

STS2.0



# User's Guide



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# OVERVIEW

## STS 2.0



STS 2.0 Muscle & Recovery is a comprehensive strength training program that will guide you through three challenging phases that each have their own individual formatting and an assortment of training techniques to help you build muscle while also testing your strength and endurance. Throughout each of the three phases you will take appropriate rest periods between each exercise or round to give your mind and muscle the time that they need to refuel and push through the next set. The goal is to go heavy enough for each exercise so that you're fighting for those last couple of reps in every set!

Each of the three phases included in the STS 2.0 program include unique training methods designed to keep your muscles engaged and challenged throughout the program. Incorporating all these methods into your strength training program will deliver a variety of muscle and endurance challenges for the best possible results!

### Phase 1

Phase 1 focuses on total body workouts, utilizing three distinct training methods: super sets, tri sets, and giant sets. While unique in the number of reps and sets being performed with each of these methods, what they have in common is the muscle overload that they demand. By decreasing the amount of rest that you take between exercises and increasing the amount of work that you accomplish in each round, you'll effectively force your muscles to adapt and grow. The Phase 1 routines, although still highly focused on strength, will also test your endurance due to the pacing of the routine and the volume of exercises you'll perform before a rest break is taken.

### Phase 2

Phase 2 focuses on upper lower split training, splitting your training sessions into upper body and lower body focused workout sessions. This type of training is great for both strength and hypertrophy because it allows one half of the body to rest on a day when the other half is training. This built-in recovery means that you can take advantage of additional training days without over-taxing any one specific area.

### Phase 3

Phase 3 focuses on single body part training days. With this training method you will target one specific muscle group from all angles. Single body part training will enable you to give one muscle group the volume and intensity that it needs to grow. There will be several days between workouts

# OVERVIEW

## STS 2.0

that target that same muscle group which will give ample recovery time, but that same muscle will still be stimulated between training days when it assists with the training of related muscle groups.

### **Phase 3 Split Routine Option**

Split routines have also been included in your premix menus on the single body part disc. This will allow you to combine back and biceps, chest and triceps, and legs and shoulders into 3 training sessions rather than 6. You will still need to take ample recovery time before hitting the same split workout again to give those specific muscle groups time to recover.

### **Recovery Workouts**

I created STS 2.0 as a flexible and user-friendly sequel to the original STS Program. The two series have many things in common, i.e., the use of heavy weights, a focus on strength and hypertrophy, required rest periods within each workout, and rest days between workouts. There are also some noticeable differences between these "sister" series, one of which is the strong focus on recovery days. All the recovery routines in this program were created to give you multiple options to help your hard worked muscles recover. We all know how important exercise is for our bodies and for our overall well-being, but we must also remember that intense training sessions do place physical stress on our muscles, leading to some damage that is necessary for strength and hypertrophy gains. This damage is a necessary part of the training process, but we must give our bodies time to repair. Each of the recovery routines included in the STS 2.0 series will work to stretch and lengthen your muscles to help restore mobility and flexibility after your heavy weight routines. Taking the time to let your body heal and recover will help you make amazing strides in your fitness journey.

### **Bonus Exercises**

The single body part routines in this series as well as the Lower Body 2 routine, offer bonus exercises. These "extras" were added to give the routines a splash of additional variety and afforded me the opportunity to include some exercises that I find effective, but that were not included in the main routines. These bonus exercises can be used as desired to give your workouts a little extra boost.

### **Premixes**

Premix Options are available on each of the STS 2.0 DVDs and can be used as desired with the STS 2.0 rotations in this user's guide. For example, if you're following a particular rotation and know that on a certain day your workout time is limited, you can swap out the main routine for an express option that day. Likewise, if you're feeling extra strong on a given day you may choose to do a premix that includes the bonus exercises for a particular workout, or you may choose to do a more extreme premix. These options are available to work with your schedule and to keep your workouts fresh and challenging.

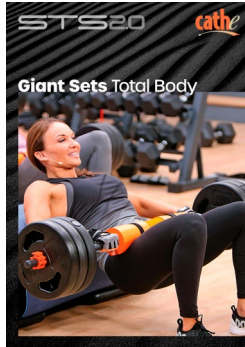
### **Abs/Core Routines**

4 unique ab/core routines have been included to round out your STS 2.0 training program. These ab workouts are not scheduled into the rotations provided in this user's guide, but instead, are available for you to add into your program on days when it works for you. I recommend adding a core workout at least once, but no more than twice per week.

# ABOUT THE WORKOUTS

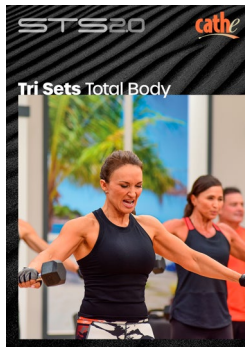
## STS 2.0

### PHASE 1: TOTAL BODY WORKOUTS



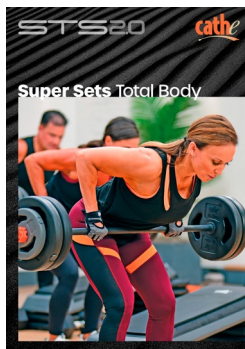
#### Giant Sets Total Body

This intense routine will get your heart pumping as you perform 10 weighted exercises back-to-back with very little rest, for a total of three sweaty rounds. In your second round you'll change things up by performing the 10 exercises in a unilateral fashion, working one side at a time. This technique will address any muscle imbalances that you may have between sides. You will get a two-minute break between each round. This is just enough time to get your mind and your muscle ready to push through the next round. This is an advanced Giant Sets method that will leave no muscle group untouched in each sweat-packed round.



#### Tri Sets Total Body

This routine will demand your strength and focus as you perform weighted exercises in a Tri-Set method, doing 3 exercises for the same body part back-to-back with very little rest between exercises. You will then repeat the tri set before getting a two-minute break to recoup and prepare for the next round. In each round you'll focus on same or related muscle groups, placing more demand and overload on each specific muscle group before reaching your two-minute break.



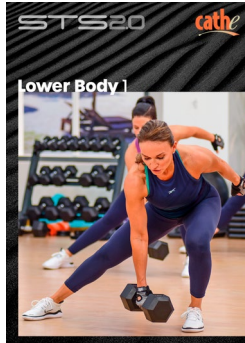
#### Super Sets Total Body

In this powerful routine you'll do 2 exercises for opposing muscle groups back-to-back with very little rest between exercises. The transition back and forth between opposing muscle groups will allow one muscle group to rest briefly while the other works, but this routine moves! You'll repeat each super set for a total of three sets before getting a two-minute break between rounds to power back up and push on. Challenging your muscles to work through fatigue as you move quickly between exercises will help to increase your overall strength and stamina.

# ABOUT THE WORKOUTS

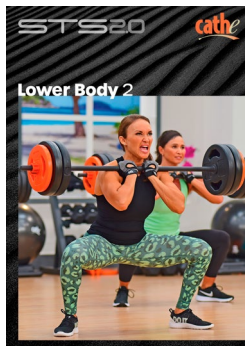
**STS 2.0**

## **PHASE 2: ALL UPPER/ALL LOWER BODY WORKOUTS**



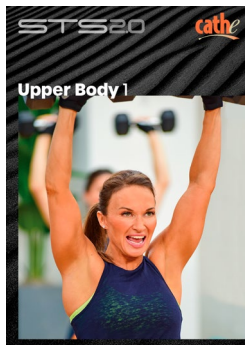
### **Lower Body 1**

This challenging, all-lower body routine will work to completely fatigue your legs and glutes with slow, heavy, controlled reps. Get ready to get heavy with every exercise! Appropriate rest periods will be taken between exercises so your muscles can rest and prepare for the next heavy set. This will help to maximize the number of heavy reps you can complete without burning out. This workout also includes an intense stability ball finisher for one final burn before calling it a day!



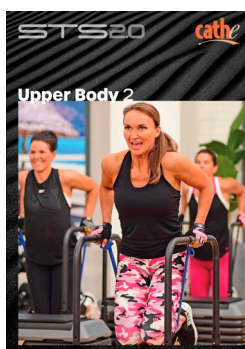
### **Lower Body 2**

This intense, all-lower body routine is sure to leave your legs and glutes on fire! A mix of favorite and new exercises will challenge your lower body from start to finish. Appropriate rest periods will be taken between exercises so your muscles can rest and prepare for the next heavy set. This will help to maximize the number of heavy reps you can complete without burning out. You'll end the routine with an intense finisher using your stability ball.



### **Upper Body 1**

In this intense all-upper body routine, you'll focus on one muscle group at a time with slow, steady reps. Each muscle group will get the time and attention that it needs to reach failure before moving on to the next. Each grouping will feel a bit more challenging as the assisting muscle groups get more fatigued. Appropriate rest periods will be taken between exercises so your muscles can rest and prepare for the next heavy set. This will help to maximize the number of heavy reps you can complete without burning out.



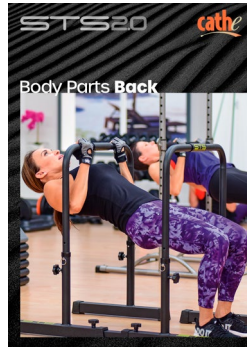
### **Upper Body 2**

In this all-upper body routine, you'll focus on one muscle group at a time, except for chest and triceps which will be worked together. You'll completely fatigue one muscle group before moving on, and appropriate rest periods will be taken between exercises to allow you to power back up for your next set. Some lighter weight and resistance tube exercises will be mixed into this routine as finisher sets to give your muscles the best of multiple types of training.

# ABOUT THE WORKOUTS

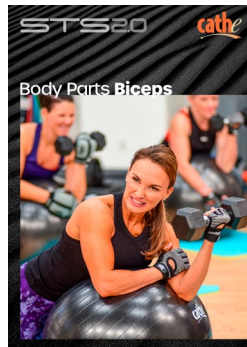
**STS 2.0**

## **PHASE 3: SINGLE BODY PART WORKOUTS**



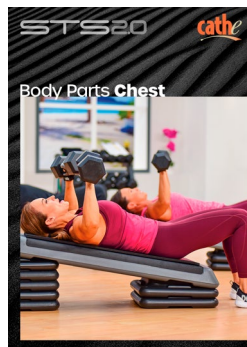
### **Single Body Parts Back**

This routine will stay focused on the muscles of the back to fully work and fatigue those muscles. In this routine you'll perform heavy weighted exercises, and rubber resistance exercises using tubing with handles. You will also be working on some body weight training exercises doing pull-ups and chin-ups on your STS bars or your Turbo Tower. Appropriate rest periods will be taken between exercises so that you can maximize the number of heavy reps that you can complete. This type of training gives you the opportunity to focus entirely on one muscle group to give it the time and intensity that it needs for muscle growth.



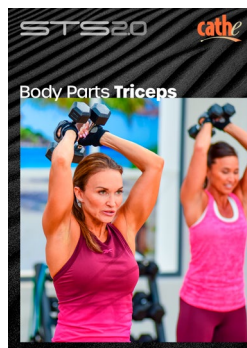
### **Single Body Parts Biceps**

This routine will focus specifically on the biceps working them to failure. You will hit the muscle from all angles with heavy weighted exercises as well as with exercises that use rubber resistance. Appropriate rest periods will be taken between exercises so that you can maximize the number of heavy reps that you can complete. This type of training gives you the opportunity to focus entirely on one muscle group to give it the time and intensity that it needs for muscle growth.



### **Single Body Parts Chest**

This routine will focus on the chest muscles. Heavy weighted exercises will be performed to strengthen and shape the chest. A few rubber resistance exercises will be performed using tubing with handles, and of course, no chest routine would be complete without a few push-ups! Appropriate rest periods will be taken between exercises so that you can maximize the number of heavy reps that you can complete. This type of training gives you the opportunity to focus entirely on one muscle group to give it the time and intensity that it needs for muscle growth.



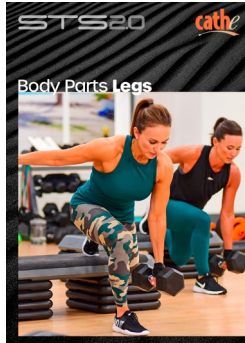
### **Single Body Parts Triceps**

This routine will thoroughly work and exhaust the triceps muscles! You will hit the muscle from all angles with heavy weighted exercises as well as with exercises that use rubber resistance. Challenging body weight exercises are also included when we use our STS bars to assist with dips. Appropriate rest periods will be taken between exercises so that you can maximize the number of heavy reps that you can complete. This type of training gives you the opportunity to focus entirely on one muscle group to give it the time and intensity that it needs for muscle growth.



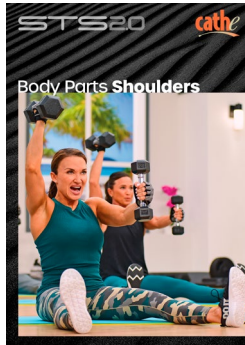
# ABOUT THE WORKOUTS

**STS 2.0**



## Single Body Parts Legs

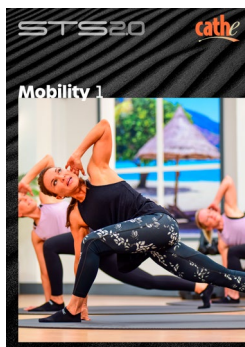
This routine will stay focused on the legs and glutes to completely fatigue the lower body. You will hit the muscle from all angles with heavy weighted exercises. Appropriate rest periods will be taken between exercises so that you can maximize the number of heavy reps that you can complete. This type of training gives you the opportunity to focus entirely on one muscle group to give it the time and intensity that it needs for muscle growth.



## Single Body Parts Shoulders

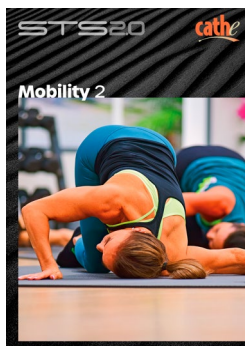
This routine will stay focused on the shoulders. In this routine you will perform challenging exercises using a mix of heavy and lighter weights. Appropriate rest periods will be taken between exercises so that you can maximize the number of heavy reps that you can complete. This type of training gives you the opportunity to focus entirely on one muscle group to give it the time and intensity that it needs for muscle growth.

## RECOVERY WORKOUTS



## Mobility 1

Mobility 1 includes multiple mobility positions and movements performed at a controlled pace. Mobility training is an important part of your fitness and recovery routine for many reasons. Our mobility is what allows us to move through our daily activities without strain or pain in our bodies. If muscles become too tight and immobile, we are at a much greater risk of injury. Mobility training will help to prevent this, thereby improving your posture, range of motion, and providing much-needed recovery from more intense training. The more mobile your body is, the more strength and power you'll be able to put out during your physically demanding workouts.

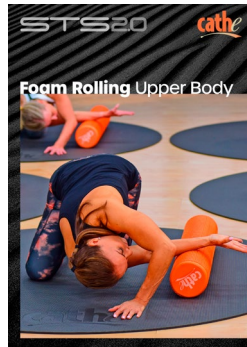


## Mobility 2

Mobility 2 includes multiple mobility movements performed at a controlled pace. Mobility 2 includes a few movement patterns that are a bit more aggressive than those in Mobility 1. Take breaks as needed on these exercises and work your way up to performing the more difficult positions.

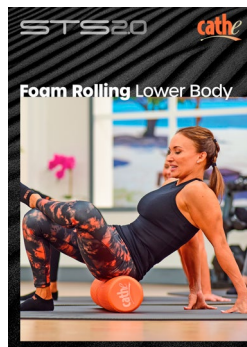
# ABOUT THE WORKOUTS

## STS 2.0



### Foam Rolling Upper Body

In this workout Cathe will guide you through the techniques of foam rolling for the upper body using her orange 36-inch foam roller. Foam rolling is especially effective at times when your muscles are very tight and sore. Cathe will review how to find and focus on your own specific “trigger points” to make the most out of your foam rolling experience. Foam rolling workouts can be used in your fitness program in whichever way works best for you, pre-workout, post-workout, or as a stand-alone recovery workout option.



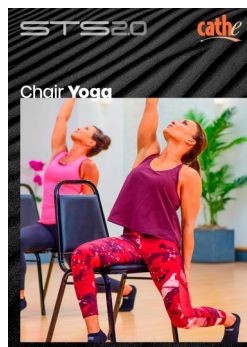
### Foam Rolling Lower Body

In this workout Cathe will guide you through the techniques of foam rolling for the lower body using her orange 36-inch foam roller. Foam rolling is especially effective at times when your muscles are very tight and sore. Cathe will review how to find and focus on your own specific “trigger points” to make the most out of your foam rolling experience. Foam rolling workouts can be used in your fitness program in whichever way works best for you, pre-workout, post-workout, or as a stand-alone recovery workout option.



