

USER'S GUIDE

cath^e



PERFECT30

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ABOUT THE PERFECT30 SERIES



OVERVIEW

Perfect30 is an advanced workout series designed to provide a complete workout and intense challenge without requiring a significant time commitment. The routines in this series come in at about 30 minutes, with the option of adding bonuses to lengthen them with an added challenge. The nature of the routines also makes them excellent to “double up” on days when you want a longer workout by combining them in any combination that you like: Pump Upper and Lower Body; one Pump workout plus a HIIT workout; HIIT High and Low Impact; or any of the routines alongside Mobility or Yoga. This series was named “Perfect30” because it gives exercisers the tools they need to create their own “perfect” routines.

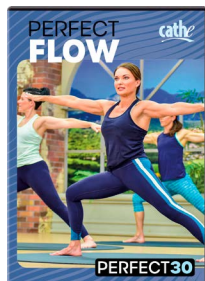
The Perfect30 Series has a mix of solid heavier weight routines, high energy cardio and also includes Mobility and Yoga to restore range of motion and flexibility! I’ve also added a mobility-based core bonus, a weight bonus for each of the Pump routines, an extended stretch bonus, and a Pyramid HIIT bonus. These bonuses can be used separately from the routines or can be mixed and matched. In particular, the Pyramid HIIT bonus is great for days when you only have a few minutes and want a quick cardio sweat to start your day.

In this User’s Guide, you’ll find rotations to keep you motivated and challenged as you get to know and love your new workouts! These rotations utilize the Perfect30 series workouts and a few other favorite series to keep things interesting and challenging. Choose to do a one-month rotation or add multiple rotations together for two-, three-, or even four-month challenges! Most weeks within these rotations do not include “OFF” days due to the addition of Mobility Basics and Yoga Strength & Flexibility. These routines are added where rest days are needed. This type of training is essential in keeping your joints mobile and your hard-worked muscles flexible. When needed, take additional rest days and utilize these Flow workouts and the extended stretch bonus as often as you like. Bonuses listed throughout the rotations are always “optional” and can be eliminated if you prefer. You can also add bonuses 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. Are you ready? It’s time to get started!

WORKOUTS

THE PERFECT30 SERIES

ABOUT THE WORKOUTS



Perfect Flow

Yoga Strength & Flexibility

Many fitness-minded people pay close attention to their cardio and strength goals, but pay too little attention to restoring length and flexibility to their hard-worked muscles and joints. This active yoga-based workout will take you through strength, flexibility, and balance challenges for the entire body. This is by no means a simple stretch workout! We will be working hard, and you will surely break a sweat!

Mobility Basics

Mobility training is the ability to move your joint actively through its range of motion. It incorporates flexibility and strength and is a key component in assisting you in your strength training and cardio workouts. As we age, our muscles get stiffer and our joints become less flexible, which can lead to muscle imbalances. This mobility basics workout will help reduce muscle imbalances and reduce the risk of injuries by encouraging you to move your joints through a full range of motion.



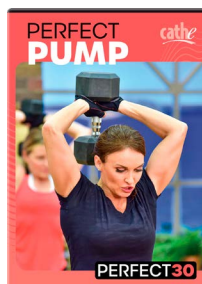
Perfect HIIT

High Impact HIIT

This intense, high impact routine will challenge your speed and stamina as we jump, jack, and sweat our way through new and exciting HIIT drills. There's no time to waste and no equipment required, so let's get in, get serious and get that heart pumping!

Low Impact HIIT

This solid cardio, low impact routine will take you through a series of tough cardio blasts and agility drills to keep your heart pumping while remaining easy on your joints. Get ready to burn some serious calories in just 30 minutes! This workout requires no equipment, so push play and get busy!



Perfect Pump

Upper Body

Get ready to get heavy! This upper body routine builds a solid muscle burn with no huge time commitment. Each body part is hit with a series of heavy and lighter exercises. This workout moves! Tightening up on those rest periods ensures that your arms will be shaking by the time we're done!

Lower Body

This workout hits all angles of the legs and glutes with a mix of heavy and lighter weights. It will keep you breathing heavy, and you'll feel those muscles working hard the entire time! We will move from exercise to exercise to totally toast your lower body, and you will surely be feeling it the next day!

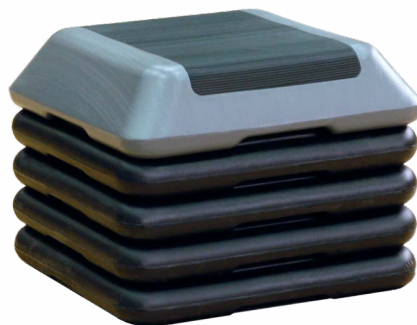
EQUIPMENT

USED IN THE PERFECT30 SERIES

Step with Two Risers per Side



High Step with Four Risers



Various Dumbbells 5-35 Pounds



Two Weight Plates



Mat



Tubing



QUICK START GUIDE

THE PERFECT30 SERIES

STEP #1

To begin, select the Perfect30 rotation workout program on the following pages that best fits your needs. Each Perfect30 workout program is divided into weekly workout sections. Each of these weekly workout sections will tell you which Perfect30 workout to do each day and the DVD the workout can be found on. This series contains three DVD workouts that not only maximize your workout time, but give you multiple options to keep the fun-factor high. As your fitness level progresses make sure to increase the weights you use in Perfect Pump

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 Perfect30 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 in Perfect Pump Lower Body and Perfect Pump Upper Body. Selecting a weight that is too light or too heavy will greatly diminish the results you can expect from the Perfect30 program. The weight Cathe uses for every exercise is listed in the Chapters section of this user guide as well as at the beginning of every weight exercise in the Perfect Pump 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 Perfect30 Bonus Core workouts, Pyramid Cardio Blast, upper & lower body exercise, and the extended stretch in your Perfect30 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 Perfect30 30-day rotations. Perfect30 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 Perfect30 series.

