5	Main Workout + Pyramid Pump Shoulders + 6 Pack Abs #1	55 min
Basic #6	Main Workout + Pyramid Pump Shoulders + 6 Pack Abs #1 + Extended Stretch #1	64 min

TIMESAVER PREMIXES

Timesaver #1	First Half Only	21 min
Timesaver #2	Last Half Only	25 min
Timesaver #3	2 Segments Mixed - 1A + 2B	23 min
Timesaver #4	3 Segments Only - 1A + 1B + 2B	30 min
Timesaver #5	3 Segments Only - 1A + 2A + 2B	32 min
Timesaver #6	Pyramid Pump Shoulders	14 min

MISHMOSH PREMIXES

MishMosh #1	Scrambled #1	38 min
MishMosh #2	Scrambled #2 - Abs mixed in after Rounds 1B and 2B	48 min
MishMosh #3	Scrambled #3 - Abs mixed in after every Round	48 min
MishMosh #4	Extreme #1 - 6 Rounds	54 min
MishMosh #5	Extreme #2 - Double It - 8 Rounds	68 min

PREMIXES

STRONG BODY STACKED SETS: UPPER



BASIC PREMIXES

Basic #1	Upper Body Workout + Extended Stretch #2	43 min
Basic #2	Upper Body Workout + 6 Pack Abs #2	46 min
Basic #3	Upper Body Workout + 6 Pack Abs #2 + Extended Stretch #2	53 min
Basic #4	Pyramid Lower Body Only	42 min
Basic #5	Pyramid Lower Body + Extended Stretch #2	49 min
Basic #6	Pyramid Lower Body + 6 Pack Abs #2	52 min
Basic #7	Pyramid Lower Body + 6 Pack Abs #2 + Extended Stretch #2	59 min
Basic #8	Total Body Workout - Pyramid Pump Lower Body + Main Workout	72 min
Basic #9	Total Body Workout + Abs - Pyramid Pump Lower Body + Main Workout + 6 Pack Abs #2	81 min

TIMESAVER PREMIXES

Timesaver #1	First Half Only	20 min
Timesaver #2	Last Half Only	22 min
Timesaver #3	2 Segments - Chest/Tri's 1A + 1B	17 min
Timesaver #4	2 Segments Only - Shoulders 2A + 2B	13 min
Timesaver #5	2 Segments Only - Back/Bi's 3A + 3B	18 min
Timesaver #6	4 Segments Only - Chest/Tri's/Shoulders 1A + 1B + 2A + 2B	24 min
Timesaver #7	4 Segments Only - Back/Biceps/Shoulders 3A + 3B + 2A + 2B	25 min
Timesaver #8	4 Segments - Chest/Tris/Back/Bis 1A + 1B + 3A + 3B	28 min
Timesaver #9	Single Rounds - 1A + 2A + 3B	21 min
Timesaver #10	Pyramid Lower + Single Upper Body Rounds - 1A + 2A + 3B	57 min

MISHMOSH PREMIXES

MishMosh #1	Scrambled #1 - Warm Up + Rounds 1A + 2A + 3A + 1B + 2B + 3B + Stretch	36 min
MishMosh #2	Scrambled #2 - Abs mixed in after Rounds 1B, 2B and 3B	46 min
MishMosh #3	Scrambled #3 - Abs mixed in after Every Round	49 min
MishMosh #4	Extreme #1 - 8 Rounds	47 min
MishMosh #5	Extreme #2 - Double It - 12 Rounds	65 min

WORKOUT CARDS

METABOLIC BLAST



CURL PRESS WITH LUNGE / SIDE LUNGE WITH ABDUCTION CHAPTER 2 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ONE ARM SNATCH CHAPTER 3 Dumbbell 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

4 JABS UP / 4 JABS ACROSS / 4 LEG ABDUCTIONS / SQUAT CHAPTER 4 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

FORWARD LEANING REAR DELT FLY WITH CURL PRESS CHAPTER 5 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SQUAT LUNGE / SQUAT PRESS CHAPTER 6 Dumbbell 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

8 PASS UNDER LUNGES / 8 TRAVELING LUNGES CHAPTER 7 Dumbbell 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SQUAT WITH 2 SMALL JUMPS / LUNGE KICK LUNGE STAND CHAPTER 8 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CROSS BACK LUNGE WITH LATERAL RAISE / 1 FRONT RAISE / UPRIGHT ROW CHAPTER 9 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