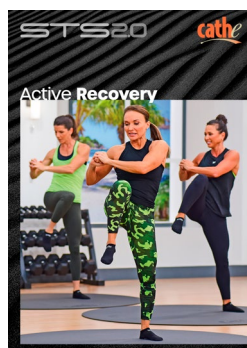
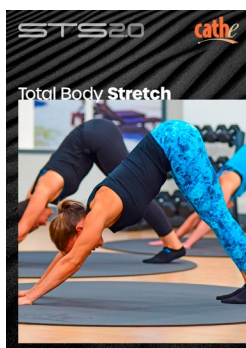
### Chair Yoga

Chair Yoga features relaxing yoga stretches, and postures performed entirely in a seated position on a chair. Chair Yoga is a gentler routine that will take you through yoga stretches in a less intense manner. This is especially helpful on days when your body is feeling exceptionally sore.



### Mat Yoga

Mat Yoga features yoga postures focusing on length and deep stretches performed down on a yoga mat. This routine is performed in a slightly more intense, challenging manner while also allowing muscles to lengthen and heal.



### Active Recovery

Active Recovery is a bit breathier than some of the other recovery workouts in this series and can be used on recovery days when you still want to break a little extra sweat during your recovery routine. The Active Recovery workout will help your body to stretch and will relieve the stress of more intense routines, but it will also get your heart rate up for a little more of a “light workout” feel.

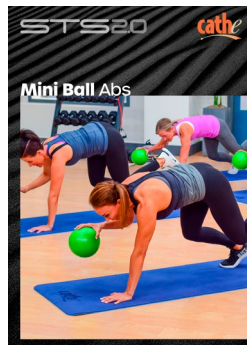
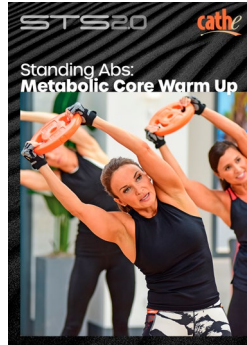
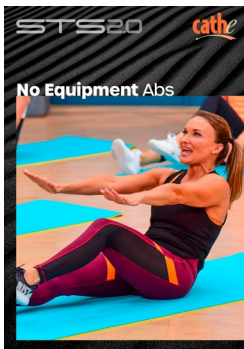
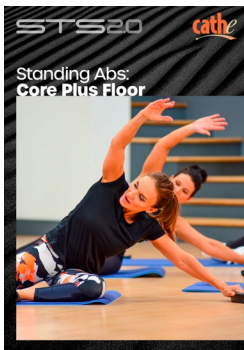
### Total Body Stretch

Total Body Stretch is a gentle extended stretch routine for the entire body. In this recovery workout you will be guided through slow, controlled movements to help you fully relax and recover.

# ABOUT THE WORKOUTS

STS 2.0

## ABS/CORE WORKOUTS



### Standing Abs: Metabolic Core Warm Up

In this active core routine you will use a barbell plate as you move through a variety of fun standing core exercises to thoroughly warm up your mid-section. Lighter weight will be used so that you can focus on core engagement without your shoulders taking over the exercises. A dumbbell option will also be shown.

### Standing Abs: Core Plus Floor

In this active core routine you will use a slightly heavier barbell plate to add intensity to a variety of standing core exercises. Sliding devices will also be used to create a bit of instability and challenge your core muscles even more! After the standing portion of this routine, you'll take it to the floor for some fun and effective weighted floor exercises. A dumbbell option will also be shown.

### Mini Ball Abs

This routine will utilize a Cathe Mini Ball to challenge your core strength and stabilization through a variety of challenging floor and plank-based exercises. A no-equipment option will be shown for those who don't have a Mini Ball.

### No Equipment Abs

This routine requires nothing but a mat and your focus. Don't let the lack of equipment fool you! This core routine is no joke! In this workout, you'll be doing a variety of challenging floor-based core exercises. Progressions will be shown on some of the more difficult movements to allow you to make the movements easier or more difficult depending on your ability.

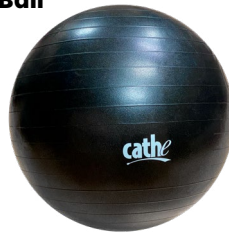
# EQUIPMENT USED IN STS 2.0

Throughout the STS 2.0 workouts I will be showing multiple options to accommodate the equipment that you have at home so that you can get the most of your strength training program.

**Dumbbells**



**Stability Ball**



**Gliding Device**



**Barbell**



**Mat**



**Foam Roller**



**Barbell Pad**



**Mini Mat**



**Mini Ball**



**Step with Preferred Number of Risers (or Weight Bench)**



**Fabric Boss Loop**



**Chair**



**Resistance Tubing with Handles**



**Fabric Boss Band**



**Micro-Load Gloves**



**STS Adjustable Pull-Up / Dip Bars**



**Light Resistance Loop**



# QUICK START GUIDE

## STS 2.0

### **STEP #1**

Select the STS 2.0 rotation that best suits your needs. Each STS 2.0 rotation is divided into weekly workout schedules outlining which workout to do each day.

### **STEP #2**

Gather all the equipment you will need for your workout. You can find a list of equipment needed for each workout listed in the Chapters section of this users guide as well as on each DVD.

### **STEP #3**

Select the proper weights for each exercise. Selecting a weight that is not challenging for you will diminish the results that you can expect from the STS 2.0 weight training program. The weight that Cathe uses for every exercise is shown at the beginning of each exercise in the STS 2.0 workouts, however, this is just a guideline. You should always use a weight that is appropriate for your strength level.

### **STEP #4**

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

### **STEP #5**

Don't forget to use the optional STS 2.0 abs/core routines in your STS 2.0 workout schedule. Try to add at least one, but no more than two core workouts per week.

# ABOUT THE ROTATIONS

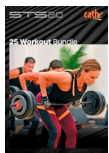
## STS 2.0

### STS 2.0 8-Week Rotation



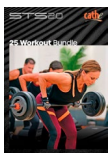
This rotation will guide you through the STS 2.0 series for a total of 8 weeks. You will stay in Phase 1 and Phase 2 for two weeks each. Phase 3 will be spread out over 4 weeks to give you ample recovery time between all the single body part routines. Although this is the shortest of the three STS 2.0 only rotations, the 8-week timeframe will still allow the muscles enough time within each phase to adapt to the type of training being performed thereby allowing you to choose the appropriate weight increments for strength and hypertrophy gains. Cardio is optional within this rotation. If you choose to add it, please keep your cardio sessions to no more than a couple times per week for no more than 30 minutes. Feel free to add a core routine of your choice once to twice per week.

### STS 2.0 10-Week Rotation



This rotation will guide your through the STS 2.0 series for a total of 10 weeks. You will stay in Phase 1 and Phase 2 for 3 weeks each. Phase 3 will be spread out over 4 weeks, but with the additional change of doing the split routine premix options rather than the single body part main routines. This is a perfect option for those of you that prefer to work multiple body parts per day verses single body part routines. This added change will create its own set of challenges. The 10-week rotation gives you a bit more time within each phase allowing you additional opportunity to increase your weight selections as you feel stronger with any exercise. Cardio is optional within this rotation. If you choose to add it, please keep your cardio sessions to no more than a couple times per week for no more than 30 minutes. Feel free to add a core routine of your choice once to twice per week.

### STS 2.0 12-Week Rotation



This rotation will guide you through the STS 2.0 series for a total of 12 weeks. You will stay in Phase 1 and Phase 2 for 3 weeks each, but in this rotation the order of the workouts included in each Phase will be re-arranged each week. You will spend more time in Phase 3 in this rotation as you hit the single body part routines for a total of 6 weeks. Spending the additional time in this phase will maximize your potential for hypertrophy gains as it allows you to stay focused on a single body part to complete failure before each training session is completed. Cardio is optional within this

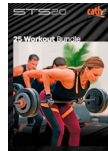
rotation. If you choose to add it, please keep your cardio sessions to no more than a couple times per week for no more than 30 minutes. Feel free to add a core routine of your choice once to twice per week.

### STS 2.0 / XTrain Rotation



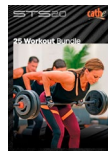
This rotation will guide you through a mix of STS 2.0 and XTrain workouts for a total of 8 weeks. Each week will include a mix of weight training methods from both series. Some XTrain cardio routines have been included but are optional if you choose not to do cardio while following this rotation. Both the STS 2.0 and XTrain series include core routines. Feel free to add a core routine of your choice once to twice per week.

### STS 2.0 / Ripped with HiIT Rotation



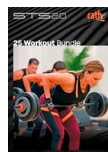
This rotation will guide you through a mix of STS 2.0 and Ripped with HiIT workouts for a total of 8 weeks. Each week will include a mix of weight training methods from both series. Ripped with HiIT low impact and high impact cardio routines have been included, but if you prefer low impact over high impact (or vice versa) feel free to swap out to the Ripped with HiIT cardio of your choice. The STS 2.0 and Ripped with HiIT series include core routines. Feel free to add a core routine of your choice once to twice per week.

### STS 2.0 Plus Low Impact Cardio Rotation



This Rotation will guide you through 6 weeks of STS 2.0 with the addition of low impact cardio routines from various series. As you progress through the weeks in this rotation you will also move through the different phases within the STS 2.0 series. Feel free to add a core routine of your choice once to twice per week.

### STS 2.0 Plus High Impact Cardio Rotation



This Rotation will guide you through 6 weeks of STS 2.0 with the addition of high impact cardio routines from various series. As you progress through the weeks in this rotation you will also move through the different phases within the STS 2.0 series. Feel free to add a core routine of your choice once to twice per week.

# ABOUT THE ROTATIONS

## STS 2.0

### Additional Notes for All STS 2.0 Rotations

**1) KEEP NOTES** of all weight increments chosen for each exercise in each routine as well as notes about how you are feeling throughout the routine. Mark down areas where you feel that you may be able to go a bit heavier as well as areas where you failed with your weight choice before reaching the desired amount of reps. Those 1- and 2-minute breaks throughout the workouts are a perfect opportunity to write down your notes! As you repeat the routines throughout the rotations, look back at your notes to make your adjustments!

**2) DON'T SKIP YOUR RECOVERY WORKOUTS.** Your muscles are working hard for you through all your intense strength routines. The less intense activity of your recovery workouts is required to promote healing, restore mobility, and break-up tightness and stiffness in the body. The recovery will allow the body to re-fuel so that it can perform at its best on your next intense training day. Note that you can swap out any recovery workout for another recovery workout of your choice if you don't want to do the specific recovery workout listed.

**3) DON'T KILL IT WITH CARDIO.** The STS 2.0 only rotations are focused on strength training. Cardio sessions can be added if you choose, but please limit them to 30-40 minutes no more than 2-3 times per week. Remember, this series is about strength! If you fatigue your muscles with too much cardio, your strength routines (and gains) will suffer. The XTrain and RWH mixed series rotations do include scheduled cardio days which can be eliminated if you prefer.

**4) USE OF AB/CORE WORKOUTS.** As mentioned previously in this guide, ab routines were not written into these rotations. This was intentional as it gives you the opportunity to do your core specific workouts on days/times that work best for you. I recommend adding in core workouts at least once, but not more than twice per week.

**5) USE OF BONUS CONTENT.** Some of the workouts within the STS 2.0 series offer bonus content. Please feel free to use these bonus exercises on STS 2.0 weight days where you want to give your weight workout a little extra boost. When using the STS 2.0/XTrain Rotation you can include the use of XTrain bonus content as well.

**6) USE OF PREMIXES.** When desired you can substitute a pre-mix of a particular routine for the main routine listed on your rotation. This applies to recovery pre-mixes as well.

**7) DAYS OFF.** Off days have been included in these rotations to give both your mind and body some time to decompress. If at any point during your rotation you feel that you need additional days off completely, please take them. Remember, rotations are just a guide to help you as you progress through your fitness program. Listen to your body throughout and make changes as necessary. If you would rather not have a day off completely you can choose to make these off days additional recovery workout days or ab/core workout days.

# ROTATIONS

## STS 2.0 8-WEEK



WEEK 1	WORKOUT
Monday	<b><u>STS 2 Giant Sets Total Body</u></b>
Tuesday	<b><u>STS 2 Active Recovery</u></b>
Wednesday	<b><u>STS 2 Super Sets Total Body</u></b>
Thursday	<b><u>STS 2 Mat Yoga</u></b>
Friday	<b><u>STS 2 Tri Sets Total Body</u></b>
Saturday	<b><u>STS 2 Mobility 2</u></b>
Sunday	<b>OFF</b>

WEEK 2	WORKOUT
Monday	<b><u>STS 2 Giant Sets Total Body</u></b>
Tuesday	<b><u>STS 2 Active Recovery</u></b>
Wednesday	<b><u>STS 2 Super Sets Total Body</u></b>
Thursday	<b><u>STS 2 Chair Yoga</u></b>
Friday	<b><u>STS 2 Tri Sets Total Body</u></b>
Saturday	<b><u>STS 2 Mobility 1</u></b>
Sunday	<b>OFF</b>

WEEK 3	WORKOUT
Monday	<b><u>STS 2 Lower Body 1</u></b>
Tuesday	<b><u>STS 2 Upper Body 1</u></b>
Wednesday	<b><u>STS 2 Foam Rolling Upper Body + STS 2 Foam Rolling Lower Body</u></b>
Thursday	<b><u>STS 2 Lower Body 2</u></b>
Friday	<b><u>STS 2 Upper Body 2</u></b>
Saturday	<b><u>STS 2 Mobility 2</u></b>
Sunday	<b>OFF</b>

WEEK 4	WORKOUT
Monday	<b><u>STS 2 Lower Body 1</u></b>
Tuesday	<b><u>STS 2 Upper Body 1</u></b>
Wednesday	<b><u>STS 2 Total Body Stretch</u></b>
Thursday	<b><u>STS 2 Lower Body 2</u></b>
Friday	<b><u>STS 2 Upper Body 2</u></b>
Saturday	<b><u>STS 2 Chair Yoga</u></b>
Sunday	<b>OFF</b>



# ROTATIONS

## STS 2.0 8-WEEK



WEEK 5	WORKOUT
Monday	<a href="#">STS 2 Body Parts Legs</a>
Tuesday	<a href="#">STS 2 Body Parts Shoulders</a>
Wednesday	<a href="#">STS 2 Active Recovery</a>
Thursday	<a href="#">STS 2 Body Parts Back</a>
Friday	<a href="#">STS 2 Body Parts Chest</a>
Saturday	<a href="#">STS 2 Mobility 2</a>
Sunday	<a href="#">STS 2 Body Parts Biceps</a>

WEEK 6	WORKOUT
Monday	<a href="#">STS 2 Body Parts Triceps</a>
Tuesday	<a href="#">STS 2 Foam Rolling Upper Body</a>
Wednesday	<a href="#">STS 2 Body Parts Legs</a>
Thursday	<a href="#">STS 2 Body Parts Shoulders</a>
Friday	<a href="#">STS 2 Active Recovery</a>
Saturday	<a href="#">STS 2 Body Parts Back</a>
Sunday	<a href="#">STS 2 Body Parts Chest</a>

WEEK 7	WORKOUT
Monday	<a href="#">STS 2 Total Body Stretch</a>
Tuesday	<a href="#">STS 2 Body Parts Biceps</a>
Wednesday	<a href="#">STS 2 Body Parts Triceps</a>
Thursday	<a href="#">STS 2 Foam Rolling Upper Body</a>
Friday	<a href="#">STS 2 Body Parts Legs</a>
Saturday	<a href="#">STS 2 Body Parts Shoulders</a>
Sunday	<a href="#">STS 2 Mobility 1</a>

WEEK 8	WORKOUT
Monday	<a href="#">STS 2 Body Parts Back</a>
Tuesday	<a href="#">STS 2 Body Parts Chest</a>
Wednesday	<a href="#">STS 2 Mobility 2</a>
Thursday	<a href="#">STS 2 Body Parts Biceps</a>
Friday	<a href="#">STS 2 Body Parts Triceps</a>
Saturday	<a href="#">STS 2 Active Recovery</a>
Sunday	<b>OFF</b>

# ROTATIONS

## STS 2.0 10-WEEK



WEEK 1	WORKOUT
Monday	<u>STS 2 Giant Sets Total Body</u>
Tuesday	<u>STS 2 Mobility 1</u>
Wednesday	<u>STS 2 Super Sets Total Body</u>
Thursday	<u>STS 2 Mat Yoga</u>
Friday	<u>STS 2 Tri Sets Total Body</u>
Saturday	<u>STS 2 Active Recovery</u>
Sunday	<b>OFF</b>