ROTATIONS

THE PERFECT30 SERIES

ABOUT THE ROTATIONS

I've provided four rotations in this User's Guide to get you started and keep you challenged with the Perfect30 Series. One of the rotations focuses solely on the Perfect30 Series alone while the others combine Perfect30 with a few of my other popular workout series: LITE, Low Impact, and XTrain. It's simple to get started with Perfect30 by choosing the rotation that best fits your current needs.

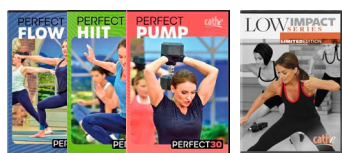
Perfect30 One Month Rotation



This rotation focuses only on the Perfect30 series, allowing you to "get to know" the new workouts and build your confidence with the routines before adding them into rotations with additional series. This

rotation is also great if you want a month of effective yet solid workouts that are new, exciting, and different for your body. With the routines coming in at only 30 minutes each, this rotation is excellent for a month when you have many obligations and still want to make sure your workouts are prioritized. The routines are shorter, yes, but they are intense and will challenge your stamina and strength! If you are looking for a longer workout at any point during the month, feel free to explore the longer premixes or create "double up days" as desired.

Perfect30 / Low Impact One Month Rotation

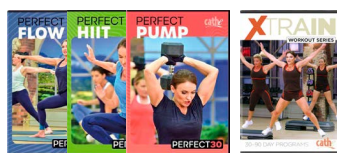


This rotation is perfect for exercisers who want to shake things up a bit while staying completely low impact by mixing Perfect30 with my Low Impact Series.

This rotation utilizes only low impact workouts, but it still packs a punch! Each week you'll crush your strength and cardio goals with various types of workouts from each of the two series without taxing your joints. Low Impact does not mean low intensity, so don't be fooled! This rotation will challenge you from start to finish!

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" Perfect30 challenge! Let's take a closer look at each of the rotations.

Perfect30 / XTrain One Month Rotation



This rotation will put your cardio endurance and physical strength to the test by mixing the Perfect30 Series workouts with the XTrain Series. The cardio

in this rotation is intense with multiple HiiT routines, Tabatacise and Cardio Leg Blast, and the weight routines in this rotation are on the heavy side! Take full advantage of additional extended stretches and mobility sessions as necessary throughout the month to restore range of motion and flexibility to those hard-working muscles.

Perfect30 / LITE One Month Rotation



This rotation combines Perfect30 with my intermediate LITE series. Exercisers currently at an intermediate level can take advantage of this rotation

by lightening their weights and intensity on Perfect30 days. For exercisers who are at an advanced level, heavy up those weights and add intensity by taking advantage of the calorie crush bonuses on LITE workouts days! No matter which way you slice it, you'll get amazing results!

PERFECT30 ONE MONTH ROTATION



WEEK 1	WORKOUT
Monday	Perfect Pump: Upper Body + Perfect Pump: Upper Body Bonus
Tuesday	Perfect HIIT: High Impact HIIT
Wednesday	Perfect Flow: Mobility Basics + Perfect Flow: Core Bonus
Thursday	Perfect Pump: Lower Body + Perfect Pump: Lower Body Bonus
Friday	Perfect HIIT: Low Impact HIIT
Saturday	OFF or Perfect30 Workout of Choice
Sunday	Perfect Flow: Yoga Strength & Flexibility

WEEK 2	WORKOUT
Monday	Perfect Pump: Lower Body
Tuesday	Perfect HIIT: High Impact HIIT + Perfect HIIT: Pyramid HIIT Bonus
Wednesday	Perfect Flow: Mobility Basics + Perfect Flow: Core Bonus
Thursday	Perfect Pump: Upper Body
Friday	Perfect HIIT: Low Impact HIIT
Saturday	OFF or Perfect30 Workout of Choice
Sunday	Perfect Flow: Yoga Strength & Flexibility

WEEK 3	WORKOUT
Monday	Perfect Pump: Upper Body
Tuesday	Perfect Pump: Lower Body + Perfect Pump: Lower Body Bonus
Wednesday	Perfect Flow: Mobility Basics + Perfect Flow: Core Bonus
Thursday	Perfect HIIT: High Impact HIIT + Perfect HIIT: Pyramid HIIT Bonus
Friday	OFF or Perfect30 Workout of Choice
Saturday	Perfect HIIT: Low Impact HIIT
Sunday	Perfect Flow: Yoga Strength & Flexibility

WEEK 4	WORKOUT
Monday	Perfect HIIT: High Impact HIIT
Tuesday	Perfect Pump: Upper Body + Perfect Pump: Upper Body Bonus
Wednesday	Perfect Flow: Mobility Basics + Perfect Flow: Core Bonus
Thursday	Perfect Pump: Lower Body
Friday	Perfect HIIT: Low Impact HIIT
Saturday	OFF or Perfect30 Workout of Choice
Sunday	Perfect Flow: Yoga Strength & Flexibility

PERFECT30 / LOW IMPACT ONE MONTH ROTATION



WEEK 1	WORKOUT
Monday	<u>Perfect HIIT: Low Impact HIIT</u> + <u>Perfect HIIT: Extended Stretch Bonus</u>
Tuesday	<u>Total Body Trisets Upper Body</u>
Wednesday	<u>Slide & Glide</u> or <u>Perfect Flow: Yoga Strength & Flexibility</u>
Thursday	<u>Total Body Trisets Lower Body</u>
Friday	<u>Low Impact Challenge</u>
Saturday	<u>Afterburn</u>
Sunday	<u>Perfect Flow: Mobility Basics</u>