METABOLIC BLAST



3 SQUAT PRESS / 1 GOAL POST PRESS / 2 SINGLES CHAPTER 10 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

REAR LUNGE WITH TORSO TWIST CHAPTER 11 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ALTERNATING BICEP CURLS WITH LEG EXTENSION CHAPTER 12 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

FRONT / LATERAL RAISE WITH CALF PUMPS CHAPTER 13 Dumbbells 3 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SCARE CROW LIFTS WITH HAMSTRING CURLS CHAPTER 14 Dumbbell 3 lbs., Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SIDE PLANK WITH FRONT ANGLE REAR DELT RAISE CHAPTER 15 Dumbbell 3 lbs., Mat.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WEIGHTED SIT UPS CHAPTER 16 Dumbbells 5 lbs., Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHEST FLY WITH GLUTE SQUEEZE CHAPTER 17 Dumbbells 8 lbs., Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

METABOLIC BLAST



PRESS AND PULLOVER CHAPTER 18 Dumbbells 8 lbs., Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PHA 2



ROUND 1A - SIDE TO SIDE SUMO SQUATS CHAPTER 2 Dumbbell 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1A - ONE ARM ROW CHAPTER 3 Dumbbell 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1A - FORWARD LEANING GLUTE LUNGES CHAPTER 4 Dumbbell 10 lbs., Step Platform	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1A - PULLOVERS CHAPTER 5 Dumbbells 12 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1A - STANDING SQUATS CHAPTER 6 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1A - REAR LUNGES OFF STEP CHAPTER 8 Dumbbells 10 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1A - CLOSE GRIP BENCH PRESS CHAPTER 9 Dumbbells 15 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1B - SIDE TO SIDE SUMO SQUATS CHAPTER 10 Dumbbell 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PHA 2



ROUND 1B - ONE ARM ROW CHAPTER 11 Dumbbell 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1B - FORWARD LEANING GLUTE LUNGES CHAPTER 12 Dumbbell 10 lbs., Step Platform	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1B - PULLOVERS CHAPTER 13 Dumbbells 12 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1B - STANDING SQUATS CHAPTER 14 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1B - REAR LUNGES OFF STEP CHAPTER 16 Dumbbells 10 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1B - CLOSE GRIP BENCH PRESS CHAPTER 17 Dumbbells 15 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - SIDE LUNGE CHAPTER 18 Dumbbell 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - BICEP CURLS CHAPTER 19 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PHA 2



ROUND 2A - ELEVATED PUSH DIPS CHAPTER 20 Dumbbells 8 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - SIDE TO FRONT LATERAL RAISES CHAPTER 21 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - STATIC LUNGE CHAPTER 22 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - W-CURL CHAPTER 23 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - DEADLIFTS CHAPTER 24 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - LYING EXTENSION CHAPTER 25 Dumbbells 10 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2B - SIDE LUNGE CHAPTER 26 Dumbbell 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2B - BICEP CURLS CHAPTER 27 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PHA 2



ROUND 2B - ELEVATED PUSH DIPS CHAPTER 28 Dumbbells 8 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - SIDE TO FRONT LATERAL RAISES CHAPTER 29 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - STATIC LUNGE CHAPTER 30 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - W-CURL CHAPTER 31 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - DEADLIFTS CHAPTER 32 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - LYING EXTENSION CHAPTER 33 Dumbbells 10 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - LOWER BODY



LOWER BODY - ROUND 1 - SET 1 - REAR SLIDE LUNGES CHAPTER 2 Dumbbells 5 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 1 - SET 2 - REAR SLIDE LUNGES CHAPTER 3 Dumbbells 8 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 1 - SET 3 - REAR SLIDE LUNGES CHAPTER 4 Dumbbells 10 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 1 - SET 4 - REAR SLIDE LUNGES CHAPTER 5 Dumbbells 8 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 1 - SET 5 - REAR SLIDE LUNGES CHAPTER 6 Dumbbells 5 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 2 - SET 1 - STEP UPS CHAPTER 7 Dumbbells 8 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 2 - SET 2 - STEP UPS CHAPTER 8 Dumbbells 10 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 2 - SET 3 - STEP UPS CHAPTER 9 Dumbbells 12 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - LOWER BODY



LOWER BODY - ROUND 2 - SET 4 - STEP UPS CHAPTER 10 Dumbbells 10 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 2 - SET 5 - STEP UPS CHAPTER 11 Dumbbells 8 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 3 - SET 1 - SIDE SLIDE LUNGES CHAPTER 12 Dumbbell 10 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 3 - SET 2 - SIDE SLIDE LUNGES CHAPTER 13 Dumbbell 12 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 3 - SET 3 - SIDE SLIDE LUNGES CHAPTER 14 Dumbbell 15 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 3 - SET 4 - SIDE SLIDE LUNGES CHAPTER 15 Dumbbell 12 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 3 - SET 5 - SIDE SLIDE LUNGES CHAPTER 16 Dumbbell 10 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 4 - SET 1 - ELEVATED LUNGES CHAPTER 17 Dumbbells 8 lbs., Step with 1 Riser on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - LOWER BODY