WEEK 2	WORKOUT
Monday	<u>STS 2 Super Sets Total Body</u>
Tuesday	<u>STS 2 Mobility 2</u>
Wednesday	<u>STS 2 Tri Sets Total Body</u>
Thursday	<u>STS 2 Total Body Stretch</u>
Friday	<u>STS 2 Giant Sets Total Body</u>
Saturday	<u>STS 2 Active Recovery</u>
Sunday	<b>OFF</b>

WEEK 3	WORKOUT
Monday	<u>STS 2 Tri Sets Total Body</u>
Tuesday	<u>STS 2 Mobility 1</u>
Wednesday	<u>STS 2 Giant Sets Total Body</u>
Thursday	<u>STS 2 Foam Rolling Upper Body + STS 2 Foam Rolling Lower Body</u>
Friday	<u>STS 2 Super Sets Total Body</u>
Saturday	<u>STS 2 Chair Yoga</u>
Sunday	<b>OFF</b>

WEEK 4	WORKOUT
Monday	<u>STS 2 Lower Body 1</u>
Tuesday	<u>STS 2 Upper Body 1</u>
Wednesday	<u>STS 2 Total Body Stretch</u>
Thursday	<u>STS 2 Lower Body 2</u>
Friday	<u>STS 2 Upper Body 2</u>
Saturday	<u>STS 2 Mobility 1</u>
Sunday	<b>OFF</b>

# ROTATIONS

## STS 2.0 10-WEEK



WEEK 5	WORKOUT
Monday	<a href="#">STS 2 Upper Body 1</a>
Tuesday	<a href="#">STS 2 Lower Body 1</a>
Wednesday	<a href="#">STS 2 Chair Yoga</a>
Thursday	<a href="#">STS 2 Upper Body 2</a>
Friday	<a href="#">STS 2 Lower Body 2</a>
Saturday	<a href="#">STS 2 Active Recovery</a>
Sunday	<b>OFF</b>

WEEK 6	WORKOUT
Monday	<a href="#">STS 2 Lower Body 1</a>
Tuesday	<a href="#">STS 2 Upper Body 2</a>
Wednesday	<a href="#">STS 2 Total Body Stretch</a>
Thursday	<a href="#">STS 2 Lower Body 2</a>
Friday	<a href="#">STS 2 Upper Body 1</a>
Saturday	<a href="#">STS 2 Mobility 2</a>
Sunday	<b>OFF</b>

WEEK 7	WORKOUT
Monday	<b>Back &amp; Biceps Mishmosh Premix</b>
Tuesday	<a href="#">STS 2 Mat Yoga</a>
Wednesday	<b>Legs &amp; Shoulders Mishmosh Premix</b>
Thursday	<a href="#">STS 2 Foam Rolling Upper Body + STS 2 Foam Rolling Lower Body</a>
Friday	<b>Chest &amp; Triceps Mishmosh Premix</b>
Saturday	<a href="#">STS 2 Active Recovery</a>
Sunday	<b>OFF</b>

WEEK 8	WORKOUT
Monday	<b>Biceps &amp; Back MishMosh Premix</b>
Tuesday	<a href="#">STS 2 Mat Yoga</a>
Wednesday	<b>Shoudlers &amp; Legs Mishmosh Premix</b>
Thursday	<a href="#">STS 2 Mobility 2</a>
Friday	<b>Triceps &amp; Chest Mishmosh Premix</b>
Saturday	<a href="#">STS 2 Total Body Stretch</a>
Sunday	<b>OFF</b>

# ROTATIONS

## STS 2.0 10-WEEK



WEEK 9	WORKOUT
Monday	<b>Legs &amp; Shoulders Mishmosh Premix</b>
Tuesday	<u>STS 2 Mobility 1</u>
Wednesday	<b>Chest &amp; Triceps Mishmosh Premix</b>
Thursday	<u>STS 2 Chair Yoga</u>
Friday	<b>Back &amp; Biceps Mishmosh Premix</b>
Saturday	<u>STS 2 Active Recovery</u>
Sunday	<b>OFF</b>

WEEK 10	WORKOUT
Monday	<b>Shoudlers &amp; Legs Mishmosh Premix</b>
Tuesday	<u>STS 2 Foam Rolling Upper Body + STS 2 Foam Rolling Lower Body</u>
Wednesday	<b>Triceps &amp; Chest Mishmosh Premix</b>
Thursday	<u>STS 2 Mobility 2</u>
Friday	<b>Biceps &amp; Back MishMosh Premix</b>
Saturday	<u>STS 2 Total Body Stretch</u>
Sunday	<b>OFF</b>

# ROTATIONS

## STS 2.0 12-WEEK



WEEK 1	WORKOUT
Monday	<u>STS 2 Giant Sets Total Body</u>
Tuesday	<u>STS 2 Mobility 1</u>
Wednesday	<u>STS 2 Super Sets Total Body</u>
Thursday	<u>STS 2 Mat Yoga</u>
Friday	<u>STS 2 Tri Sets Total Body</u>
Saturday	<u>STS 2 Active Recovery</u>
Sunday	<b>OFF</b>

WEEK 2	WORKOUT
Monday	<u>STS 2 Super Sets Total Body</u>
Tuesday	<u>STS 2 Mobility 2</u>
Wednesday	<u>STS 2 Tri Sets Total Body</u>
Thursday	<u>STS 2 Total Body Stretch</u>
Friday	<u>STS 2 Giant Sets Total Body</u>
Saturday	<u>STS 2 Active Recovery</u>
Sunday	<b>OFF</b>

WEEK 3	WORKOUT
Monday	<u>STS 2 Tri Sets Total Body</u>
Tuesday	<u>STS 2 Mobility 1</u>
Wednesday	<u>STS 2 Giant Sets Total Body</u>
Thursday	<u>STS 2 Foam Rolling Upper Body + STS 2 Foam Rolling Lower Body</u>
Friday	<u>STS 2 Super Sets Total Body</u>
Saturday	<u>STS 2 Chair Yoga</u>
Sunday	<b>OFF</b>

WEEK 4	WORKOUT
Monday	<u>STS 2 Lower Body 1</u>
Tuesday	<u>STS 2 Upper Body 1</u>
Wednesday	<u>STS 2 Total Body Stretch</u>
Thursday	<u>STS 2 Lower Body 2</u>
Friday	<u>STS 2 Upper Body 2</u>
Saturday	<u>STS 2 Mobility 1</u>
Sunday	<b>OFF</b>

# ROTATIONS

## STS 2.0 12-WEEK



WEEK 5	WORKOUT
Monday	<u>STS 2 Upper Body 1</u>
Tuesday	<u>STS 2 Lower Body 1</u>
Wednesday	<u>STS 2 Chair Yoga</u>
Thursday	<u>STS 2 Upper Body 2</u>
Friday	<u>STS 2 Lower Body 2</u>
Saturday	<u>STS 2 Active Recovery</u>
Sunday	<b>OFF</b>

WEEK 6	WORKOUT
Monday	<u>STS 2 Lower Body 1</u>
Tuesday	<u>STS 2 Upper Body 2</u>
Wednesday	<u>STS 2 Total Body Stretch</u>
Thursday	<u>STS 2 Lower Body 2</u>
Friday	<u>STS 2 Upper Body 1</u>
Saturday	<u>STS 2 Mobility 2</u>
Sunday	<b>OFF</b>

WEEK 7	WORKOUT
Monday	<u>STS 2 Body Parts Legs</u>
Tuesday	<u>STS 2 Body Parts Shoulders</u>
Wednesday	<u>STS 2 Active Recovery</u>
Thursday	<u>STS 2 Body Parts Back</u>
Friday	<u>STS 2 Body Parts Chest</u>
Saturday	<u>STS 2 Mobility 2</u>
Sunday	<u>STS 2 Body Parts Biceps</u>

WEEK 8	WORKOUT
Monday	<u>STS 2 Body Parts Triceps</u>
Tuesday	<u>STS 2 Foam Rolling Upper Body</u>
Wednesday	<u>STS 2 Body Parts Legs</u>
Thursday	<u>STS 2 Body Parts Shoulders</u>
Friday	<u>STS 2 Active Recovery</u>
Saturday	<u>STS 2 Body Parts Back</u>
Sunday	<u>STS 2 Body Parts Chest</u>

# ROTATIONS

## STS 2.0 12-WEEK



WEEK 9	WORKOUT
Monday	<u>STS 2 Total Body Stretch</u>
Tuesday	<u>STS 2 Body Parts Biceps</u>
Wednesday	<u>STS 2 Body Parts Triceps</u>
Thursday	<u>STS 2 Foam Rolling Upper Body</u>
Friday	<u>STS 2 Body Parts Legs</u>
Saturday	<u>STS 2 Body Parts Shoulders</u>
Sunday	<u>STS 2 Mobility 1</u>

WEEK 10	WORKOUT
Monday	<u>STS 2 Body Parts Back</u>
Tuesday	<u>STS 2 Body Parts Chest</u>
Wednesday	<u>STS 2 Mobility 2</u>
Thursday	<u>STS 2 Body Parts Biceps</u>
Friday	<u>STS 2 Body Parts Triceps</u>
Saturday	<u>STS 2 Active Recovery</u>
Sunday	<u>STS 2 Body Parts Back</u>

WEEK 11	WORKOUT
Monday	<u>STS 2 Body Parts Chest</u>
Tuesday	<u>STS 2 Total Body Stretch</u>
Wednesday	<u>STS 2 Body Parts Biceps</u>
Thursday	<u>STS 2 Body Parts Triceps</u>
Friday	<u>STS 2 Foam Rolling Upper Body</u>
Saturday	<u>STS 2 Body Parts Legs</u>
Sunday	<u>STS 2 Body Parts Shoulders</u>

WEEK 12	WORKOUT
Monday	<u>STS 2 Mobility 1</u>
Tuesday	<b>OFF</b>
Wednesday	<u>STS 2 Body Parts Back</u>
Thursday	<u>STS 2 Body Parts Chest</u>
Friday	<u>STS 2 Mobility 2</u>
Saturday	<u>STS 2 Body Parts Biceps</u>
Sunday	<u>STS 2 Body Parts Triceps</u>

# ROTATIONS

## STS 2.0 / XTRAIN



WEEK 1	WORKOUT
Monday	<a href="#">STS 2 Super Sets Total Body</a>
Tuesday	<a href="#">XTrain 07 All Out Low Impact HiiT</a>
Wednesday	<a href="#">STS 2 Total Body Stretch</a>
Thursday	<a href="#">STS 2 Tri Sets Total Body</a>
Friday	<a href="#">STS 2 Chair Yoga</a>
Saturday	<a href="#">STS 2 Giant Sets Total Body</a>
Sunday	<b>OFF</b>

WEEK 2	WORKOUT
Monday	<a href="#">XTrain 09 Tabatacise</a>
Tuesday	<a href="#">STS 2 Lower Body 1</a>
Wednesday	<a href="#">STS 2 Upper Body 1</a>
Thursday	<a href="#">STS 2 Mobility 1</a>
Friday	<a href="#">XTrain 08 Hard Strikes</a>
Saturday	<a href="#">STS 2 Giant Sets Total Body</a>
Sunday	<a href="#">STS 2 Mat Yoga</a>

WEEK 3	WORKOUT
Monday	<a href="#">XTrain 01 Chest, Back and Shoulders</a>
Tuesday	<a href="#">XTrain 06 Cardio Leg Blast</a>
Wednesday	<a href="#">STS 2 Foam Rolling Lower Body</a>
Thursday	<a href="#">XTrain 02 Bi's and Tri's</a>
Friday	<a href="#">STS 2 Foam Rolling Upper Body</a>
Saturday	<a href="#">XTrain 10 Ride or XTrain cardio of choice</a>
Sunday	<b>OFF</b>

WEEK 4	WORKOUT
Monday	<a href="#">STS 2 Body Parts Biceps</a>
Tuesday	<a href="#">STS 2 Body Parts Triceps</a>
Wednesday	<a href="#">STS 2 Mobility 2</a>
Thursday	<a href="#">XTrain 07 All Out Low Impact HiiT</a>
Friday	<a href="#">STS 2 Body Parts Legs</a>
Saturday	<a href="#">STS 2 Active Recovery</a>
Sunday	<a href="#">STS 2 Body Parts Back</a>



# ROTATIONS

## STS 2.0 / XTRAIN



WEEK 5	WORKOUT
Monday	<u>STS 2 Body Parts Chest</u>
Tuesday	<u>STS 2 Mat Yoga</u>
Wednesday	<u>XTrain 08 Hard Strikes</u>
Thursday	<u>STS 2 Body Parts Shoulders</u>
Friday	<u>STS 2 Total Body Stretch</u>
Saturday	<u>STS 2 Super Sets Total Body</u>
Sunday	<b>OFF</b>

WEEK 6	WORKOUT
Monday	<u>STS 2 Upper Body 2</u>
Tuesday	<u>XTrain 09 Tabatacise</u>
Wednesday	<u>STS 2 Lower Body 2</u>
Thursday	<u>STS 2 Mat Yoga</u>
Friday	<u>XTrain 10 Ride or XTrain cardio of choice</u>
Saturday	<u>STS 2 Super Sets Total Body</u>
Sunday	<b>OFF</b>

WEEK 7	WORKOUT
Monday	<u>XTrain 03B Burn Sets - Bi's and Tri's</u>
Tuesday	<u>XTrain 08 Hard Strikes</u>
Wednesday	<u>STS 2 Chair Yoga</u>
Thursday	<u>XTrain 03A Burn Sets - Chest, Back and Shoulders</u>
Friday	<u>STS 2 Active Recovery</u>
Saturday	<u>XTrain 05 Legs</u>
Sunday	<b>OFF</b>

WEEK 8	WORKOUT
Monday	<u>STS 2 Giant Sets Total Body</u>
Tuesday	<u>STS 2 Mobility 1</u>
Wednesday	<u>XTrain 09 Tabatacise</u>
Thursday	<u>XTrain 04 Super Cuts</u>
Friday	<u>STS 2 Total Body Stretch</u>
Saturday	<u>STS 2 Tri Sets Total Body</u>
Sunday	<b>OFF</b>

# ROTATIONS

## STS 2.0 / RIPPED WITH HIIT



WEEK 1	WORKOUT
Monday	<u>STS 2 Tri Sets Total Body</u>
Tuesday	<u>STS 2 Total Body Stretch</u>
Wednesday	<u>Ripped with HiiT - Plyo HiiT One</u>
Thursday	<u>STS 2 Super Sets Total Body</u>
Friday	<u>STS 2 Chair Yoga</u>
Saturday	<u>STS 2 Giant Sets Total Body</u>
Sunday	<b>OFF</b>

WEEK 2	WORKOUT
Monday	<u>Ripped with HiiT - Plyo HiiT Two</u>
Tuesday	<u>STS 2 Upper Body 1</u>
Wednesday	<u>STS 2 Lower Body 1</u>
Thursday	<u>STS 2 Mobility 1</u>
Friday	<u>STS 2 Upper Body 2</u>
Saturday	<u>STS 2 Lower Body 2</u>
Sunday	<u>STS 2 Mat Yoga</u>

WEEK 3	WORKOUT
Monday	<u>Ripped with HiiT - HiiT Circuit Lower Body</u>
Tuesday	<u>STS 2 Foam Rolling Lower Body</u>
Wednesday	<u>STS 2 Tri Sets Total Body</u>
Thursday	<u>STS 2 Mat Yoga</u>
Friday	<u>Ripped with HiiT - HiiT Circuit Upper Body</u>
Saturday	<u>STS 2 Foam Rolling Upper Body</u>
Sunday	<u>STS 2 Mobility 2</u>

WEEK 4	WORKOUT
Monday	<b>OFF</b>
Tuesday	<u>STS 2 Lower Body 2</u>
Wednesday	<u>STS 2 Upper Body 2</u>
Thursday	<u>STS 2 Total Body Stretch</u>
Friday	<u>Ripped with HiiT - Plyo HiiT One</u>
Saturday	<u>Ripped with HiiT - Lift It Hit It Back, Biceps &amp; Shoulders</u>
Sunday	<u>STS 2 Active Recovery</u>