WEEK 2	WORKOUT
Monday	<u>Athletic Training</u>
Tuesday	<u>Perfect Pump: Lower Body</u> + <u>Perfect Pump: Extended Stretch Bonus</u>
Wednesday	<u>Cardio SuperSets</u>
Thursday	<u>Perfect Pump: Upper Body</u> + <u>Perfect Pump: Upper Body Bonus</u>
Friday	<u>Turbo Barre</u>
Saturday	<u>Perfect HIIT: Low Impact HIIT</u>
Sunday	<u>YogaMax</u>

WEEK 3	WORKOUT
Monday	<u>Perfect Pump: Upper Body</u>
Tuesday	<u>Slide & Glide</u> or <u>Perfect Flow: Mobility Basics</u>
Wednesday	<u>Total Body Trisets Lower Body</u>
Thursday	<u>Perfect HIIT: Low Impact HIIT</u>
Friday	<u>Total Body Trisets Upper Body</u>
Saturday	<u>Perfect Flow: Yoga Strength & Flexibility</u>
Sunday	<u>Afterburn</u>

WEEK 4	WORKOUT
Monday	<u>Turbo Barre</u>
Tuesday	<u>Perfect Pump: Upper Body</u> + <u>Perfect Pump: Extended Stretch Bonus</u>
Wednesday	<u>Perfect HIIT: Low Impact HIIT</u>
Thursday	<u>Perfect Pump: Lower Body</u> + <u>Perfect Pump: Lower Body Bonus</u>
Friday	<u>Athletic Training</u>
Saturday	<u>YogaRelax</u>
Sunday	<u>Cardio SuperSets</u> + <u>Cardio Supersets Bonus</u>

PERFECT30 / XTRAIN ONE MONTH ROTATION



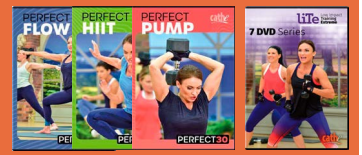
WEEK 1	WORKOUT
Monday	Perfect Pump: Lower Body + Perfect Pump: Lower Body Bonus
Tuesday	All Out Low Impact Hiit + Bonus Core 1
Wednesday	Perfect Pump: Upper Body
Thursday	Cardio Leg Blast
Friday	Perfect Flow: Mobility Basics + Perfect Flow: Core Bonus
Saturday	Perfect HIIT: High Impact HIIT
Sunday	Hard Strikes

WEEK 2	WORKOUT
Monday	Chest, Back and Shoulders
Tuesday	Bi's and Tri's
Wednesday	Perfect HIIT: High Impact HIIT
Thursday	Legs
Friday	Perfect Flow: Yoga Strength & Flexibility
Saturday	Perfect HIIT: Low Impact HIIT
Sunday	Super Cuts + Bonus Core 2

WEEK 3	WORKOUT
Monday	Perfect HIIT: High Impact HIIT
Tuesday	Perfect Pump: Upper Body + Perfect Pump: Upper Body Bonus
Wednesday	All Out Low Impact Hiit
Thursday	Perfect Pump: Lower Body + Perfect Pump: Extended Stretch Bonus
Friday	Tabatacise
Saturday	Perfect Flow: Mobility Basics + Perfect Flow: Core Bonus
Sunday	Super Cuts

WEEK 4	WORKOUT
Monday	Hard Strikes
Tuesday	Burn Sets Chest, Back and Shoulders
Wednesday	Perfect HIIT: Low Impact HIIT + Perfect HIIT: Extended Stretch Bonus
Thursday	Burn Sets Bi's and Tri's
Friday	Perfect HIIT: High Impact HIIT + Perfect HIIT: Pyramid HIIT Bonus
Saturday	Perfect Flow: Yoga Strength & Flexibility
Sunday	Cardio Leg Blast + Bonus Core 1

PERFECT30 / LITE ONE MONTH ROTATION



WEEK 1	WORKOUT
Monday	Perfect HIIT: High Impact HIIT
Tuesday	Strong Body Stacked Sets: Upper
Wednesday	Rev'd Up Rumble + Rev'd Up Rumble Calorie Crush
Thursday	Strong Body Stacked Sets: Lower
Friday	Perfect HIIT: Low Impact HIIT
Saturday	Metabolic Blast
Sunday	Perfect Flow: Yoga Strength & Flexibility + Perfect Flow: Core Bonus

WEEK 2	WORKOUT
Monday	Perfect Pump: Upper Body
Tuesday	Perfect HIIT: High Impact HIIT
Wednesday	Perfect Pump: Lower Body + Perfect Pump: Lower Body Bonus
Thursday	Perfect HIIT: Low Impact HIIT
Friday	Body Weight & Bands + Body Weight & Bands Calorie Crush
Saturday	Cardio Party + Cardio Party Calorie Crush
Sunday	Perfect Flow: Mobility Basics + Perfect Flow: Core Bonus

WEEK 3	WORKOUT
Monday	PHA 2
Tuesday	Perfect HIIT: Low Impact HIIT
Wednesday	Rev'd Up Rumble + Rev'd Up Rumble Calorie Crush
Thursday	Strong Body Stacked Sets: Upper + Bonus Six Pack Abs 1
Friday	Perfect HIIT: High Impact HIIT
Saturday	Strong Body Stacked Sets: Lower
Sunday	Perfect Flow: Yoga Strength & Flexibility

WEEK 4	WORKOUT
Monday	Perfect Pump: Upper Body + Perfect Pump: Upper Body Bonus
Tuesday	Cardio Party + Bonus Six Pack Abs 2
Wednesday	Perfect Pump: Lower Body
Thursday	Perfect HIIT: High Impact HIIT + Perfect HIIT: Pyramid HIIT Bonus
Friday	Body Weight & Bands
Saturday	Metabolic Blast + Metabolic Blast Calorie Crush
Sunday	Perfect Flow: Mobility Basics + Perfect Flow: Core Bonus