LOWER BODY - ROUND 4 - SET 2 - ELEVATED LUNGES CHAPTER 18 Dumbbells 10 lbs., Step with 1 Riser on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 4 - SET 3 - ELEVATED LUNGES CHAPTER 19 Dumbbells 12 lbs., Step with 1 Riser on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 4 - SET 4 - ELEVATED LUNGES CHAPTER 20 Dumbbells 10 lbs., Step with 1 Riser on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 4 - SET 5 - ELEVATED LUNGES CHAPTER 21 Dumbbells 8 lbs., Step with 1 Rises on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 5 - SET 1 - SLIDING CROSS-BACK LUNGES CHAPTER 22 Dumbbells 8 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 5 - SET 2 - SLIDING CROSS-BACK LUNGES CHAPTER 23 Dumbbells 10 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 5 - SET 3 - SLIDING CROSS-BACK LUNGES CHAPTER 24 Dumbbells 12 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 5 - SET 4 - SLIDING CROSS-BACK LUNGES CHAPTER 25 Dumbbells 10 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - LOWER BODY



LOWER BODY - ROUND 5 - SET 5 - SLIDING CROSS- BACK LUNGES CHAPTER 26 Dumbbells 8 lbs., Gliding Device	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 6 - SET 1 - DEADLIFTS CHAPTER 27 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 6 - SET 2 - DEADLIFTS CHAPTER 28 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 6 - SET 3 - DEADLIFTS CHAPTER 29 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 6 - SET 4 - DEADLIFTS CHAPTER 30 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 6 - SET 5 - DEADLIFTS CHAPTER 31 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 7 - SET 1 - CALF RAISES CHAPTER 32 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LOWER BODY - ROUND 7 - SET 2 - CALF RAISES CHAPTER 33 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - LOWER BODY



LOWER BODY - ROUND 7 - SET 3 - CALF RAISES CHAPTER 34 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
LOWER BODY - ROUND 7 - SET 4 - CALF RAISES CHAPTER 35 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
LOWER BODY - ROUND 7 - SET 5 - CALF RAISES CHAPTER 36 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - UPPER BODY



UPPER BODY - BACK SUP-ERSET - SET 1 - PULLOVER ON BALL CHAPTER 37A Dumbbells 8 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BACK SUP-ERSET - SET 1 - STANDING SINGLE ARM BACK FLY CHAPTER 37B Dumbbell 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BACK SUP-ERSET - SET 2 - PULLOVER ON BALL CHAPTER 38A Dumbbells 10 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BACK SUP-ERSET - SET 2 - STANDING SINGLE ARM BACK FLY CHAPTER 38B Dumbbell 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BACK SUP-ERSET - SET 3 - PULLOVER ON BALL CHAPTER 39A Dumbbells 12 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BACK SUP-ERSET - SET 3 - STANDING SINGLE ARM BACK FLY CHAPTER 39B Dumbbell 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BACK SUP-ERSET - SET 4 - PULLOVER ON BALL CHAPTER 40A Dumbbells 10 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BACK SUP-ERSET - SET 4 - STANDING SINGLE ARM BACK FLY CHAPTER 40B Dumbbell 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - UPPER BODY



UPPER BODY - BACK SUPERSET - SET 5 - PULLOVER ON BALL CHAPTER 41A Dumbbells 8 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BACK SUPERSET - SET 5 - STANDING SINGLE ARM BACK FLY CHAPTER 41B Dumbbell 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - CHEST SUPERSET - SET 1 - CHEST FLY ON BALL CHAPTER 42A Dumbbells 8 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - CHEST SUPERSET - SET 1 - INCLINE PRESS ON BALL CHAPTER 42B Dumbbells 8 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - CHEST SUPERSET - SET 2 - CHEST FLY ON BALL CHAPTER 43A Dumbbells 10 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - CHEST SUPERSET - SET 2 - INCLINE PRESS ON BALL CHAPTER 43B Dumbbells 10 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - CHEST SUPERSET - SET 3 - CHEST FLY ON BALL CHAPTER 44A Dumbbells 12 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - CHEST SUPERSET - SET 3 - INCLINE PRESS ON BALL CHAPTER 44B Dumbbells 12 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - UPPER BODY