# ROTATIONS

## STS 2.0 / RIPPED WITH HIIT



WEEK 5	WORKOUT
Monday	<b>Ripped with HiiT - Lift It HiiT It Legs</b>
Tuesday	<b>STS 2 Foam Rolling Lower Body</b>
Wednesday	<b>Ripped with HiiT - Lift It Hit It Chest, Triceps &amp; Shoulders</b>
Thursday	<b>Ripped with HiiT - Low Impact HiiT Two</b>
Friday	<b>STS 2 Mobility 1</b>
Saturday	<b>STS 2 Super Sets Total Body</b>
Sunday	<b>OFF</b>

WEEK 6	WORKOUT
Monday	<b>STS 2 Body Parts Back</b>
Tuesday	<b>Ripped with HiiT - Low Impact HiiT One</b>
Wednesday	<b>STS 2 Body Parts Biceps</b>
Thursday	<b>STS 2 Chair Yoga</b>
Friday	<b>STS 2 Body Parts Legs</b>
Saturday	<b>STS 2 Body Parts Shoulders</b>
Sunday	<b>STS 2 Total Body Stretch</b>

WEEK 7	WORKOUT
Monday	<b>STS 2 Body Parts Chest</b>
Tuesday	<b>Ripped with HiiT - Plyo HiiT One</b>
Wednesday	<b>STS 2 Body Parts Triceps</b>
Thursday	<b>STS 2 Mat Yoga</b>
Friday	<b>STS 2 Body Parts Legs</b>
Saturday	<b>STS 2 Body Parts Shoulders</b>
Sunday	<b>OFF</b>

WEEK 8	WORKOUT
Monday	<b>STS 2 Body Parts Biceps</b>
Tuesday	<b>STS 2 Body Parts Chest</b>
Wednesday	<b>STS 2 Mobility 1</b>
Thursday	<b>STS 2 Body Parts Back</b>
Friday	<b>STS 2 Body Parts Triceps</b>
Saturday	<b>Ripped with HiiT - Low Impact HiiT One</b>
Sunday	<b>STS 2 Active Recovery</b>

# ROTATIONS

## STS 2.0 / LOW IMPACT CARDIO



WEEK 1	WORKOUT
Monday	<a href="#">STS 2 Super Sets Total Body</a>
Tuesday	<a href="#">XTrain 07 - All Out Low Impact HiiT</a>
Wednesday	<a href="#">STS 2 Mat Yoga</a>
Thursday	<a href="#">STS 2 Tri Sets Total Body</a>
Friday	<a href="#">LITE Cardio Party</a>
Saturday	<a href="#">STS 2 Mobility 1</a>
Sunday	<b>OFF</b>

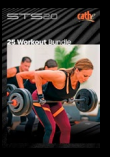
WEEK 2	WORKOUT
Monday	<a href="#">STS 2 Giant Sets Total Body</a>
Tuesday	<a href="#">Perfect30 Perfect HIIT: Low Impact HIIT</a>
Wednesday	<a href="#">STS 2 Active Recovery</a>
Thursday	<a href="#">STS 2 Upper Body 1</a>
Friday	<a href="#">STS 2 Lower Body 1</a>
Saturday	<a href="#">STS 2 Total Body Stretch</a>
Sunday	<a href="#">Low Impact Series - CardioSuperSets</a>

WEEK 3	WORKOUT
Monday	<b>OFF</b>
Tuesday	<a href="#">STS 2 Upper Body 2</a>
Wednesday	<a href="#">Ripped with HiiT - Low Impact HiiT One</a>
Thursday	<a href="#">STS 2 Lower Body 2</a>
Friday	<a href="#">STS 2 Mobility 2</a>
Saturday	<a href="#">Low Impact Series - LowImpactChallenge</a>
Sunday	<a href="#">STS 2 Super Sets Total Body</a>

WEEK 4	WORKOUT
Monday	<b>OFF</b>
Tuesday	<a href="#">Ripped with HiiT - Low Impact HiiT Two</a>
Wednesday	<a href="#">STS 2 Body Parts Chest</a>
Thursday	<a href="#">STS 2 Body Parts Legs</a>
Friday	<a href="#">STS 2 Chair Yoga</a>
Saturday	<a href="#">STS 2 Body Parts Triceps</a>
Sunday	<a href="#">STS 2 Foam Rolling Upper Body</a>

# ROTATIONS

## STS 2.0 / LOW IMPACT CARDIO



WEEK 5	WORKOUT
Monday	<b>OFF</b>
Tuesday	<b>STS 2 Body Parts Back</b>
Wednesday	<b>X10 Low Impact</b>
Thursday	<b>STS 2 Mat Yoga</b>
Friday	<b>STS 2 Body Parts Biceps</b>
Saturday	<b>ICE Low Impact Sweat</b>
Sunday	<b>STS 2 Body Parts Legs</b>

WEEK 6	WORKOUT
Monday	<b>STS 2 Foam Rolling Lower Body</b>
Tuesday	<b>STS 2 Body Parts Shoulders</b>
Wednesday	<b>Fit   Split Low Impact Cardio</b>
Thursday	<b>STS 2 Mobility 1</b>
Friday	<b>STS 2 Tri Sets Total Body</b>
Saturday	<b>XTrain 07 - All Out Low Impact HiIT</b>
Sunday	<b>STS 2 Total Body Stretch</b>

# ROTATIONS

## STS 2.0 / HIGH IMPACT CARDIO



WEEK 1	WORKOUT
Monday	<a href="#">STS 2 Super Sets Total Body</a>
Tuesday	<a href="#">Perfect30 Perfect HIIT: High Impact HIIT</a>
Wednesday	<a href="#">STS 2 Mat Yoga</a>
Thursday	<a href="#">STS 2 Tri Sets Total Body</a>
Friday	<a href="#">Ripped with HiiT - Plyo HiiT One</a>
Saturday	<a href="#">STS 2 Mobility 1</a>
Sunday	<b>OFF</b>

WEEK 2	WORKOUT
Monday	<a href="#">STS 2 Giant Sets Total Body</a>
Tuesday	<a href="#">Ripped with HiiT - Plyo HiiT Two</a>
Wednesday	<a href="#">STS 2 Total Body Stretch</a>
Thursday	<a href="#">STS 2 Upper Body 1</a>
Friday	<a href="#">STS 2 Lower Body 1</a>
Saturday	<a href="#">STS 2 Active Recovery</a>
Sunday	<a href="#">XTrain 09 Tabatacise</a>

WEEK 3	WORKOUT
Monday	<b>OFF</b>
Tuesday	<a href="#">STS 2 Upper Body 2</a>
Wednesday	<a href="#">STS 2 Lower Body 2</a>
Thursday	<a href="#">STS 2 Mobility 2</a>
Friday	<a href="#">Fit   Split Shred Cardio</a>
Saturday	<a href="#">STS 2 Super Sets Total Body</a>
Sunday	<a href="#">STS 2 Active Recovery</a>

WEEK 4	WORKOUT
Monday	<b>OFF</b>
Tuesday	<a href="#">STS 2 Body Parts Chest</a>
Wednesday	<a href="#">STS 2 Body Parts Legs</a>
Thursday	<a href="#">STS 2 Mat Yoga</a>
Friday	<a href="#">Cardio Core Circuit</a>
Saturday	<a href="#">STS 2 Body Parts Triceps</a>
Sunday	<a href="#">STS 2 Foam Rolling Upper Body</a>

# ROTATIONS

## STS 2.0 / HIGH IMPACT CARDIO



WEEK 5	WORKOUT
Monday	<b>OFF</b>
Tuesday	<b>STS 2 Body Parts Back</b>
Wednesday	<b>HiiT 30/30</b>
Thursday	<b>STS 2 Mobility 1</b>
Friday	<b>STS 2 Body Parts Biceps</b>
Saturday	<b>STS 2 Body Parts Legs</b>
Sunday	<b>STS 2 Foam Rolling Lower Body</b>

WEEK 6	WORKOUT
Monday	<b>OFF</b>
Tuesday	<b>STS 2 Body Parts Shoulders</b>
Wednesday	<b>Strong and Sweaty Cardio Slam</b>
Thursday	<b>STS 2 Giant Sets Total Body</b>
Friday	<b>STS 2 Total Body Stretch</b>
Saturday	<b>HiiT 40/20</b>
Sunday	<b>STS 2 Tri Sets Total Body</b>

# CHAPTERS

## GIANT SETS TOTAL BODY



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Resistance Tubing, Step, Dumbbells</b>
	Cathe's Weight: <b>10lbs, 15lbs</b>

### GROUP 1: SQUATS

CHAPTER <b>3</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>30lbs</b>

### GROUP 1: CHEST PRESS

CHAPTER <b>4</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>35lbs</b>

### GROUP 1: OVERHEAD PRESS

CHAPTER <b>5</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 1: ALTERNATING REAR LUNGES

CHAPTER <b>6</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### GROUP 1: DEADLIFTS

CHAPTER <b>7</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### GROUP 1: BENT OVER ROWS

CHAPTER <b>8</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### GROUP 1: SIDE TO SIDE LUNGES

CHAPTER <b>9</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 1: BICEP CURLS

CHAPTER <b>10</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 1: LYING TRICEP EXTENSIONS

CHAPTER <b>11</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>15lbs</b>

### GROUP 1: HIP THRUSTS

CHAPTER <b>12</b>	Equipment: <b>Barbell, Step, Mat</b>
	Cathe's Weight: <b>65lbs</b>

### GROUP 2: ELEVATED LUNGES

CHAPTER <b>13</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### GROUP 2: ALTERNATING SINGLE ARM CHEST PRESS

CHAPTER <b>14</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>35lbs</b>



# CHAPTERS

## GIANT SETS TOTAL BODY



### GROUP 2: ALTERNATING SINGLE ARM OVERHEAD PRESS

CHAPTER <b>15</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 2: SINGLE LEG REAR LUNGES

CHAPTER <b>16</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### GROUP 2: SINGLE LEG DEADLIFTS

CHAPTER <b>17</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>35lbs</b>

### GROUP 2: KNEELING ONE ARM ROW

CHAPTER <b>18</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>25lbs</b>

### GROUP 2: SINGLE LEG SIDE LUNGES

CHAPTER <b>19</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 2: SINGLE ARM BICEP CURLS

CHAPTER <b>20</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 2: SINGLE ARM LYING TRICEP EXTENSION

CHAPTER <b>21</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>15lbs</b>

### GROUP 2: SINGLE LEG HIP THRUST

CHAPTER <b>22</b>	Equipment: <b>Dumbbells, Step, Mat</b>
	Cathe's Weight: <b>35lbs</b>

### GROUP 3: SQUATS

CHAPTER <b>23</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>30lbs</b>

### GROUP 3: CHEST PRESS

CHAPTER <b>24</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>35lbs</b>

### GROUP 3: OVERHEAD PRESS

CHAPTER <b>25</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 3: ALTERNATING REAR LUNGES

CHAPTER <b>26</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### GROUP 3: DEADLIFTS

CHAPTER <b>27</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

# CHAPTERS

## GIANT SETS TOTAL BODY



### GROUP 3: BENT OVER ROWS

CHAPTER <b>28</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### GROUP 3: SIDE TO SIDE LUNGES

CHAPTER <b>29</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 3: BICEP CURLS

CHAPTER <b>30</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 3: LYING TRICEP EXTENSIONS

CHAPTER <b>31</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>15lbs</b>

### GROUP 3: HIP THRUSTS

CHAPTER <b>31</b>	Equipment: <b>Barbell, Step, Mat</b>
	Cathe's Weight: <b>65lbs</b>

### GROUP 3: COOL DOWN/ABBREVIATED STRETCH

CHAPTER <b>31</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## SUPER SETS TOTAL BODY



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Resistance Tubing, Dumbbells</b>
	Cathe's Weight: <b>10lbs, 15lbs</b>

### SQUATS #1

CHAPTER <b>3</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>30lbs</b>

### DEADLIFTS #1

CHAPTER <b>4</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>65lbs</b>

### SQUATS #2

CHAPTER <b>5</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>30lbs</b>

### DEADLIFTS #2

CHAPTER <b>6</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>65lbs</b>

### SQUATS #3

CHAPTER <b>7</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### DEADLIFTS #3

CHAPTER <b>8</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>65lbs</b>

### INCLINE CHEST PRESS #1

CHAPTER <b>9</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### BARBELL WIDE OVERHAND GRIP ROW #1

CHAPTER <b>10</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>50lbs</b>

### INCLINE CHEST PRESS #2

CHAPTER <b>11</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>15lbs</b>

### BARBELL WIDE OVERHAND GRIP ROW #2

CHAPTER <b>12</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>50lbs</b>

### INCLINE CHEST PRESS #3

CHAPTER <b>13</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### BARBELL WIDE OVERHAND GRIP ROW #3

CHAPTER <b>14</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>50lbs</b>

# CHAPTERS

## SUPER SETS TOTAL BODY



### KNEELING SWEEPER CURL #1

CHAPTER <b>15</b>	Equipment: <b>Dumbbells, Mat</b>
	Cathe's Weight: <b>20lbs</b>

### INCLINE LYING TRICEP EXTENSION #1

CHAPTER <b>16</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>15lbs</b>

### KNEELING SWEEPER CURL #2

CHAPTER <b>17</b>	Equipment: <b>Dumbbells, Mat</b>
	Cathe's Weight: <b>20lbs</b>

### INCLINE LYING TRICEP EXTENSION #2

CHAPTER <b>18</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>15lbs</b>

### KNEELING SWEEPER CURL #3

CHAPTER <b>19</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### INCLINE LYING TRICEP EXTENSION #3

CHAPTER <b>20</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>15lbs</b>

### SHRUGS #1

CHAPTER <b>21</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### CALF RAISES #1

CHAPTER <b>22</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### SHRUGS #2

CHAPTER <b>23</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### CALF RAISES #2

CHAPTER <b>24</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### SHRUGS #3

CHAPTER <b>25</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### CALF RAISES #3

CHAPTER <b>26</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### ALTERNATING SUMO SQUAT #1

CHAPTER <b>27</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

# CHAPTERS

## SUPER SETS TOTAL BODY



### ALTERNATING CROSS BACK LUNGE #1

CHAPTER <b>28</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### ALTERNATING SUMO SQUAT #2

CHAPTER <b>29</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### ALTERNATING CROSS BACK LUNGE #2

CHAPTER <b>30</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### ALTERNATING SUMO SQUAT #3

CHAPTER <b>31</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### ALTERNATING CROSS BACK LUNGE #3

CHAPTER <b>32</b>	Equipment: <b>Barbell, Step, Mat</b>
	Cathe's Weight: <b>25lbs</b>

### INCLINE CHEST FLY #1

CHAPTER <b>33</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### BARBELL UNDERHAND GRIP ROW #1

CHAPTER <b>34</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>65lbs</b>

### INCLINE CHEST FLY #2

CHAPTER <b>35</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### BARBELL UNDERHAND GRIP ROW #2

CHAPTER <b>36</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>65lbs</b>

### INCLINE CHEST FLY #3

CHAPTER <b>37</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### BARBELL UNDERHAND GRIP ROW #3

CHAPTER <b>38</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>65lbs</b>

### HAMMER CURLS #1

CHAPTER <b>39</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>15lbs</b>

### SINGLE ARM TRICEP KICKBACKS WITH LOOP #1

CHAPTER <b>40</b>	Equipment: <b>Dumbbell, Light Firewalker Loop</b>
	Cathe's Weight: <b>12lbs</b>

# CHAPTERS

## SUPER SETS TOTAL BODY



### HAMMER CURLS #2

CHAPTER <b>41</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>15lbs</b>

### SINGLE ARM TRICEP KICKBACKS WITH LOOP #2

CHAPTER <b>42</b>	Equipment: <b>Dumbbell, Light Firewalker Loop</b>
	Cathe's Weight: <b>25lbs</b>

### HAMMER CURLS #3

CHAPTER <b>43</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### SINGLE ARM TRICEP KICKBACKS WITH LOOP #3

CHAPTER <b>44</b>	Equipment: <b>Dumbbell, Light Firewalker Loop</b>
	Cathe's Weight: <b>25lbs</b>

### SINGLE ARM SIDE LATERAL RAISES #1

CHAPTER <b>45</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10lbs</b>

### DOUBLE ARM THUMB TO THUMB REAR DELT FLY #1

CHAPTER <b>46</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>8lbs</b>

### SINGLE ARM SIDE LATERAL RAISES #2

CHAPTER <b>47</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10lbs</b>

### DOUBLE ARM THUMB TO THUMB REAR DELT FLY #2

CHAPTER <b>48</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>5lbs</b>

### SINGLE ARM SIDE LATERAL RAISES #3

CHAPTER <b>49</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10lbs</b>

### DOUBLE ARM THUMB TO THUMB REAR DELT FLY #3

CHAPTER <b>50</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>5lbs</b>

### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>51</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## TRI SETS TOTAL BODY