CHAPTERS

PERFECT FLOW: Yoga Strength & Flexibility



WARM UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

SUN SALUTATIONS

CHAPTER 2	Equipment: Mat
	Cathe's Weight: NA

BALANCE

CHAPTER 3	Equipment: Mat
	Cathe's Weight: NA

STANDING STRENGTH

CHAPTER 4	Equipment: Mat
	Cathe's Weight: NA

HIP OPENERS

CHAPTER 5	Equipment: Mat
	Cathe's Weight: NA

CORE WORK

CHAPTER 6	Equipment: Mat
	Cathe's Weight: NA

FORWARD BENDS AND TWISTS

CHAPTER 7	Equipment: Mat
	Cathe's Weight: NA

FINAL RESTING PHASE

CHAPTER 8	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

PERFECT FLOW: Mobility Basics



SHOULDER CIRCLES / ROLLS

CHAPTER 1	Equipment: Mat
	Cathe's Weight: NA

NECK STRETCHES

CHAPTER 2	Equipment: Mat
	Cathe's Weight: NA

SQUATS

CHAPTER 3	Equipment: Mat
	Cathe's Weight: NA

FORWARD FOLDS

CHAPTER 4	Equipment: Mat
	Cathe's Weight: NA

SIDE LUNGES

CHAPTER 5	Equipment: Mat
	Cathe's Weight: NA

KNEELING WRIST STRETCH

CHAPTER 6	Equipment: Mat
	Cathe's Weight: NA

ALL FOURS CAT / COW

CHAPTER 7	Equipment: Mat
	Cathe's Weight: NA

HAMSTRING STRETCH

CHAPTER 8	Equipment: Mat
	Cathe's Weight: NA

THREAD THE NEEDLE

CHAPTER 9	Equipment: Mat
	Cathe's Weight: NA

TRACE THE RAINBOW

CHAPTER 10	Equipment: Mat
	Cathe's Weight: NA

GROIN STRETCH

CHAPTER 11	Equipment: Mat
	Cathe's Weight: NA

HIP CIRCLES

CHAPTER 12	Equipment: Mat
	Cathe's Weight: NA

REVERSE TABLE TOP

CHAPTER 13	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

PERFECT FLOW: Mobility Basics



90/90 HANDS DOWN / LEAN BACK

CHAPTER 14	Equipment: Mat
	Cathe's Weight: NA

DOWNWARD FACING DOG TO FRONT LUNGE

CHAPTER 15	Equipment: Mat
	Cathe's Weight: NA

DOWNWARD FACING DOG TO PIGEON

CHAPTER 16	Equipment: Mat
	Cathe's Weight: NA

PRONE QUAD STRETCH

CHAPTER 17	Equipment: Mat
	Cathe's Weight: NA

SUPERMAN

CHAPTER 18	Equipment: Mat
	Cathe's Weight: NA

SCORPION

CHAPTER 19	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

PERFECT FLOW: Core Bonus



BANANA HOLD INTO OPPOSITE HAND TO FOOT

CHAPTER 1	Equipment: Mat
	Cathe's Weight: NA

ROTATING PISTON PLANKS 2 SLOW / 4 FAST

CHAPTER 2	Equipment: Mat
	Cathe's Weight: NA

T RAISE SUPERMAN 2 SLOW / 4 FAST

CHAPTER 3	Equipment: Mat
	Cathe's Weight: NA

GLUTE BRIDGE LEG DROPS

CHAPTER 4	Equipment: Mat
	Cathe's Weight: NA

SIDE PLANK ANGLE EXTENSION

CHAPTER 5	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

PERFECT HIIT: Low Impact HIIT



WARM-UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

SCOOP WATER OUT OF POOL

CHAPTER 2	Equipment: None
	Cathe's Weight: NA

REAR LUNGE INTO FORWARD HOP SQUAT

CHAPTER 3	Equipment: None
	Cathe's Weight: NA

HEISMAN ROCK AND RUN

CHAPTER 4	Equipment: None
	Cathe's Weight: NA

AGILITY DRILL RUN FRONT AND BACK

CHAPTER 5	Equipment: None
	Cathe's Weight: NA

DOUBLE HOP INTO FIGHTER STANCE

CHAPTER 6	Equipment: None
	Cathe's Weight: NA

OPPOSITE HAND TO FOOT TOE TAP AND EXPLODE SET #1

CHAPTER 7	Equipment: None
	Cathe's Weight: NA

OPPOSITE HAND TO FOOT TOE TAP AND EXPLODE SET #2

CHAPTER 8	Equipment: None
	Cathe's Weight: NA

OPPOSITE HAND TO FOOT TOE TAP AND EXPLODE SET #3

CHAPTER 9	Equipment: None
	Cathe's Weight: NA

GROUNDING AIR JACKS SET #1

CHAPTER 10	Equipment: None
	Cathe's Weight: NA

GROUNDING AIR JACKS SET #2

CHAPTER 11	Equipment: None
	Cathe's Weight: NA

AGILITY DRILL RUN OUT-OUT-IN-IN

CHAPTER 12	Equipment: None
	Cathe's Weight: NA

GROUNDING STAR JACKS SET #1

CHAPTER 13	Equipment: None
	Cathe's Weight: NA

CHAPTERS

PERFECT HIIT: Low Impact HIIT



GROUNDING STAR JACKS SET #2

CHAPTER 14	Equipment: None
	Cathe's Weight: NA

GROUNDING STAR JACKS SET #3

CHAPTER 15	Equipment: None
	Cathe's Weight: NA

DOUBLE PULSE INSOLE SNAP UPS

CHAPTER 16	Equipment: None
	Cathe's Weight: NA

LOAD AND EXPLODE TRAVELLING SHUFFLE SQUATS

CHAPTER 17	Equipment: None
	Cathe's Weight: NA

HALO SLAMS SET #1

CHAPTER 18	Equipment: None
	Cathe's Weight: NA

HALO SLAMS SET #2

CHAPTER 19	Equipment: None
	Cathe's Weight: NA

HALO SLAMS SET #3

CHAPTER 20	Equipment: None
	Cathe's Weight: NA