UPPER BODY - CHEST SUPERSET - SET 4 - CHEST FLY ON BALL CHAPTER 45A Dumbbells 10 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - CHEST SUPERSET - SET 4 - INCLINE PRESS ON BALL CHAPTER 45B Dumbbells 10 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - CHEST SUPERSET - SET 5 - CHEST FLY ON BALL CHAPTER 46A Dumbbells 8 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - CHEST SUPERSET - SET 5 - INCLINE PRESS ON BALL CHAPTER 46B Dumbbells 8 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - TRICEPS SUPERSET - SET 1 - STANDING KICK BACKS CHAPTER 47A Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - TRICEPS SUPERSET - SET 1 - LYING EXTENSION ON BALL CHAPTER 47B Dumbbells 5 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - TRICEPS SUPERSET - SET 2 - STANDING KICK BACKS CHAPTER 48A Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - TRICEPS SUPERSET - SET 2 - LYING EXTENSION ON BALL CHAPTER 48B Dumbbells 8 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - UPPER BODY



UPPER BODY - TRICEPS SUPERSET - SET 3 - STANDING KICK BACKS CHAPTER 49A Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - TRICEPS SUPERSET - SET 3 - LYING EXTENSION ON BALL CHAPTER 49B Dumbbells 10 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - TRICEPS SUPERSET - SET 4 - STANDING KICK BACKS CHAPTER 50A Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - TRICEPS SUPERSET - SET 4 - LYING EXTENSION ON BALL CHAPTER 50B Dumbbells 8 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - TRICEPS SUPERSET - SET 5 - STANDING KICK BACKS CHAPTER 51A Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - TRICEPS SUPERSET - SET 5 - LYING EXTENSION ON BALL CHAPTER 51B Dumbbells 5 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BICEPS SUPERSET - SET 1 - STANDING SWEEPER CURLS CHAPTER 52A Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BICEPS SUPERSET - SET 1 - INCLINE CURLS ON BALL CHAPTER 52B Dumbbells 8 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - UPPER BODY



UPPER BODY - BICEPS SUPERSET - SET 2 - STANDING SWEEPER CURLS CHAPTER 53A Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BICEPS SUPERSET - SET 2 - INCLINE CURLS ON BALL CHAPTER 53B Dumbbells 10 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BICEPS SUPERSET - SET 3 - STANDING SWEEPER CURLS CHAPTER 54A Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BICEPS SUPERSET - SET 3 - INCLINE CURLS ON BALL CHAPTER 54B Dumbbells 12 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BICEPS SUPERSET - SET 4 - STANDING SWEEPER CURLS CHAPTER 55A Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BICEPS SUPERSET - SET 4 - INCLINE CURLS ON BALL CHAPTER 55B Dumbbells 10 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BICEPS SUPERSET - SET 5 - STANDING SWEEPER CURLS CHAPTER 56A Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

UPPER BODY - BICEPS SUPERSET - SET 5 - INCLINE CURLS ON BALL CHAPTER 56B Dumbbells 8 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - UPPER BODY



UPPER BODY - SHOULDERS SUPERSET - SET 1 - STAND- ING OVERHEAD PRESS CHAPTER 57A Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
UPPER BODY - SHOULDERS SUPERSET - SET 1 - INCLINE FRONT RAISE ON BALL CHAPTER 57B Dumbbells 3 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
UPPER BODY - SHOULDERS SUPERSET - SET 2 - STAND- ING OVERHEAD PRESS CHAPTER 58A Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
UPPER BODY - SHOULDERS SUPERSET - SET 2 - INCLINE FRONT RAISE ON BALL CHAPTER 58B Dumbbells 5 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
UPPER BODY - SHOULDERS SUPERSET - SET 3 - STAND- ING OVERHEAD PRESS CHAPTER 59A Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
UPPER BODY - SHOULDERS SUPERSET - SET 3 - INCLINE FRONT RAISE ON BALL CHAPTER 59B Dumbbells 8 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
UPPER BODY - SHOULDERS SUPERSET - SET 4 - STAND- ING OVERHEAD PRESS CHAPTER 60A Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
UPPER BODY - SHOULDERS SUPERSET - SET 4 - INCLINE FRONT RAISE ON BALL CHAPTER 60B Dumbbells 5 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PYRAMID PUMP - UPPER BODY



UPPER BODY - SHOULDERS SUPERSET - SET 5 - STAND- ING OVERHEAD PRESS CHAPTER 61A Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
UPPER BODY - SHOULDERS SUPERSET - SET 5 - IN- CLINE FRONT RAISE ON BALL CHAPTER 61B Dumbbells 3 lbs., Stability Ball, Mat	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