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Resistance Tubing, Step</b>
	Cathe's Weight: <b>Light</b>

### GROUP 1 LEGS: SQUATS #1

CHAPTER <b>2</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>30lbs</b>

### GROUP 1 LEGS: ALTERNATING REAR LUNGES #1

CHAPTER <b>3</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### GROUP 1 LEGS: CLOSE GRIP SUMO SQUATS #1

CHAPTER <b>4</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>50lbs</b>

### GROUP 1 LEGS: SQUATS #2

CHAPTER <b>5</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>30lbs</b>

### GROUP 1 LEGS: ALTERNATING REAR LUNGES #2

CHAPTER <b>6</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### GROUP 1 LEGS: CLOSE GRIP SUMO SQUATS #2

CHAPTER <b>7</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>50lbs</b>

### GROUP 2 CHEST: CHEST PRESS #1

CHAPTER <b>8</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### GROUP 2 CHEST FLY PINKIES IN #1

CHAPTER <b>9</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP2 CHEST: CHEST FLY THUMB TO THUMB #1

CHAPTER <b>10</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 2 CHEST: CHEST PRESS #2

CHAPTER <b>11</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### GROUP 2 CHEST FLY PINKIES IN #2

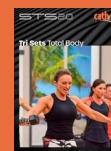
CHAPTER <b>12</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP2 CHEST: CHEST FLY THUMB TO THUMB #2

CHAPTER <b>13</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

# CHAPTERS

## TRI SETS TOTAL BODY



### GROUP 3 BACK: DEADLIFTS #1

CHAPTER <b>14</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### GROUP 3 BACK: PULLOVERS #1

CHAPTER <b>15</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>35lbs</b>

### GROUP 3 BACK: KNEELING ONE ARM ROW #1

CHAPTER <b>16</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>35lbs</b>

### GROUP 3 BACK: DEADLIFTS #2

CHAPTER <b>17</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### GROUP 3 BACK: PULLOVERS #2

CHAPTER <b>18</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>35lbs</b>

### GROUP 3 BACK: KNEELING ONE ARM ROW #2

CHAPTER <b>19</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>35lbs</b>

### GROUP 4 TRICEPS: CLOSE GRIP BENCH PRESS #1

CHAPTER <b>20</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### GROUP 4 TRICEPS: SEATED SINGLE ARM OVERHEAD EXTENSIONS #1

CHAPTER <b>21</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>15lbs</b>

### GROUP 4 TRICEPS: LYING TRICEP EXTENSION #1

CHAPTER <b>22</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>15lbs</b>

### GROUP 4 TRICEPS: CLOSE GRIP BENCH PRESS #2

CHAPTER <b>23</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### GROUP 4 TRICEPS: SEATED SINGLE ARM OVERHEAD EXTENSIONS #2

CHAPTER <b>24</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>15lbs</b>

### GROUP 4 TRICEPS: LYING TRICEP EXTENSION #2

CHAPTER <b>25</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>15lbs</b>

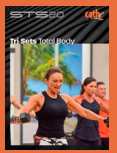
### GROUP 5 SHOULDERS: SEATED OVERHEAD SHOULDER PRESS #1

CHAPTER <b>26</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>



# CHAPTERS

## TRI SETS TOTAL BODY



### GROUP 5 SHOULDERS: STANDING DOUBLE ARM SIDE LATERAL RAISE #1

CHAPTER <b>27</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10lbs</b>

### GROUP 5 SHOULDERS: KNEELING SINGLE ARM REAR DELT FLY #1

CHAPTER <b>28</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>12lbs</b>

### GROUP 5 SHOULDERS: SEATED OVERHEAD SHOULDER PRESS #2

CHAPTER <b>29</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 5 SHOULDERS: STANDING DOUBLE ARM SIDE LATERAL RAISE #2

CHAPTER <b>30</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10lbs</b>

### GROUP 5 SHOULDERS: KNEELING SINGLE ARM REAR DELT FLY #2

CHAPTER <b>31</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>12lbs</b>

### GROUP 6 BICEPS: STANDING BICEP CURLS #1

CHAPTER <b>32</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 6 BICEPS: SEATED HAMMER CURLS #1

CHAPTER <b>33</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>15lbs</b>

### GROUP 6 BICEPS: SEATED SWEEPER CURLS #1

CHAPTER <b>34</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 6 BICEPS: STANDING BICEP CURLS #2

CHAPTER <b>35</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>15lbs</b>

### GROUP 6 BICEPS: SEATED HAMMER CURLS #2

CHAPTER <b>36</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>15lbs</b>

### GROUP 6 BICEPS: SEATED SWEEPER CURLS #2

CHAPTER <b>37</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>N/A</b>

### GROUP 7 LEGS: STEP UPS #1

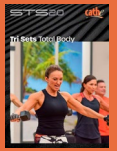
CHAPTER <b>38</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### GROUP 7 LEGS: ALTERNATING SIDE LUNGES #1

CHAPTER <b>39</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

# CHAPTERS

## TRI SETS TOTAL BODY



### GROUP 7 LEGS: DOUBLE TAP REAR LUNGES #1

CHAPTER <b>40</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### GROUP 7 LEGS: STEP UPS #2

CHAPTER <b>41</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### GROUP 7 LEGS: ALTERNATING SIDE LUNGES #2

CHAPTER <b>42</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### GROUP 7 LEGS: DOUBLE TAP REAR LUNGES #2

CHAPTER <b>43</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>44</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## UPPER BODY 1



### WARMUP

CHAPTER <b>1</b>	Equipment: <b>Dumbbells, Step Resistance Tubing</b>
	Cathe's Weight: <b>10lbs, 12lbs</b>

### CHEST: FLAT BENCH PRESS #1

CHAPTER <b>2</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>35lbs</b>

### CHEST: FLAT BENCH PRESS #2

CHAPTER <b>3</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>35lbs</b>

### CHEST: FLAT BENCH PRESS #3

CHAPTER <b>4</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>35lbs</b>

### CHEST: FLAT BENCH FLY

CHAPTER <b>5</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### CHEST: PUSH-UPS

CHAPTER <b>6</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

### BACK: VERTICAL CHIN UPS

CHAPTER <b>7</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars</b>
	Cathe's Weight: <b>N/A</b>

### BACK: HORIZONTAL CHIN-UPS

CHAPTER <b>8</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars</b>
	Cathe's Weight: <b>N/A</b>

### BACK: VERTICAL PULL-UPS

CHAPTER <b>9</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars</b>
	Cathe's Weight: <b>N/A</b>

### BACK: HORIZONTAL PULL-UPS

CHAPTER <b>10</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars</b>
	Cathe's Weight: <b>N/A</b>

### BACK: REAR DELT FLY

CHAPTER <b>11</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>8lbs</b>

### BACK: BANDED FACE PULL

CHAPTER <b>12</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>Light</b>

### BICEPS: BARBELL CURLS #1

CHAPTER <b>12</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>35lbs</b>

# CHAPTERS

## UPPER BODY 1



### BICEPS: BARBELL CURLS #2

CHAPTER <b>14</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>35lbs</b>

### BICEPS: BARBELL CURLS #3

CHAPTER <b>15</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>35lbs</b>

### BICEPS: ALTERNATING ISOMETRIC HAMMER CURLS

CHAPTER <b>16</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>15lbs</b>

### BICEPS: REVERSE CURL

CHAPTER <b>17</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10lbs</b>

### TRICEPS: LYING OVERHEAD EXTENSION #1

CHAPTER <b>18</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>35lbs</b>

### TRICEPS: LYING OVERHEAD EXTENSION #2

CHAPTER <b>19</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>35lbs</b>

### TRICEPS: LYING OVERHEAD EXTENSION #3

CHAPTER <b>20</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>35lbs</b>

### TRICEPS: SINGLE ARM LYING CROSSBODY EXTENSION

CHAPTER <b>21</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>12lbs</b>

### TRICEPS: BANDED TRICEP PRESSDOWN

CHAPTER <b>22</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### SHOULDERS: BARBELL SHOULDER PRESS #1

CHAPTER <b>23</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>35lbs</b>

### SHOULDERS: BARBELL SHOULDER PRESS #2

CHAPTER <b>24</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>35lbs</b>

### SHOULDERS: BARBELL SHOULDER PRESS #3

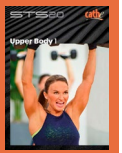
CHAPTER <b>25</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>35lbs</b>

### SHOULDERS: SEATED ARNOLD PRESS

CHAPTER <b>26</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>15lbs</b>

# CHAPTERS

## UPPER BODY 1



### SHOULDERS: SIDE LATERAL RAISE

CHAPTER <b>27</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>8lbs</b>

### SHOULDERS: ALTERNATING SIDE LATERAL RAISE

CHAPTER <b>28</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>8lbs</b>

### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>29</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## UPPER BODY 2



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Dumbbells,</b> Cathe's Weight: <b>10lbs, 12lbs, 15lbs</b>
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### BACK: BARBELL UNDERHAND ROW #1

CHAPTER <b>2</b>	Equipment: <b>Barbell</b> Cathe's Weight: <b>65lbs</b>
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### BACK: BARBELL UNDERHAND ROW #2

CHAPTER <b>3</b>	Equipment: <b>Barbell</b> Cathe's Weight: <b>65lbs</b>
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### BACK: BARBELL OVERHAND ROW #1

CHAPTER <b>4</b>	Equipment: <b>Barbell</b> Cathe's Weight: <b>65lbs</b>
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### BACK: BARBELL OVERHAND ROW #2

CHAPTER <b>5</b>	Equipment: <b>Barbell</b> Cathe's Weight: <b>65lbs</b>
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### BACK: BARBELL PULLOVER #1

CHAPTER <b>6</b>	Equipment: <b>Barbell, Step</b> Cathe's Weight: <b>35lbs</b>
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### BACK: BARBELL PULLOVER #2

CHAPTER <b>7</b>	Equipment: <b>Barbell, Step</b> Cathe's Weight: <b>35lbs</b>
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### BACK: BARBELL PULLOVER #3

CHAPTER <b>8</b>	Equipment: <b>Barbell, Step</b> Cathe's Weight: <b>35lbs</b>
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### BACK: BANDED LAT PULLDOWN

CHAPTER <b>9</b>	Equipment: <b>Resistance Tubing</b> Cathe's Weight: <b>N/A</b>
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### BACK: PULL APARTS

CHAPTER <b>10</b>	Equipment: <b>Resistance Tubing</b> Cathe's Weight: <b>N/A</b>
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### SHOULDERS: DUMBBELL OVERHEAD PRESS #1

CHAPTER <b>11</b>	Equipment: <b>Dumbbells</b> Cathe's Weight: <b>20lbs</b>
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### SHOULDERS: DUMBBELL OVERHEAD PRESS #2

CHAPTER <b>12</b>	Equipment: <b>Dumbbells</b> Cathe's Weight: <b>20lbs</b>
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### SHOULDERS: DUMBBELL OVERHEAD PRESS #3

CHAPTER <b>13</b>	Equipment: <b>Dumbbells</b> Cathe's Weight: <b>20lbs</b>
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# CHAPTERS

## UPPER BODY 2



### SHOULDERS: BEAR CRAWL PRESS

CHAPTER <b>14</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

### SHOULDERS: SINGLE ARM SIDE LEANING LAT RAISE #1

CHAPTER <b>15</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>8lbs</b>

### SHOULDERS: SINGLE ARM SIDE LEANING LAT RAISE #2

CHAPTER <b>16</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>8lbs</b>

### SHOULDERS: DOUBLE ARM SCARECROW

CHAPTER <b>17</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>5lbs</b>

### CHEST/TRICEPS: DUMBBELL CLOSE GRIP BENCH PRESS #1

CHAPTER <b>18</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### CHEST/TRICEPS: DUMBBELL CLOSE GRIP BENCH PRESS #2

CHAPTER <b>19</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### CHEST/TRICEPS: BARBELL CLOSE GRIP BENCH PRESS #1

CHAPTER <b>20</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>45lbs</b>

### CHEST/TRICEPS: BARBELL CLOSE GRIP BENCH PRESS #2

CHAPTER <b>21</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>45lbs</b>

### CHEST/TRICEPS: DIPS #1

CHAPTER <b>22</b>	Equipment: <b>STS Adjustable Pull-Up/ Dip Bars, Fabric Boss Band</b>
	Cathe's Weight: <b>N/A</b>

### CHEST/TRICEPS: DIPS #2

CHAPTER <b>23</b>	Equipment: <b>STS Adjustable Pull-Up/ Dip Bars, Fabric Boss Band</b>
	Cathe's Weight: <b>N/A</b>

### CHEST/TRICEPS: BANDED CHEST FLY

CHAPTER <b>24</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### CHEST/TRICEPS: BANDED KICKBACKS

CHAPTER <b>25</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### BICEPS: SWEEPER CURLS

CHAPTER <b>26</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

# CHAPTERS

## UPPER BODY 2



### BICEPS: SINGLE ARM SWEEPER

CHAPTER <b>27</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### BICEPS: BARBELL CURL 10 DEGREE TILT

CHAPTER <b>28</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>35lbs</b>

### BICEPS: BARBELL 21'S

CHAPTER <b>29</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>35lbs</b>

### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>30</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>



# CHAPTERS

## LOWER BODY 1



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10lbs, 12lbs, 15lbs</b>

### SQUATS #1

CHAPTER <b>2</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>30lbs</b>

### SQUATS #2

CHAPTER <b>3</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### SQUATS #3

CHAPTER <b>4</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### SQUATS #4

CHAPTER <b>5</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### BARBELL DEADLIFT #1

CHAPTER <b>6</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>75lbs</b>

### BARBELL DEADLIFT #2

CHAPTER <b>7</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>75lbs</b>

### BARBELL DEADLIFT #3

CHAPTER <b>8</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>75lbs</b>

### ALTERNATING DUMBBELL REAR LUNGE

CHAPTER <b>9</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### REAR LUNGE R/L

CHAPTER <b>10</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### STATIC LUNGE

CHAPTER <b>11</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### CLOSE GRIP SQUAT #1

CHAPTER <b>12</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>50lbs</b>

### CLOSE GRIP SQUAT #2

CHAPTER <b>13</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>50lbs</b>

# CHAPTERS

## LOWER BODY 1



### CLOSE GRIP SQUAT #3

CHAPTER <b>14</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>50lbs</b>

### SIDE LUNGE R/L #1

CHAPTER <b>15</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>25lbs</b>

### SIDE LUNGE R/L #2

CHAPTER <b>16</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>25lbs</b>

### STATIC SIDE LUNGE

CHAPTER <b>17</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>25lbs</b>

### BARBELL HIP THRUST #1

CHAPTER <b>18</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>75lbs</b>

### BARBELL HIP THRUST #2

CHAPTER <b>19</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>75lbs</b>

### BARBELL HIP THRUST #3

CHAPTER <b>20</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>75lbs</b>

### BARBELL CALF RAISE #1

CHAPTER <b>21</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>65lbs</b>

### BARBELL CALF RAISE #2

CHAPTER <b>22</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>65lbs</b>

### BARBELL CALF RAISE #3

CHAPTER <b>23</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>65lbs</b>

### BARBELL CALF RAISE #4

CHAPTER <b>24</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>65lbs</b>

### HAMSTRING ROLL-INS

CHAPTER <b>25</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### STRAIGHT LEG QUAD LIFT R/L #1

CHAPTER <b>26</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## LOWER BODY 1



### STRAIGHT LEG QUAD LIFT R/L #2

CHAPTER <b>27</b>	Equipment: <b>Stability Ball, Mat</b>
	Cathe's Weight: <b>N/A</b>

### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>28</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## LOWER BODY 2



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10lbs, 12lbs, 15lbs</b>

### GOBLET SQUATS #1

CHAPTER <b>2</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>40lbs</b>

### GOBLET SQUATS #2

CHAPTER <b>3</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>40lbs</b>

### SQUATS #1

CHAPTER <b>4</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### SQUATS #2

CHAPTER <b>5</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### DUMBBELL DEADLIFT #1

CHAPTER <b>6</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### DUMBBELL DEADLIFT #2

CHAPTER <b>7</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### DUMBBELL DEADLIFT #3

CHAPTER <b>8</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### BARBELL PLIE SQUAT #1