PRISONER LINE TAPS WITH LONG REACH LUNGES

CHAPTER 21	Equipment: None
	Cathe's Weight: NA

PUDDLE JUMPERS

CHAPTER 22	Equipment: None
	Cathe's Weight: NA

WIND SPRINTS

CHAPTER 23	Equipment: None
	Cathe's Weight: NA

COOLDOWN

CHAPTER 24	Equipment: None
	Cathe's Weight: NA

STRETCH

CHAPTER 25	Equipment: None
	Cathe's Weight: NA

CHAPTERS

PERFECT HIIT: High Impact HIIT



WARM-UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

8 JACKS, 8 JUMP ROPES, 4 GALLOPING JACKS

CHAPTER 2	Equipment: None
	Cathe's Weight: NA

SQUAT THRUST, PLANK JACK, TOUCH DOWN JACK, LINE TAPS

CHAPTER 3	Equipment: None
	Cathe's Weight: NA

2 LATERAL TAPS, PLYO JACK COMBO

CHAPTER 4	Equipment: None
	Cathe's Weight: NA

SQUAT THRUST SURFER JUMPS

CHAPTER 5	Equipment: None
	Cathe's Weight: NA

EXPLOSIVE X JACKS WITH TWIST

CHAPTER 6	Equipment: None
	Cathe's Weight: NA

PENCIL SHOTS

CHAPTER 7	Equipment: None
	Cathe's Weight: NA

WIDE STANCE FOOTBALL RUN / COMPETITION BURPEE

CHAPTER 8	Equipment: None
	Cathe's Weight: NA

POWER SCISSORS WITH LATERAL ARMS #1

CHAPTER 9	Equipment: None
	Cathe's Weight: NA

POWER SCISSORS WITH LATERAL ARMS #2

CHAPTER 10	Equipment: None
	Cathe's Weight: NA

POWER SCISSORS WITH LATERAL ARMS #3

CHAPTER 11	Equipment: None
	Cathe's Weight: NA

POWER SCISSORS WITH LATERAL ARMS #4

CHAPTER 12	Equipment: None
	Cathe's Weight: NA

SQUAT THRUST, FORWARD JUMP, JACK COMBO

CHAPTER 13	Equipment: None
	Cathe's Weight: NA

CHAPTERS

PERFECT HIIT: High Impact HIIT



LATERAL HOPS IN A BOX WITH TUCK JUMPS #1

CHAPTER 14	Equipment: None
	Cathe's Weight: NA

LATERAL HOPS IN A BOX WITH TUCK JUMPS #2

CHAPTER 15	Equipment: None
	Cathe's Weight: NA

WIDE STANCE SQUAT THRUST INTO HEEL CLICKS #1

CHAPTER 16	Equipment: None
	Cathe's Weight: NA

WIDE STANCE SQUAT THRUST INTO HEEL CLICKS #2

CHAPTER 17	Equipment: None
	Cathe's Weight: NA

WIDE STANCE SQUAT THRUST INTO HEEL CLICKS #3

CHAPTER 18	Equipment: None
	Cathe's Weight: NA

SPORTS CONDITIONING COMPLEX #1 - 4 LONG JUMPS, 8 BATTLE ROPES, 8 PLIÉ JACKS

CHAPTER 19	Equipment: None
	Cathe's Weight: NA

SPORTS CONDITIONING COMPLEX #2 - 4 LONG JUMPS, 8 BATTLE ROPES, 8 PLIÉ JACKS

CHAPTER 20	Equipment: None
	Cathe's Weight: NA

SEAL JACKS WITH HIGH KNEE RUNS

CHAPTER 21	Equipment: None
	Cathe's Weight: NA

SLOW MOGUL PLANK THRUSTS WITH LATERAL SHUFFLES

CHAPTER 22	Equipment: None
	Cathe's Weight: NA

COOLDOWN

CHAPTER 23	Equipment: None
	Cathe's Weight: NA

STRETCH

CHAPTER 24	Equipment: None
	Cathe's Weight: NA

CHAPTERS

PERFECT HIIT: Pyramid HIIT Bonus



BOX JUMPS #1

CHAPTER 1	Equipment: Step with 2 Risers
	Cathe's Weight: NA

BOX JUMPS #2

CHAPTER 2	Equipment: Step with 2 Risers
	Cathe's Weight: NA

LATERAL ACROSS THE TOP #1

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

LATERAL ACROSS THE TOP #2

CHAPTER 4	Equipment: Step with 2 Risers
	Cathe's Weight: NA

STRADDLE JUMPS #1

CHAPTER 5	Equipment: Step with 2 Risers
	Cathe's Weight: NA

STRADDLE JUMPS #2

CHAPTER 6	Equipment: Step with 2 Risers
	Cathe's Weight: NA

FAST FEET

CHAPTER 7	Equipment: Step with 2 Risers
	Cathe's Weight: NA

SWIM LUNGES #1

CHAPTER 8	Equipment: Step with 2 Risers
	Cathe's Weight: NA

SWIM LUNGES #2

CHAPTER 9	Equipment: Step with 2 Risers
	Cathe's Weight: NA

LONG HOP TURNS #1

CHAPTER 10	Equipment: Step with 2 Risers
	Cathe's Weight: NA

LONG HOP TURNS #2

CHAPTER 11	Equipment: Step with 2 Risers
	Cathe's Weight: NA

POWER TURNING SQUATS #1

CHAPTER 12	Equipment: Step with 2 Risers
	Cathe's Weight: NA

POWER TURNING SQUATS #2

CHAPTER 13	Equipment: Step with 2 Risers
	Cathe's Weight: NA

CHAPTERS

PERFECT HIIT: Pyramid HIIT Bonus



COOLDOWN

CHAPTER 14	Equipment: Step with 2 Risers
	Cathe's Weight: NA

CHAPTERS

PERFECT HIIT: Extended Stretch Bonus

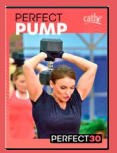


EXTENDED STRETCH

CHAPTER 1	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

PERFECT PUMP: Lower Body



WARM-UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

SQUATS

CHAPTER 2	Equipment: Dumbbells
	Cathe's Weight: 25 lb.