STRONG BODY STACKED SETS: LOWER



ROUND 1A - BARBELL SQUATS CHAPTER 2 Barbell 25 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1A - ALTERNATING CROSS TAP LUNGES CHAPTER 3 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1A - BARBELL PLIÉ SQUATS CHAPTER 4 Barbell 25 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1A - ALTERNATING REAR LUNGE WITH 2/2 DEADLIFT CHAPTER 5 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1A - SIDE TO SIDE PIVOTING SQUATS CHAPTER 6 Dumbbell 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1B - BARBELL SQUATS CHAPTER 7 Barbell 25 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1B - ALTERNATING CROSS TAP LUNGES CHAPTER 8 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1B - BARBELL PLIÉ SQUATS CHAPTER 9 Barbell 25 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

STRONG BODY STACKED SETS: LOWER



ROUND 1B - ALTERNATING REAR LUNGE WITH 2/2 DEADLIFT CHAPTER 10 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 1B - SIDE TO SIDE PIVOTING SQUATS CHAPTER 11 Dumbbell 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - STATIC LUNGES CHAPTER 12 Dumbbell 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - WIDE SQUAT TO SIDE LUNGE CHAPTER 13 Dumbbell 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - WIDE STANCE DEADLIFT CHAPTER 14 Barbell 30 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - FORWARD-DIAGONAL LUNGE COMBO CHAPTER 15 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2A - SIDE / CROSSBACK / SIDE LUNGE COMBO CHAPTER 16 Dumbbell 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ROUND 2B - STATIC LUNGES CHAPTER 17 Dumbbell 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

STRONG BODY STACKED SETS: LOWER



ROUND 2B - WIDE SQUAT TO SIDE LUNGE CHAPTER 18 Dumbbell 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - WIDE STANCE DEADLIFT CHAPTER 19 Barbell 30 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - FORWARD-DIAGONAL LUNGE COMBO CHAPTER 20 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - SIDE / CROSSBACK / SIDE LUNGE COMBO CHAPTER 21 Dumbbell 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

STRONG BODY STACKED SETS: UPPER



ROUND 1A - ROTATING KICKBACKS CHAPTER 4 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1A - CLOSE GRIP BENCH / FLAT BENCH / COMBO CHAPTER 5 Dumbbells 10 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1A - CHEST FLYS CHAPTER 6 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1B - ROTATING KICKBACKS CHAPTER 10 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1B - CLOSE GRIP BENCH / FLAT BENCH / COMBO CHAPTER 11 Dumbbells 10 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 1B - CHEST FLYS CHAPTER 12 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2A - DUMBBELL FRONT SQUEEZE AND PRESS CHAPTER 14 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2A - OVERHEAD PRESS CHAPTER 15 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

STRONG BODY STACKED SETS: UPPER



ROUND 2A - LATERAL RAISE CHAPTER 16 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2A - LATERAL "U" RAISE CHAPTER 17 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2A - HIP HUGGERS CHAPTER 18 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - DUMBBELL FRONT SQUEEZE AND PRESS CHAPTER 19 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - OVERHEAD PRESS CHAPTER 20 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - LATERAL RAISE CHAPTER 21 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - LATERAL "U" RAISE CHAPTER 22 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 2B - HIP HUGGERS CHAPTER 23 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

STRONG BODY STACKED SETS: UPPER



ROUND 3A - PULLOVERS CHAPTER 24 Dumbbells 12 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3A - DOUBLE ARM DEAD ROW CHAPTER 25 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3A - HIP HINGE WITH BACK FLY CHAPTER 26 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3A - BICEP CURLS CHAPTER 27 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3A - 8 POINT DROP CURLS CHAPTER 28 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3A - HAMMER CURLS CHAPTER 29 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3A - REVERSE CURLS CHAPTER 30 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3B - PULLOVERS CHAPTER 31 Dumbbells 12 lbs., Step with 3 Risers on Each Side	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

STRONG BODY STACKED SETS: UPPER



ROUND 3B - DOUBLE ARM DEAD ROW CHAPTER 32 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3B - HIP HINGE WITH BACK FLY CHAPTER 33 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3B - BICEP CURLS CHAPTER 34 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3B - 8 POINT DROP CURLS CHAPTER 35 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3B - HAMMER CURLS CHAPTER 36 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ROUND 3B - REVERSE CURLS CHAPTER 37 Dumbbells 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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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