CHAPTER <b>9</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>55lbs</b>

### BARBELL PLIE SQUAT #2

CHAPTER <b>10</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>55lbs</b>

### BARBELL PLIE SQUAT #3

CHAPTER <b>11</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>55lbs</b>

### BARBELL PLIE SQUAT #4

CHAPTER <b>12</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>55lbs</b>

### DROP SHIFT SIDE LUNGE #1

CHAPTER <b>13</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>25lbs</b>

# CHAPTERS

## LOWER BODY 2



### DROP SHIFT SIDE LUNGE #2

CHAPTER <b>14</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>25lbs</b>

### STEP OVER FRONT LUNGES R/L #1

CHAPTER <b>15</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>25lbs</b>

### STEP OVER FRONT LUNGES R/L #2

CHAPTER <b>16</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>25lbs</b>

### GLUTE BRIDGE #1

CHAPTER <b>17</b>	Equipment: <b>Dumbbell, Mat</b>
	Cathe's Weight: <b>35lbs</b>

### GLUTE BRIDGE #2

CHAPTER <b>18</b>	Equipment: <b>Dumbbell, Mat</b>
	Cathe's Weight: <b>35lbs</b>

### GLUTE BRIDGE #3

CHAPTER <b>19</b>	Equipment: <b>Dumbbell, Mat</b>
	Cathe's Weight: <b>35lbs</b>

### GLUTE BRIDGE #4

CHAPTER <b>20</b>	Equipment: <b>Dumbbell, Mat</b>
	Cathe's Weight: <b>35lbs</b>

### DUMBBELL CALF RAISE #1

CHAPTER <b>21</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>30lbs</b>

### DUMBBELL CALF RAISE #2

CHAPTER <b>22</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>30lbs</b>

### ONE LEG CALF RAISE R/L #1

CHAPTER <b>23</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>15lbs</b>

### ONE LEG CALF RAISE R/L #2

CHAPTER <b>24</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>15lbs</b>

### WALL SQUATS

CHAPTER <b>25</b>	Equipment: <b>Stability Ball, Dumbbells</b>
	Cathe's Weight: <b>N/A</b>

### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>26</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## LOWER BODY 2 BONUS EXERCISES



### STEP UPS #1

CHAPTER <b>1</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### STEP UPS #2

CHAPTER <b>2</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### STEP UPS #3

CHAPTER <b>3</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### ELEVATED LUNGES #1

CHAPTER <b>4</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### PUSH DIPS

CHAPTER <b>5</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### ELEVATED LUNGES #2

CHAPTER <b>6</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### FORWARD HINGED HIP ABDUCTION #1

CHAPTER <b>7</b>	Equipment: <b>Stability Ball, Step, Fabric Boss Loop</b>
	Cathe's Weight: <b>Heavy</b>

### FORWARD HINGED HIP ABDUCTION #2

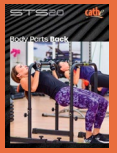
CHAPTER <b>8</b>	Equipment: <b>Stability Ball, Step, Fabric Boss Loop</b>
	Cathe's Weight: <b>Heavy</b>

### FORWARD HINGED HIP ABDUCTION #3

CHAPTER <b>9</b>	Equipment: <b>Stability Ball, Step, Fabric Boss Loop</b>
	Cathe's Weight: <b>Heavy</b>

# CHAPTERS

## BODY PARTS BACK



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Resistance Tubing, Dumbbells</b>
	Cathe's Weight: <b>10lbs</b>

### STRAIGHT ARM PRESSDOWN/SEATED ROWS #1

CHAPTER <b>2</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### STRAIGHT ARM PRESSDOWN/SEATED ROWS #2

CHAPTER <b>3</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### DOUBLE BAR INVERTED ROW #1

CHAPTER <b>4</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars</b>
	Cathe's Weight: <b>N/A</b>

### SINGLE BAR CHIN UP

CHAPTER <b>5</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars</b>
	Cathe's Weight: <b>N/A</b>

### DOUBLE BAR INVERTED ROW #2

CHAPTER <b>6</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars</b>
	Cathe's Weight: <b>N/A</b>

### SINGLE BAR OVERHAND PULL-UP

CHAPTER <b>7</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars</b>
	Cathe's Weight: <b>N/A</b>

### KNEELING ONE ARM ROW #1

CHAPTER <b>8</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>25lbs</b>

### KNEELING ONE ARM ROW #2

CHAPTER <b>9</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>30lbs</b>

### BARBELL PULLOVER/BANDED PULL APARTS #1

CHAPTER <b>10</b>	Equipment: <b>Barbell, Step, Resistance Tubing</b>
	Cathe's Weight: <b>40lbs</b>

### BARBELL PULLOVER/BANDED PULL APARTS #2

CHAPTER <b>11</b>	Equipment: <b>Barbell, Step, Resistance Tubing</b>
	Cathe's Weight: <b>40lbs</b>

### BARBELL PENDLAY ROW/SHRUGS #1

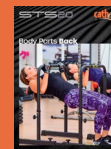
CHAPTER <b>12</b>	Equipment: <b>Barbell, Step Risers</b>
	Cathe's Weight: <b>65lbs</b>

### BARBELL PENDLAY ROW/SHRUGS #2

CHAPTER <b>13</b>	Equipment: <b>Barbell, Step Risers</b>
	Cathe's Weight: <b>65lbs</b>

# CHAPTERS

## BODY PARTS BACK



### BARBELL PENDLAY ROW/SHRUGS #3

CHAPTER <b>14</b>	Equipment: <b>Barbell, Step Risers</b>
	Cathe's Weight: <b>65lbs</b>

### BANDED CLOSE GRIP PULLDOWN #1

CHAPTER <b>15</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### BANDED CLOSE GRIP PULLDOWN #2

CHAPTER <b>16</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### SEATED T BAND PULLS

CHAPTER <b>17</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>Light</b>

### SUPERMAN SWIMMERS

CHAPTER <b>18</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

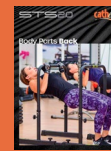
### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>19</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>



# CHAPTERS

## BODY PARTS BACK BONUS EXERCISES



### BENT OVER GORILLA ROW

CHAPTER <b>1</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### SINGLE ARM PULLOVER R/L

CHAPTER <b>2</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>12lbs</b>

### INVERTED ROW DROP SET

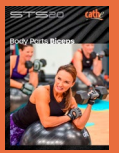
CHAPTER <b>3</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars</b>
	Cathe's Weight: <b>N/A</b>

### OVER UNDER PULL-UPS

CHAPTER <b>4</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## BODY PARTS BICEPS



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Resistance Tubing, Dumbbells</b>
	Cathe's Weight: <b>5lbs, 10lbs</b>

### BARBELL CURLS #1

CHAPTER <b>2</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>40lbs</b>

### BARBELL CURLS #2

CHAPTER <b>3</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>40lbs</b>

### BARBELL CURL PAUSE REPS

CHAPTER <b>4</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>40lbs</b>

### KNEELING ALTERNATING SWEEPER CURLS

CHAPTER <b>5</b>	Equipment: <b>Dumbbells, Mat</b>
	Cathe's Weight: <b>20lbs</b>

### HAMMER CURLS

CHAPTER <b>6</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs</b>

### CROSSBODY CURLS

CHAPTER <b>7</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>15lbs</b>

### KNEELING HAMMER/CROSSBODY COMBO

CHAPTER <b>8</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>15lbs</b>

### INCLINE CURLS #1

CHAPTER <b>9</b>	Equipment: <b>Dumbbells, Stability Ball, Mat</b>
	Cathe's Weight: <b>15lbs</b>

### INCLINE CURLS #2

CHAPTER <b>10</b>	Equipment: <b>Dumbbells, Stability Ball, Mat</b>
	Cathe's Weight: <b>15lbs</b>

### SINGLE ARM PREACHER CURLS #1

CHAPTER <b>11</b>	Equipment: <b>Dumbbells, Stability Ball, Mat</b>
	Cathe's Weight: <b>15lbs</b>

### SINGLE ARM PREACHER CURLS #2

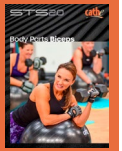
CHAPTER <b>12</b>	Equipment: <b>Dumbbells, Stability Ball, Mat</b>
	Cathe's Weight: <b>15lbs</b>

### BANDED DUMBBELL CURLS

CHAPTER <b>13</b>	Equipment: <b>Dumbbells, Resistance Tubing</b>
	Cathe's Weight: <b>5lbs</b>

# CHAPTERS

## BODY PARTS BICEPS



### REVERSE CURLS #1

CHAPTER <b>14</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10lbs</b>

### REVERSE CURLS #2

CHAPTER <b>15</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10lbs</b>

### BARBELL WRIST CURLS

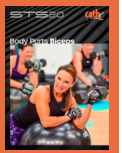
CHAPTER <b>16</b>	Equipment: <b>Barbell, Stability Ball</b>
	Cathe's Weight: <b>30lbs</b>

### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>17</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## BODY PARTS BICEPS BONUS EXERCISES



### BICEP CURL DROP SET

CHAPTER <b>1</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>20lbs, 15lbs, 12lbs</b>

### KNEELING CLUTCH CURLS

CHAPTER <b>2</b>	Equipment: <b>Dumbbells, Mat</b>
	Cathe's Weight: <b>20lbs</b>

### WAITER CURL

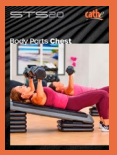
CHAPTER <b>3</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>40lbs</b>

### BARBELL CURL PAUSE REPS

CHAPTER <b>4</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>25lbs</b>

# CHAPTERS

## BODY PARTS CHEST



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>10lbs, 12lbs, 15lbs</b>

### FLAT BENCH PRESS #1

CHAPTER <b>2</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### FLAT BENCH PRESS #2

CHAPTER <b>3</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### FLAT BENCH PRESS #3

CHAPTER <b>4</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### FLAT CHEST FLY #1

CHAPTER <b>5</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### FLAT CHEST FLY #2

CHAPTER <b>6</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### FLAT CHEST FLY PINKIES IN

CHAPTER <b>7</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### INCLINE BENCH PRESS

CHAPTER <b>8</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### INCLINE CLOSE GRIP BENCH PRESS

CHAPTER <b>9</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### INCLINE UNILATERAL BENCH PRESS

CHAPTER <b>10</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs</b>

### INCLINE BENCH PRESS/CLOSE GRIP COMBO

CHAPTER <b>11</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>25lbs</b>

### INCLINE CHEST FLY #1

CHAPTER <b>12</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### INCLINE CHEST FLY #2

CHAPTER <b>13</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

# CHAPTERS

## BODY PARTS CHEST



### INCLINE UNILATERAL CHEST FLY

CHAPTER <b>14</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>20lbs</b>

### BANDED LOW TO HIGH CHEST FLY

CHAPTER <b>15</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### BANDED MID CHEST FLY

CHAPTER <b>16</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### PUSH-UPS

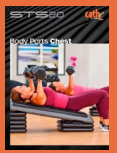
CHAPTER <b>17</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>18</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## BODY PARTS CHEST BONUS EXERCISES



### BENCH PRESS DROP SET

CHAPTER <b>1</b>	Equipment: <b>Dumbbells, Step</b>
	Cathe's Weight: <b>30lbs, 25lbs, 20lbs</b>

### CHEST FLY HIPS AND LEG RAISED

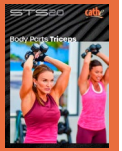
CHAPTER <b>2</b>	Equipment: <b>Dumbbells, Mat</b>
	Cathe's Weight: <b>25lbs</b>

### BENCH PRESS HIPS RAISED

CHAPTER <b>3</b>	Equipment: <b>Dumbbells, Mat</b>
	Cathe's Weight: <b>30lbs</b>

# CHAPTERS

## BODY PARTS TRICEPS



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Dumbbells, Step, Resistance Tubes</b>
	Cathe's Weight: <b>5lbs, 8lbs</b>

### LYING OVERHEAD EXTENSION #1

CHAPTER <b>2</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>35lbs</b>

### LYING OVERHEAD EXTENSION #2

CHAPTER <b>3</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>35lbs</b>

### LYING OVERHEAD EXTENSION #3

CHAPTER <b>4</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>35lbs</b>

### SEATED SINGLE ARM OVERHEAD EXTENSION R/L #1

CHAPTER <b>5</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>15lbs</b>

### SEATED SINGLE ARM OVERHEAD EXTENSION R/L #2

CHAPTER <b>6</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>15lbs</b>

### DIPS #1

CHAPTER <b>7</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars, Fabric Boss Band</b>
	Cathe's Weight: <b>N/A</b>

### DIPS #2

CHAPTER <b>8</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars, Fabric Boss Band</b>
	Cathe's Weight: <b>N/A</b>

### DIPS #3

CHAPTER <b>9</b>	Equipment: <b>STS Adjustable Pull-Up/Dip Bars, Fabric Boss Band</b>
	Cathe's Weight: <b>N/A</b>

### KNEELING SINGLE ARM KICKBACK R/L #1

CHAPTER <b>10</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>12lbs</b>

### KNEELING SINGLE ARM KICKBACK R/L #2

CHAPTER <b>11</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>12lbs</b>

### BANDED STANDING OVERHEAD EXTENSION #1

CHAPTER <b>12</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

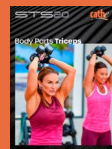
### BANDED STANDING OVERHEAD EXTENSION #2

CHAPTER <b>13</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>



# CHAPTERS

## BODY PARTS TRICEPS



### BANDED TRICEP PRESSDOWN #1

CHAPTER <b>14</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### BANDED TRICEP PRESSDOWN #2

CHAPTER <b>15</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### BANDED REVERSE GRIP TRICEP PRESSDOWN #1

CHAPTER <b>16</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### BANDED REVERSE GRIP TRICEP PRESSDOWN #2

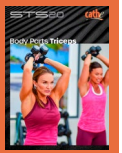
CHAPTER <b>17</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>18</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## BODY PARTS TRICEPS BONUS EXERCISES



### SEATED OVERHEAD EXTENSION

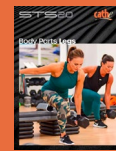
CHAPTER <b>1</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>12lbs</b>

### SIDE LYING TRICEP PUSH-UPS

CHAPTER <b>2</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## BODY PARTS LEGS



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>10lbs, 12lbs, 15lbs</b>

### SQUATS #1

CHAPTER <b>2</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>30lbs</b>

### SQUATS #2 WITH LOOP

CHAPTER <b>3</b>	Equipment: <b>Dumbbells, Fabric Boss Loop</b>
	Cathe's Weight: <b>25lbs</b>

### SQUATS #3 WITH LOOP

CHAPTER <b>4</b>	Equipment: <b>Dumbbells, Fabric Boss Loop</b>
	Cathe's Weight: <b>25lbs</b>

### SQUATS #4 WITH HEELS ELEVATED

CHAPTER <b>5</b>	Equipment: <b>Dumbbells, Heel Plates</b>
	Cathe's Weight: <b>20lbs</b>

### DEADLIFT #1

CHAPTER <b>6</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### DEADLIFT #2

CHAPTER <b>7</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>35lbs</b>

### CLOSE GRIP SUMO SQUAT

CHAPTER <b>8</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>50lbs</b>

### STATIC LUNGE R/L #1

CHAPTER <b>9</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### STATIC LUNGE R/L #2

CHAPTER <b>10</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### SIDE SLIDE LUNGE R/L #1

CHAPTER <b>11</b>	Equipment: <b>Dumbbell, Sliding Device</b>
	Cathe's Weight: <b>25lbs</b>

### SIDE SLIDE LUNGE R/L #2

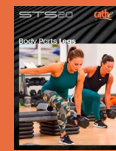
CHAPTER <b>12</b>	Equipment: <b>Dumbbell, Sliding Device</b>
	Cathe's Weight: <b>25lbs</b>

### ELEVATED LUNGE R/L

CHAPTER <b>13</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>30lbs</b>

# CHAPTERS

## BODY PARTS LEGS



### FORWARD LEANING ELEVATED LUNGE R/L

CHAPTER <b>14</b>	Equipment: <b>Dumbbell, Step</b>
	Cathe's Weight: <b>30lbs</b>

### BARBELL HIP THRUST #1

CHAPTER <b>15</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>75lbs</b>

### BARBELL HIP THRUST #2

CHAPTER <b>16</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>75lbs</b>

### BARBELL HIP THRUST #3

CHAPTER <b>17</b>	Equipment: <b>Barbell, Step</b>
	Cathe's Weight: <b>75lbs</b>

### SIDE LYING HIP RAISES

CHAPTER <b>18</b>	Equipment: <b>Fabric Boss Loop, Mat</b>
	Cathe's Weight: <b>Medium</b>