STATIC LUNGES

CHAPTER 3	Equipment: Dumbbells
	Cathe's Weight: 20 lb.

DEADLIFTS

CHAPTER 4	Equipment: Dumbbells
	Cathe's Weight: 30 lb.

PICK UP SQUATS

CHAPTER 5	Equipment: Dumbbell
	Cathe's Weight: 40 lb.

ELEVATED LUNGE RIGHT

CHAPTER 6	Equipment: Dumbbells, High Step with 4 Risers
	Cathe's Weight: 15 lb.

EXPLOSIVE LUNGE RIGHT

CHAPTER 7	Equipment: High Step with 4 Risers
	Cathe's Weight: NA

ELEVATED LUNGE LEFT

CHAPTER 8	Equipment: Dumbbells, High Step with 4 Risers
	Cathe's Weight: 15 lb.

EXPLOSIVE LUNGE LEFT

CHAPTER 9	Equipment: High Step with 4 Risers
	Cathe's Weight: NA

DEADLIFTS WITH TOES ELEVATED

CHAPTER 10	Equipment: Dumbbells, 2 Weight Plates
	Cathe's Weight: 30 lb.

HEELS ELEVATED FRONT SQUAT

CHAPTER 11	Equipment: Dumbbells, 2 Weight Plates
	Cathe's Weight: 15 lb.

STEP UPS

CHAPTER 12	Equipment: Dumbbells, High Step with 4 Risers
	Cathe's Weight: 15 lb.

SINGLE LEG DEADLIFT

CHAPTER 13	Equipment: Dumbbell
	Cathe's Weight: 30 lb.

CHAPTERS

PERFECT PUMP: Lower Body



FRONT LUNGES

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

CLOSE GRIP SQUAT

CHAPTER 15	Equipment: Dumbbell
	Cathe's Weight: 40 lb.

SQUAT CROSSOVER LUNGES

CHAPTER 16	Equipment: Dumbbell, High Step with 1 Riser
	Cathe's Weight: 15 lb.

FORWARD LEANING GLUTE LUNGES

CHAPTER 17	Equipment: Dumbbell, High Step with 1 Riser
	Cathe's Weight: 15 lb.

COSSACK SQUAT

CHAPTER 18	Equipment: Dumbbell
	Cathe's Weight: 12 lb.

CALF RAISES SET #1

CHAPTER 19	Equipment: Dumbbells
	Cathe's Weight: 25 lb.

CALF RAISES SET #2

CHAPTER 20	Equipment: Dumbbells
	Cathe's Weight: 25 lb.

CALF RAISES SET #3

CHAPTER 21	Equipment: Dumbbells
	Cathe's Weight: 25 lb.

STRETCH

CHAPTER 22	Equipment: None
	Cathe's Weight: NA

CHAPTERS

PERFECT PUMP: Upper Body



WARM-UP

CHAPTER 1	Equipment: None
	Cathe's Weight: NA

PULLOVER SET #1

CHAPTER 2	Equipment: Dumbbells, Step with 4 Risers
	Cathe's Weight: 15 lb.

PULLOVER SET #2

CHAPTER 3	Equipment: Dumbbells, Step with 4 Risers
	Cathe's Weight: 20 lb.

ONE ARM ROW SET #1

CHAPTER 4	Equipment: Dumbbell
	Cathe's Weight: 35 lb.

ONE ARM ROW SET #2

CHAPTER 5	Equipment: Dumbbell
	Cathe's Weight: 35 lb.

BENT OVER CLUTCH ROW

CHAPTER 6	Equipment: Dumbbells
	Cathe's Weight: 20 lb.

POSTURE PULLS

CHAPTER 7	Equipment: 1.5 Tubing
	Cathe's Weight: NA

RAPID ROW TOSS

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

STANDING SWEEPER CURLS

CHAPTER 9	Equipment: Dumbbells
	Cathe's Weight: 20 lb.

CLUTCH CURLS

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

BICEP CURLS SET #1

CHAPTER 11	Equipment: Dumbbells
	Cathe's Weight: 15 lb.

BICEP CURLS SET #2

CHAPTER 12	Equipment: Dumbbells
	Cathe's Weight: 12 lb.

BICEP CURLS SET #3

CHAPTER 13	Equipment: Dumbbells
	Cathe's Weight: 10 lb.

CHAPTERS

PERFECT PUMP: Upper Body



INCLINE FRONT V LAT RAISE COMBO

CHAPTER 14	Equipment: Dumbbells, Step with 4 Risers
	Cathe's Weight: 5 lb.

LATERAL RAISE

CHAPTER 15	Equipment: Dumbbells, Step with 4 Risers
	Cathe's Weight: 5 lb.

SCARECROW

CHAPTER 16	Equipment: Dumbbells, Step with 4 Risers
	Cathe's Weight: 5 lb.

PUSH PRESS 3.5'S

CHAPTER 17	Equipment: Dumbbells
	Cathe's Weight: 15 lb.

BATTLE ROPES

CHAPTER 18	Equipment: Tubing
	Cathe's Weight: NA

INCLINE BENCH PRESS

CHAPTER 19	Equipment: Dumbbells, Step with 4 Risers
	Cathe's Weight: 25 lb.

INCLINE CLUTCH PRESS

CHAPTER 20	Equipment: Dumbbells, Step with 4 Risers
	Cathe's Weight: 20 lb.