### CALVES IN A BOX

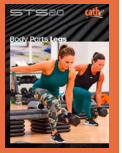
CHAPTER <b>19</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>15lbs</b>

### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>20</b>	Equipment: <b>Step</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## BODY PARTS LEGS BONUS EXERCISES



### HAMSTRING HIP HINGES

CHAPTER <b>1</b>	Equipment: <b>Dumbbell, Step Topper</b>
	Cathe's Weight: <b>12lbs</b>

### FIREWALKER LADDER

CHAPTER <b>2</b>	Equipment: <b>Firewalker Loop</b>
	Cathe's Weight: <b>Medium</b>

### PIZZA PRESS

CHAPTER <b>3</b>	Equipment: <b>Fabric Boss Loop, Mat</b>
	Cathe's Weight: <b>Medium</b>

# CHAPTERS

## BODY PARTS SHOULDERS



### WARM-UP

CHAPTER <b>1</b>	Equipment: <b>Dumbbells, Barbell Plate, Resistance Tubing</b>
	Cathe's Weight: <b>5lbs, 10lbs, 12lbs</b>

### STANDING OVERHEAD PRESS #1

CHAPTER <b>2</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>40lbs</b>

### STANDING OVERHEAD PRESS #2

CHAPTER <b>3</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>40lbs</b>

### STANDING OVERHEAD PRESS #3

CHAPTER <b>4</b>	Equipment: <b>Barbell</b>
	Cathe's Weight: <b>40lbs</b>

### SEATED ISOMETRIC HOLD W/OVERHEAD PRESS #1

CHAPTER <b>5</b>	Equipment: <b>Dumbbells, Mat</b>
	Cathe's Weight: <b>15lbs, 5lbs</b>

### SEATED ISOMETRIC HOLD W/OVERHEAD PRESS #2

CHAPTER <b>6</b>	Equipment: <b>Dumbbells, Mat</b>
	Cathe's Weight: <b>15lbs, 5lbs</b>

### INCLINE FRONT RAISE #1

CHAPTER <b>7</b>	Equipment: <b>Dumbbells, Stability Ball, Mat</b>
	Cathe's Weight: <b>8lbs</b>

### INCLINE FRONT RAISE #2

CHAPTER <b>8</b>	Equipment: <b>Dumbbells, Stability Ball, Mat</b>
	Cathe's Weight: <b>8lbs</b>

### SEATED LATERAL RAISE #1

CHAPTER <b>9</b>	Equipment: <b>Dumbbells, Stability Ball, Mat</b>
	Cathe's Weight: <b>8lbs</b>

### SEATED LATERAL RAISE #2

CHAPTER <b>10</b>	Equipment: <b>Dumbbells, Stability Ball, Mat</b>
	Cathe's Weight: <b>8lbs</b>

### SEATED LATERAL RAISE #3

CHAPTER <b>11</b>	Equipment: <b>Dumbbells, Stability Ball, Mat</b>
	Cathe's Weight: <b>5lbs</b>

### STANDING FRONT/SIDE SLIDE COMBO

CHAPTER <b>12</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>5lbs</b>

### HIP HUGGERS #1

CHAPTER <b>13</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

# CHAPTERS

## BODY PARTS SHOULDERS



### HIP HUGGERS #2

CHAPTER <b>14</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>25lbs</b>

### REAR DELT FLY/HIP HUGGER SUPERSET #1

CHAPTER <b>15</b>	Equipment: <b>Dumbbells, Stability Ball, Mat</b>
	Cathe's Weight: <b>25lbs, 8lbs</b>

### REAR DELT FLY/HIP HUGGER SUPERSET #2

CHAPTER <b>16</b>	Equipment: <b>Dumbbells, Stability Ball, Mat</b>
	Cathe's Weight: <b>25lbs, 8lbs</b>

### BANDED SINGLE ARM REAR DELT FLY #1

CHAPTER <b>17</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### BANDED SINGLE ARM REAR DELT FLY #2

CHAPTER <b>18</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### FACEPULL

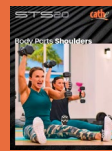
CHAPTER <b>19</b>	Equipment: <b>Resistance Tubing</b>
	Cathe's Weight: <b>N/A</b>

### COOLDOWN/ABBREVIATED STRETCH

CHAPTER <b>20</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## BODY PARTS SHOULDERS BONUS EXERCISES



### STANDING VERTICAL TO HORIZONTAL PRESS COMBO

CHAPTER <b>1</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>12lbs</b>

### KNEELING SINGLE ARM ARNOLD PRESS

CHAPTER <b>2</b>	Equipment: <b>Dumbbell, Mat</b>
	Cathe's Weight: <b>N/A</b>

### DOUBLE ARM W PRESS

CHAPTER <b>3</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>5lbs</b>

### AROUND THE CLOCK

CHAPTER <b>4</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>5lbs</b>



# CHAPTERS

## ACTIVE RECOVERY



### INCH WORM WALK OUTS

CHAPTER <b>1</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### PLANK WITH ROTATION

CHAPTER <b>2</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### KNEEL KNEEL SUMO SQUAT

CHAPTER <b>3</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### PARTIAL PUSHUPS

CHAPTER <b>4</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### COSSACK SQUAT TRIPLE SLIDE

CHAPTER <b>5</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### BIRD DOG SLIDE

CHAPTER <b>6</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### ANIMAL FLOW

CHAPTER <b>7</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### BRIDGE KNEE TAPS

CHAPTER <b>8</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SIDE LUNGE ELBOW TO KNEE

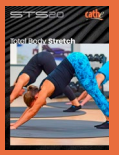
CHAPTER <b>9</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### PLANKS AROUND THE CLOCK

CHAPTER <b>10</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## TOTAL BODY STRETCH



### SHOULDER/CHEST STRETCHES

CHAPTER <b>1</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### TORSO/SPINE STRETCHES

CHAPTER <b>2</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### TRICEP STRETCH

CHAPTER <b>3</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SPINAL ROLL INTO FORWARD FOLD

CHAPTER <b>4</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### CAT COW

CHAPTER <b>5</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### EXTENDED CHILD'S POSE INTO COBRA

CHAPTER <b>6</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### DOWNWARD FACING DOG

CHAPTER <b>7</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SIDE ROTATION INTO FORWARD FOLD

CHAPTER <b>8</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### QUADRICEP STRETCH

CHAPTER <b>9</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SPINAL TWIST

CHAPTER <b>10</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### HAMSTRING STRETCH

CHAPTER <b>11</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### TORSO CIRCLES

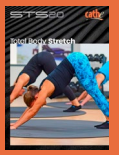
CHAPTER <b>12</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### NECK STRETCHES

CHAPTER <b>13</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## TOTAL BODY STRETCH



### WRIST STRETCHES

CHAPTER <b>14</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## CHAIR YOGA



### OPEN/CLOSE BOOK

CHAPTER <b>1</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### CAT COW

CHAPTER <b>2</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### MOUNTAIN TO FORWARD FOLD

CHAPTER <b>3</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### FIGURE 4

CHAPTER <b>4</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### NECK STRETCH

CHAPTER <b>5</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### HAMSTRING STRETCH

CHAPTER <b>6</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### HIP FLEXOR STRETCH

CHAPTER <b>7</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### SHOULDER STRETCH

CHAPTER <b>8</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### HALF CIRCLE CHEST EXPANSION

CHAPTER <b>9</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### CHEST EXPANSION

CHAPTER <b>10</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### TRICEP STRETCH

CHAPTER <b>11</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### NECK STRETCH

CHAPTER <b>12</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

### WRIST CIRCLES

CHAPTER <b>13</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## CHAIR YOGA



### RESTING POSE

CHAPTER <b>14</b>	Equipment: <b>Chair</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## MAT YOGA



### CAT COW

CHAPTER <b>1</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### BIRD DOG

CHAPTER <b>2</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### EXTENDED CHILD'S POSE

CHAPTER <b>3</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### DOWNWARD DOG, LIZARD, HALF SPLIT, PIGEON SEQUENCE

CHAPTER <b>4</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### EXTENDED CHILD'S POSE INTO COBRA

CHAPTER <b>5</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SINGLE LEG QUAD STRETCH

CHAPTER <b>6</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### TORSO ROLLS

CHAPTER <b>7</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### NECK STRETCH

CHAPTER <b>8</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## FOAM ROLLING UPPER BODY



### CHEST EXPANSION

CHAPTER <b>1</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### UPPER BACK

CHAPTER <b>2</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### LATS

CHAPTER <b>3</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### SIDE REACHING SIDE BEND

CHAPTER <b>4</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### THORACIC ROTATION

CHAPTER <b>5</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### SIDE TILTED STRADDLE STRETCH

CHAPTER <b>6</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### POSTURE MUSCLES/ARMS

CHAPTER <b>7</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### PRAYER STRETCH/UPWARD ARC

CHAPTER <b>8</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### THORACIC OPEN BOOK

CHAPTER <b>9</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## FOAM ROLLING LOWER BODY



### CALVES

CHAPTER <b>1</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### HAMSTRINGS

CHAPTER <b>2</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### QUADRICEPS

CHAPTER <b>3</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### IT BAND

CHAPTER <b>4</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### INNER THIGH

CHAPTER <b>5</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>

### GLUTES

CHAPTER <b>6</b>	Equipment: <b>Foam Roller</b>
	Cathe's Weight: <b>N/A</b>



# CHAPTERS

## STANDING ABS: METABOLIC CORE WARM-UP



### OBLIQUE KNEE PULL

CHAPTER <b>1</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>5lbs</b>

### OBLIQUE TWIST

CHAPTER <b>2</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>5lbs</b>

### FIGURE 8

CHAPTER <b>3</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>5lbs</b>

### TAP AND ROTATE

CHAPTER <b>4</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>5lbs</b>

### DIAGONAL WOOD CHOPS

CHAPTER <b>5</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>5lbs</b>

### SQUAT PRESS SQUAT DEADLIFT

CHAPTER <b>6</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>10lbs</b>

### OVERHEAD SIDE BENDS

CHAPTER <b>7</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>10lbs</b>

### ATTACK IT

CHAPTER <b>8</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>5lbs</b>

### SIDE LUNGE HALO CIRCLE

CHAPTER <b>9</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>10lbs</b>

### REAR LUNGE OBLIQUE TWIST

CHAPTER <b>10</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>10lbs</b>

### SIDE BENDS

CHAPTER <b>11</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>10lbs</b>

# CHAPTERS

## STANDING ABS: CORE PLUS FLOOR



### SLIDING REAR LUNGE WITH ROTATION

CHAPTER <b>1</b>	Equipment: <b>Barbell Plate, Sliding Device</b>
	Cathe's Weight: <b>10lbs</b>

### SLIDING REAR LUNGE PLATE PRESS

CHAPTER <b>2</b>	Equipment: <b>Barbell Plate, Sliding Device</b>
	Cathe's Weight: <b>10lbs</b>

### DRIVING FIGURE 8

CHAPTER <b>3</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>10lbs</b>

### ALTERANTING FRONT LUNGE SIDE BEND

CHAPTER <b>4</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>10lbs</b>

### TOSS WATER OVER THE SHOULDER

CHAPTER <b>5</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>10lbs</b>

### CIRCUMFERENCE CIRCLE

CHAPTER <b>6</b>	Equipment: <b>Barbell Plate</b>
	Cathe's Weight: <b>10lbs</b>

### BUS DRIVERS

CHAPTER <b>7</b>	Equipment: <b>Barbell Plate, Mat</b>
	Cathe's Weight: <b>10lbs</b>

### OBLIQUE TWIST

CHAPTER <b>8</b>	Equipment: <b>Barbell Plate, Mat</b>
	Cathe's Weight: <b>10lbs</b>

### ELEVATED HIP ARM AND LEG DROP

CHAPTER <b>9</b>	Equipment: <b>Barbell Plate, Mat</b>
	Cathe's Weight: <b>10lbs</b>

### SLIDING MERMAIDS

CHAPTER <b>10</b>	Equipment: <b>Barbell Plate, Mat, Sliding Device</b>
	Cathe's Weight: <b>10lbs</b>

### SLIDING PUSH PULL PLANKS

CHAPTER <b>11</b>	Equipment: <b>Barbell Plate, Mat, Sliding Device</b>
	Cathe's Weight: <b>10lbs</b>

# CHAPTERS

## MINI BALL ABS



### CRUNCHES

CHAPTER <b>1</b>	Equipment: <b>Mini Ball</b>
	Cathe's Weight: <b>N/A</b>

### ELBOW DRIVES

CHAPTER <b>2</b>	Equipment: <b>Mini Ball</b>
	Cathe's Weight: <b>N/A</b>

### HIP LIFT REVERSE CRUNCH

CHAPTER <b>3</b>	Equipment: <b>Mini Ball</b>
	Cathe's Weight: <b>N/A</b>

### BALL PASS-UNDERS

CHAPTER <b>4</b>	Equipment: <b>Mini Ball</b>
	Cathe's Weight: <b>N/A</b>

### ROLL INS

CHAPTER <b>5</b>	Equipment: <b>Mini Ball</b>
	Cathe's Weight: <b>N/A</b>

### BIKE MANEUVER

CHAPTER <b>6</b>	Equipment: <b>Mini Ball</b>
	Cathe's Weight: <b>N/A</b>

### V UPS

CHAPTER <b>7</b>	Equipment: <b>Mini Ball</b>
	Cathe's Weight: <b>N/A</b>

### PISTON PLANKS

CHAPTER <b>8</b>	Equipment: <b>Mini Ball</b>
	Cathe's Weight: <b>N/A</b>

### BIRD DOG BALL BALANCE

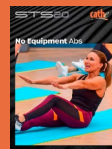
CHAPTER <b>9</b>	Equipment: <b>Mini Ball</b>
	Cathe's Weight: <b>N/A</b>

### SUPERMAN

CHAPTER <b>10</b>	Equipment: <b>Mini Ball</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## NO EQUIPMENT ABS



### CRUNCHES

CHAPTER <b>1</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### BENT LEG SIT UPS

CHAPTER <b>2</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SIT UP WITH ROTATION

CHAPTER <b>3</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### PROGRESSIVE HOLLOW HOLD SERIES

CHAPTER <b>4</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SIDE PLANK THREAD THE NEEDLE

CHAPTER <b>5</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### PRONE PLANK REACHES

CHAPTER <b>6</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### PLANK BEAR CRAWL CLIMB

CHAPTER <b>7</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### MOUNTAIN CLIMBER RUN SHOULDER TAPS

CHAPTER <b>8</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### 8 POINT SUPERMAN

CHAPTER <b>9</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## MOBILITY 1



### SQUATS/ROTATIONAL WARM UP

CHAPTER <b>1</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### RAGDOLL POSITION

CHAPTER <b>2</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### MOBILITY SQUAT SEQUENCE

CHAPTER <b>3</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### DOWNWARD DOG

CHAPTER <b>4</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### LUNGE WITH THORACIC ROTATION

CHAPTER <b>5</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### CHILD'S POSE INTO THREAD THE NEEDLE

CHAPTER <b>6</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### BODY WAVE

CHAPTER <b>7</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SCAPULAR PUSH UPS

CHAPTER <b>8</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SPINAL ROTATION

CHAPTER <b>9</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### UPPER BACK SHOULDER STRETCH

CHAPTER <b>10</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### KNEE CIRCLES

CHAPTER <b>11</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SCORPION

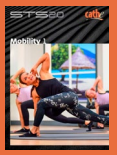
CHAPTER <b>12</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### 90/90

CHAPTER <b>13</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## MOBILITY 1



### GROIN STRETCH

CHAPTER <b>14</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

# CHAPTERS

## MOBILITY 2



### ARM SWINGS

CHAPTER <b>1</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### PAINT THE FENCE WRIST STRETCH

CHAPTER <b>2</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### WRAP HANDS AROUND SOCCER BALL

CHAPTER <b>3</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SIDE LUNGE CRAWL

CHAPTER <b>4</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### COSSACK SQUAT BEAR CRAWL

CHAPTER <b>5</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SHOUDLER ROLL STRETCH

CHAPTER <b>6</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### HALF KNEELING WINDMILL

CHAPTER <b>7</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### SEATED HIP FLEXOR HURDLE

CHAPTER <b>8</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### HIP BRIDGE REACH

CHAPTER <b>9</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### PIGEON ROCK

CHAPTER <b>10</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### WRIST CIRCLE

CHAPTER <b>11</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### BACK EXTENSION REACH

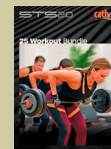
CHAPTER <b>12</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