FLAT DEAD BUG FLY

CHAPTER 21	Equipment: Dumbbells, Step with 4 Risers
	Cathe's Weight: 25 lb.

LEG LIFT PUSHUPS

CHAPTER 22	Equipment: None
	Cathe's Weight: NA

OVERHEAD EXTENSION

CHAPTER 23	Equipment: Dumbbell
	Cathe's Weight: 35 lb.

BANDED KICKBACKS 7/1

CHAPTER 24	Equipment: Tubing
	Cathe's Weight: NA

KICKBACKS

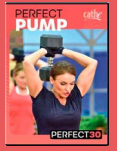
CHAPTER 25	Equipment: Dumbbells
	Cathe's Weight: 12 lb.

TRICEP PUSHUPS

CHAPTER 26	Equipment: Step Topper, Mat
	Cathe's Weight: NA

CHAPTERS

PERFECT PUMP: Upper Body



TRICEP DIPS SET #1

CHAPTER 27	Equipment: Dumbbell, Step with 4 Risers
	Cathe's Weight: 12 lb.

TRICEP DIPS SET #2

CHAPTER 28	Equipment: Dumbbell, Step with 4 Risers
	Cathe's Weight: 12 lb.

TRICEP DIPS SET #3

CHAPTER 29	Equipment: Dumbbell, Step with 4 Risers
	Cathe's Weight: 12 lb.

COOLDOWN

CHAPTER 30	Equipment: None
	Cathe's Weight: NA

STRETCH

CHAPTER 31	Equipment: None
	Cathe's Weight: NA

CHAPTERS

PERFECT PUMP: Lower Body Bonus



HAMSTRING PRESSES

CHAPTER 1	Equipment: Weight
	Cathe's Weight: 10 lb.

OUTER THIGH PRESSES

CHAPTER 2	Equipment: Tubing
	Cathe's Weight: NA

BANDED GLUTE SQUEEZES

CHAPTER 3	Equipment: Tubing, High Step with 3 Risers
	Cathe's Weight: NA

CHAPTERS

PERFECT PUMP: Upper Body Bonus



UPRIGHT ROW SINGLE-DOUBLE / SINGLE-DOUBLE

CHAPTER 1	Equipment: Dumbbells
	Cathe's Weight: 12 lb.

SINGLE ARM REAR DELT FLY COMBO GRIP

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

BENCH PRESS, FLY COMBO

CHAPTER 3	Equipment: Dumbbells, Step with 4 Risers
	Cathe's Weight: 20 lb.

BANDED CURL 1.5'S

CHAPTER 4	Equipment: Dumbbells, Tubing
	Cathe's Weight: 5 lb.

BANDED OVERHEAD TRICEP EXTENSIONS

CHAPTER 5	Equipment: Tubing
	Cathe's Weight: NA

CHAPTERS

PERFECT PUMP: Core Bonus



BANANA HOLD INTO OPPOSITE HAND TO FOOT

CHAPTER 1	Equipment: Mat
	Cathe's Weight: NA

ROTATING PISTON PLANKS 2 SLOW / 4 FAST

CHAPTER 2	Equipment: Mat
	Cathe's Weight: NA

T RAISE SUPERMAN 2 SLOW / 4 FAST

CHAPTER 3	Equipment: Mat
	Cathe's Weight: NA

GLUTE BRIDGE LEG DROPS

CHAPTER 4	Equipment: Mat
	Cathe's Weight: NA

SIDE PLANK ANGLE EXTENSION

CHAPTER 5	Equipment: Mat
	Cathe's Weight: NA

CHAPTERS

PERFECT PUMP: Extended Stretch Bonus



EXTENDED STRETCH

CHAPTER 1	Equipment: Mat
	Cathe's Weight: NA

PREMIXES

PERFECT FLOW



BASIC PREMIXES

Basic #1	Yoga Strength & Flexibility + Core Bonus	41:12
Basic #2	Mobility Basics + Core Bonus	40:22
Basic #3	Yoga Strength & Flexibility + Mobility Basics + Core Bonus	72:16

TIMESAVER PREMIXES

Timesaver #1	Mobility Basics Strength	10:46
Timesaver #2	Mobility Basics Stretch	20:40
Timesaver #3	Yoga Strength & Flexibility Strength + Core Bonus	25:54
Timesaver #4	Yoga Strength & Flexibility Stretch	20:08
Timesaver #5	Yoga Strength & Flexibility + Mobility Basics Express #1	33:22
Timesaver #6	Yoga Strength & Flexibility + Mobility Basics Express #2	35:51
Timesaver #7	Yoga Strength & Flexibility Core Focus	24:30
Timesaver #8	Mobility Basics Core Focus	14:47

MISHMOSH PREMIXES

MishMosh #1	Yoga Strength & Flexibility + Mobility Basics Core Focus	29:59
MishMosh #2	Yoga Strength & Flexibility - Core Work Replaced with Core Bonus	35:13
MishMosh #3	Mobility Basics Core	33:54

PREMIXES

PERFECT HIIT



BASIC PREMIXES

Basic #1	Low Impact Hiit + Extended Stretch	36:06
Basic #2	High Impact Hiit + Extended Stretch	36:51
Basic #3	Low Impact Hiit + High Impact Hiit	52:55
Basic #4	High Impact Hiit + Low Impact Hiit	53:27
Basic #5	Low Impact Hiit + High Impact Hiit + Extended Stretch	58:56
Basic #6	High Impact Hiit + Low Impact Hiit + Extended Stretch	58:42
Basic #7	High Impact Hiit + Pyramid Cardio Hiit Bonus + Extended Stretch	48:11
Basic #8	Low Impact Hiit + Pyramid Cardio Hiit Bonus + Extended Stretch	47:08
Basic #9	Low Impact Hiit + High Impact Hiit + Pyramid Cardio Hiit Bonus + Extended Stretch	70:16

TIMESAVER PREMIXES

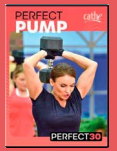
Timesaver #1	Pyramid Cardio Hiit Bonus	19:03
Timesaver #2	Double Pyramid Cardio Hiit Bonus	31:44
Timesaver #3	First Half of High Impact Hiit + Pyramid Cardio Hiit Bonus	30:30
Timesaver #4	Second Half of High Impact Hiit + Pyramid Cardio Hiit Bonus	30:43

MISHMOSH PREMIXES

MishMosh #1	Double Low Impact Hiit	52:15
MishMosh #2	Double High Impact Hiit	53:52
MishMosh #3	First Half of Low Impact Hiit + Last Half of High Impact Hiit + Pyramid Cardio Hiit Bonus	45:50
MishMosh #4	First Half of High Impact Hiit + Last Half of Low Impact Hiit + Pyramid Cardio Hiit Bonus	49:29

PREMIXES

PERFECT PUMP



BASIC PREMIXES

Basic #1	Lower Body + Extended Stretch	36:47
Basic #2	Upper Body + Extended Stretch	37:39
Basic #3	Lower Body + Upper Body + Extended Stretch	61:49
Basic #4	Lower Body + Core Bonus + Extended Stretch	46:06
Basic #5	Upper Body + Core Bonus + Extended Stretch	46:58
Basic #6	Lower Body + Upper Body + Core Bonus + Extended Stretch	71:08
Basic #7	Upper Body + Upper Body Bonus + Extended Stretch	42:16
Basic #8	Lower Body + Lower Body Bonus + Extended Stretch	44:26
Basic #9	Lower Body + Upper Body + Lower Body Bonus + Upper Body Bonus + Extended Stretch	74:06
Basic #10	Lower Body + Upper Body + Lower Body Bonus + Upper Body Bonus + Core Bonus + Extended Stretch	83:41

TIMESAVER PREMIXES

Timesaver #1	Back & Biceps	16:38
Timesaver #2	Back, Biceps & Shoulders	21:10
Timesaver #3	Chest & Triceps	15:00
Timesaver #4	Shoulder, Chest & Triceps	19:32
Timesaver #5	Total Body Express	31:36

MISHMOSH PREMIXES

MishMosh #1	Upper & Lower Body	54:37
MishMosh #2	No Step	39:21
MishMosh #3	No Step + Core	48:39
MishMosh #4	Upper Body Light Weights & Bands + Core Bonus Express	32:06
MishMosh #5	Lower Body Light Weights & Bands + Core Bonus Express	36:53

WORKOUT CARDS

PERFECT PUMP: Lower Body



SQUATS CHAPTER 6 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

STATIC LUNGES CHAPTER 7 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

DEADLIFTS CHAPTER 8 30 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

PICK UP SQUATS CHAPTER 9 40 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ELEVATED LUNGE RIGHT CHAPTER 10 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

ELEVATED LUNGE LEFT CHAPTER 12 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

DEADLIFTS WITH TOES ELEVATED CHAPTER 14 30 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

HEELS ELEVATED FRONT SQUAT CHAPTER 15 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

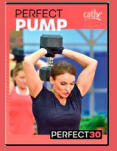
PERFECT PUMP: Lower Body



STEP UPS CHAPTER 16 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
SINGLE LEG DEADLIFT CHAPTER 17 30 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
FRONT LUNGES CHAPTER 18 15 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CLOSE GRIP SQUAT CHAPTER 19 40 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
SQUAT CROSSOVER LUNGES CHAPTER 20 15 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
FORWARD LEANING GLUTE LUNGES CHAPTER 21 15 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
COSSACK SQUAT CHAPTER 22 12 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CALF RAISES SET #1 CHAPTER 23 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PERFECT PUMP: Lower Body



CALF RAISES SET #2 CHAPTER 24 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CALF RAISES SET #3 CHAPTER 25 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PERFECT PUMP: Upper Body



PULLOVER SET #1 CHAPTER 6 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
PULLOVER SET #2 CHAPTER 7 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ONE ARM ROW SET #1 CHAPTER 8 35 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
ONE ARM ROW SET #2 CHAPTER 9 35 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
BENT OVER CLUTCH ROW CHAPTER 10 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
RAPID ROW TOSS CHAPTER 12 25 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
STANDING SWEEPER CURLS CHAPTER 13 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
CLUTCH CURLS CHAPTER 14 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PERFECT PUMP: Upper Body



BICEP CURLS SET #1 CHAPTER 15 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BICEP CURLS SET #2 CHAPTER 16 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BICEP CURLS SET #3 CHAPTER 17 10 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

INCLINE FRONT V LAT RAISE COMBO CHAPTER 18 5 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

LATERAL RAISE CHAPTER 19 5 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SCARECROW CHAPTER 20 5 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

PUSH PRESS 3.5'S CHAPTER 21 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

INCLINE BENCH PRESS CHAPTER 23 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PERFECT PUMP: Upper Body



INCLINE CLUTCH PRESS CHAPTER 24 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
FLAT DEAD BUG FLY CHAPTER 25 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
OVERHEAD EXTENSION CHAPTER 27 35 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
KICKBACKS CHAPTER 29 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
TRICEP DIPS SET #1 CHAPTER 31 12 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
TRICEP DIPS SET #2 CHAPTER 32 12 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
TRICEP DIPS SET #3 CHAPTER 33 12 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

WORKOUT CARDS

PERFECT PUMP: Upper Body Bonus



UPRIGHT ROW SINGLE-DOUBLE / SINGLE-DOUBLE CHAPTER 2 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
SINGLE ARM REAR DELT FLY COMBO GRIP CHAPTER 3 8 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
BENCH PRESS, FLY COMBO CHAPTER 4 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
BANDED CURL 1.5'S CHAPTER 5 5 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps



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