### EXTENDED CHILD'S POSE

CHAPTER <b>13</b>	Equipment: <b>Mat</b>
	Cathe's Weight: <b>N/A</b>

# PREMIXES

## STS 2.0



### GIANT SETS TOTAL BODY

<b>Express</b>	Express #1: No Group 3	40:09
	Express #2: Bilateral Only	31:55
	Express #3: Group 1 Only	21:21
	Express #4: Unilateral Only	26:55
<b>Mish Mosh</b>	Mish Mosh #1: Groups 1, 3, & 2	50:44
	Mish Mosh #2: Groups 2, 3, & 3	48:04
	Mish Mosh #3: Groups 1, 2, & 2	58:57
<b>Extreme</b>	Extreme #1: Bilateral + Double Unilateral	69:32
	Extreme #2: Bilateral 4 Rounds	53:05

### SUPER SETS TOTAL BODY

<b>Express</b>	Express #1: Upper Body Only + Calves	46:39
	Express #2: Lower Body Only	18:59
	Express #3: Total Body Single Superset	34:54
	Express #4: Total Body Double Superset	46:33
	Express #5: Total Body without Rest	44:46
<b>Mish Mosh</b>	Mish Mosh #1: Groups 1, 4, 2, 6, 3, 7, 5, & 8	58:23
	Mish Mosh #2: Groups 1, 5, 3, 7, 2, 6, 4, & 8	58:23
<b>Extreme</b>	Extreme: Total Body Triple Legs	78:43

### TRI SETS TOTAL BODY

<b>Express</b>	Express #1: Upper Body Only	43:39
	Express #2: Lower Body Only	22:53
	Express #3: Single Tri Set Total Body	40:14
	Express #4: Single Tri Set Upper Body Only	29:17
	Express #5: Split #1 - Groups 1, 2, & 3	29:27
	Express #6: Split #2 - Groups 7, 4, 5, & 6	36:42
<b>Mish Mosh</b>	Mish Mosh #1: Total Body Legs First	60:10
	Mish Mosh #2: Groups 1, 3, 6, 7, 2, 4, & 5	60:10
<b>Extreme</b>	Extreme: Total Body Triple Legs	89:12

### UPPER BODY 1

<b>Express</b>	Express #1: One Set Only	45:22
	Express #2: Two Sets Maximum	51:37
<b>Mish Mosh</b>	Mish Mosh #1: Full Workout	63:09
	Mish Mosh #2: No Bands	53:24
<b>Extreme</b>	Extreme: Extra Sets	64:22

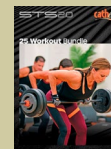
### UPPER BODY 2

<b>Express</b>	Express #1: One Set Only	41:29
	Express #2: Two Sets Maximum	55:37
<b>Mish Mosh</b>	Mish Mosh #1: Full Workout	59:06
	Mish Mosh #2: No Bands	51:36
<b>Extreme</b>	Extreme: Extra Sets	67:52



# PREMIXES

## STS 2.0



### LOWER BODY 1

<b>Express</b>	Express #1: One Set Only	30:56
	Express #2: Two Sets Maximum	41:30
<b>Mish Mosh</b>	Mish Mosh: Full Workout	51:17
<b>Extreme</b>	Extreme: Extra Sets	59:16

### LOWER BODY 2

<b>Bonus</b>	Bonus #1: Regular Workout + All 3 Bonus Exercises	66:32
<b>Express</b>	Express #1: One Set Only	27:26
	Express #2: Two Sets Maximum	42:35
	Express #3: One Set Only + Bonus Exercises	32:09
	Express #4: Two Sets Maximum + Bonus Exercises	52:23
<b>Mish Mosh</b>	Mish Mosh	51:14

### BODY PARTS BACK + BODY PARTS BICEPS

<b>Bonus</b>	Body Parts Back + Bonuses	48:27
	Body Parts Biceps + Bonuses	43:27
<b>Express</b>	Express #1: Body Parts Back No Repeats	28:52
	Express #2: Body Parts Biceps No Repeats	29:33
	Express #3: Body Parts Back + Biceps No Repeats	52:39
<b>Extreme</b>	Extreme #1: Complete Body Parts Back + Biceps	72:57
	Extreme #2: Complete Body Parts Back + Biceps + Bonuses	86:08
<b>Mish Mosh</b>	Mish Mosh #1: Body Parts Back & Body Parts Biceps	37:12
	Mish Mosh #2: Body Parts Biceps & Body Parts Back	45:21

### BODY PARTS CHEST + BODY PARTS TRICEPS

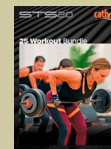
<b>Bonus</b>	Body Parts Chest + Bonuses	43:29
	Body Parts Triceps + Bonuses	39:53
<b>Express</b>	Express #1: Body Parts Chest No Repeats	30:03
	Express #2: Body Parts Triceps No Repeats	19:46
	Express #3: Body Parts Chest + Triceps No Repeats	43:01
<b>Extreme</b>	Extreme #1: Complete Body Parts Chest + Triceps	66:27
	Extreme #2: Complete Body Parts Chest + Triceps + Bonuses	76:13
<b>Mish Mosh</b>	Mish Mosh #1: Body Parts Chest & Body Parts Triceps	35:33
	Mish Mosh #2: Body Parts Triceps & Body Parts Chest	41:34

### BODY PARTS LEGS + BODY PARTS SHOULDERS

<b>Bonus</b>	Body Parts Legs + Bonuses	52:50
	Body Parts Shoulders + Bonuses	47:05
<b>Express</b>	Express #1: Body Parts Legs No Repeats	33:04
	Express #2: Body Parts Shoulders No Repeats	23:34
	Express #3: Body Parts Legs + Shoulders No Repeats	49:42
<b>Extreme</b>	Extreme #1: Complete Body Parts Legs + Shoulders	77:34
	Extreme #2: Complete Body Parts Legs + Shoulders + Bonuses	92:59
<b>Mish Mosh</b>	Mish Mosh #1: Body Parts Legs & Body Parts Shoulders	51:44
	Mish Mosh #2: Body Parts Shoulders & Body Parts Legs	48:00

# PREMIXES

## STS 2.0



### ACTIVE RECOVERY + TOTAL BODY STRETCH

<b>Combined</b>	Active Recovery + Total Body Stretch	35:15
	Double Active Recovery + Total Body Stretch	46:49

### CHAIR YOGA + MAT YOGA

<b>Combined</b>	Chair Yoga + Mat Yoga	42:18
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### FOAM ROLLING UPPER BODY + FOAM ROLLING LOWER BODY

<b>Combined</b>	Foam Rolling Total Body: Upper Body + Lower Body	31:01
	Foam Rolling Total Body: Lower Body + Upper Body	31:32
<b>Mish Mosh</b>	Foam Rolling Total Body: Mish Mosh	31:41

### MOBILITY 1 + MOBILITY 2

<b>Combined</b>	Mobility 1 + Mobility 2	36:12
	Mobility 2 + Mobility 1	36:14

### ABS / CORE WORKOUTS

<b>Combined</b>	Standing Abs: Metabolic Core Warm Up + Core Plus Floor	25:15
	Standing Abs: Metabolic Core Warm Up + Mini Ball Abs	20:44
	Standing Abs: Metabolic Core Warm Up + No Equipment Abs	20:13
	Standing Abs: Core Plus Floor + Mini Ball Abs	27:02
	Standing Abs: Core Plus Floor + No Equipment Abs	26:31
	No Equipment Abs + Mini Ball Abs	21:35
<b>Mish Mosh</b>	Mish Mosh: Standing Abs	20:30
	Mish Mosh: Mini Ball Abs & No Equipment Abs	19:42

# WORKOUT CARDS

## GIANT SETS TOTAL BODY



<b>GROUP 1: SQUATS</b> 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

<b>GROUP 1: CHEST PRESS</b> 35 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

<b>GROUP 1: OVERHEAD PRESS</b> 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

<b>GROUP 1: ALTERNATING REAR LUNGES</b> 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

<b>GROUP 1: DEADLIFTS</b> 35 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

<b>GROUP 1: BENT OVER ROWS</b> 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

<b>GROUP 1: SIDE TO SIDE LUNGES</b> 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

<b>GROUP 1: BICEP CURLS</b> 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

# WORKOUT CARDS

## GIANT SETS TOTAL BODY



<b>GROUP 1: LYING TRICEP EXTENSIONS</b> 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

<b>GROUP 1: HIP THRUSTS</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>GROUP 2: ELEVATED LUNGES</b> 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

<b>GROUP 2: ALTERNATING SINGLE ARM CHEST PRESS</b> 35 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

<b>GROUP 2: ALTERNATING SINGLE ARM OVERHEAD PRESS</b> 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

<b>GROUP 2: SINGLE LEG REAR LUNGES</b> 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

<b>GROUP 2: SINGLE LEG DEADLIFTS</b> 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

<b>GROUP 2: KNEELING ONE ARM ROW</b> 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

# WORKOUT CARDS

## GIANT SETS TOTAL BODY



<b>GROUP 2: SINGLE LEG SIDE LUNGES</b> 20 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

<b>GROUP 2: SINGLE ARM BICEP CURLS</b> 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

<b>GROUP 2: SINGLE ARM LYING TRICEP EXTENSION</b> 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

<b>GROUP 2: HIP THRUSTS</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>GROUP 3: SQUATS</b> 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

<b>GROUP 3: CHEST PRESS</b> 35 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

<b>GROUP 3: OVERHEAD PRESS</b> 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

<b>GROUP 3: ALTERNATING REAR LUNGES</b> 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

## GIANT SETS TOTAL BODY



<b>GROUP 3: DEADLIFTS</b> 35 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
<b>GROUP 3: BENT OVER ROWS</b> 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
<b>GROUP 3: SIDE TO SIDE LUNGES</b> 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
<b>GROUP 3: BICEP CURLS</b> 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
<b>GROUP 3: LYING TRICEP EXTENSIONS</b> 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
<b>GROUP 3: HIP THRUSTS</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## SUPER SETS TOTAL BODY



<b>SQUATS #1</b> 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

<b>DEADLIFTS #1</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SQUATS #2</b> 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

<b>DEADLIFTS #2</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SQUATS #3</b> 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

<b>DEADLIFTS #3</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>INCLINE CHEST PRESS #1</b> 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

<b>BARBELL WIDE OVERHAND GRIP ROW #1</b> 50 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## SUPER SETS TOTAL BODY



<b>INCLINE CHEST PRESS #2</b> 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

<b>BARBELL WIDE OVERHAND GRIP ROW #2</b> 50 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>INCLINE CHEST PRESS #3</b> 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

<b>BARBELL WIDE OVERHAND GRIP ROW #3</b> 50 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>KNEELING SWEEPER CURLS #1</b> 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

<b>INCLINE LYING TRICEP EXTENSION #1</b> 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

<b>KNEELING SWEEPER CURLS #2</b> 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

<b>INCLINE LYING TRICEP EXTENSION #2</b> 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

## SUPER SETS TOTAL BODY



<b>KNEELING SWEEPER CURLS #3</b> 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

<b>INCLINE LYING TRICEP EXTENSION #3</b> 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

<b>SHRUGS #1</b> 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

<b>CALF RAISES #1</b> 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

<b>SHRUGS #2</b> 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

<b>CALF RAISES #2</b> 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

<b>SHRUGS #3</b> 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

<b>CALF RAISES #3</b> 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

## SUPER SETS TOTAL BODY



<b>ALTERNATING SUMO SQUAT #1</b> 35 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

<b>ALTERNATING CROSSBACK LUNGE #1</b> 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

<b>ALTERNATING SUMO SQUAT #2</b> 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

<b>ALTERNATING CROSSBACK LUNGE #2</b> 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

<b>ALTERNATING SUMO SQUAT #3</b> 15 lb. Dumbbells, Step	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ALTERNATING CROSSBACK LUNGE #3</b> 65 lb. Barbell, Step, 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

<b>INCLINE CHEST FLY #1</b> 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

<b>BARBELL UNDERHAND GRIP ROW #1</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## SUPER SETS TOTAL BODY



<b>INCLINE CHEST FLY #2</b> 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

<b>BARBELL UNDERHAND GRIP ROW #2</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>INCLINE CHEST FLY #3</b> 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

<b>BARBELL UNDERHAND GRIP ROW #3</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>HAMMER CURLS #1</b> 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

<b>SINGLE ARM TRICEP KICKBACK WITH LOOP #1</b> 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

<b>HAMMER CURLS #2</b> 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

<b>SINGLE ARM TRICEP KICKBACK WITH LOOP #2</b> 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

## SUPER SETS TOTAL BODY



<b>HAMMER CURLS #3</b> 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

<b>SINGLE ARM TRICEP KICKBACK WITH LOOP #3</b> 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

<b>SINGLE ARM SIDE LATERAL RAISES #1</b> 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

<b>DOUBLE ARM THUMB TO THUMB REAR DELT FLY #1</b> 8lb 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

<b>SINGLE ARM SIDE LATERAL RAISES #2</b> 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

<b>DOUBLE ARM THUMB TO THUMB REAR DELT FLY #2</b> 8lb 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

<b>SINGLE ARM SIDE LATERAL RAISES #3</b> 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

<b>DOUBLE ARM THUMB TO THUMB REAR DELT FLY #3</b> 8lb 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

## TRI SETS TOTAL BODY



<b>GROUP 1 LEGS: SQUATS #1</b> 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

<b>GROUP 1 LEGS: ALTERNATING REAR LUNGES #1</b> 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

<b>GROUP 1 LEGS: CLOSE GRIP SUMO SQUAT #1</b> 50 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

<b>GROUP 1 LEGS: SQUATS #2</b> 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

<b>GROUP 1 LEGS: ALTERNATING REAR LUNGES #2</b> 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

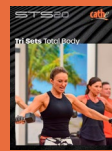
<b>GROUP 1 LEGS: CLOSE GRIP SUMO SQUAT #2</b> 50 lb. Dumbbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>GROUP 2 CHEST: CHEST PRESS #1</b> 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

<b>GROUP 2 CHEST: CHEST FLY PINKIES IN #1</b> 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

# WORKOUT CARDS

## TRI SETS TOTAL BODY



<b>GROUP 2 CHEST: CHEST FLY THUMB TO THUMB #1</b> 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

<b>GROUP 2 CHEST: CHEST PRESS #2</b> 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

<b>GROUP 2 CHEST: CHEST FLY PINKIES IN #2</b> 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

<b>GROUP 2 CHEST: CHEST FLY THUMB TO THUMB #2</b> 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

<b>GROUP 3 BACK: DEADLIFTS #1</b> 35 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

<b>GROUP 3 BACK: PULLOVERS #1</b> 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

<b>GROUP 3 BACK: KNEELING ONE ARM ROW #1</b> 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

<b>GROUP 3 BACK: DEADLIFTS #2</b> 35 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

## TRI SETS TOTAL BODY



<b>GROUP 3 BACK: PULLOVERS #2</b> 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

<b>GROUP 3 BACK: KNEELING ONE ARM ROW #2</b> 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

<b>GROUP 4 TRICEPS: CLOSE GRIP BENCH PRESS #1</b> 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

<b>GROUP 4 TRICEPS: SEATED SINGLE ARM OVERHEAD TRICEP EXTENSION #1</b> 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

<b>GROUP 4 TRICEPS: LYING TRICEP EXTENSIONS #1</b> 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

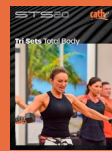
<b>GROUP 4 TRICEPS: CLOSE GRIP BENCH PRESS #2</b> 30 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>GROUP 4 TRICEPS: SEATED SINGLE ARM OVERHEAD TRICEP EXTENSION #2</b> 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

<b>GROUP 4 TRICEPS: LYING TRICEP EXTENSIONS #2</b> 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

## TRI SETS TOTAL BODY



<b>GROUP 5 SHOULDERS: SEATED OVERHEAD PRESS #1</b> 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

<b>GROUP 5 SHOULDERS: STANDING DOUBLE ARM SIDE LATERAL RAISE #1</b> 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

<b>GROUP 5 SHOULDERS: KNEELING SINGLE ARM REAR DELT FLY #1</b> 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

<b>GROUP 5 SHOULDERS: SEATED OVERHEAD PRESS #2</b> 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

<b>GROUP 5 SHOULDERS: STANDING DOUBLE ARM SIDE LATERAL RAISE #2</b> 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

<b>GROUP 5 SHOULDERS: KNEELING SINGLE ARM REAR DELT FLY #2</b> 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

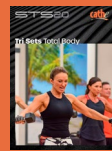
<b>GROUP 6 BICEPS: STANDING BICEP CURLS #1</b> 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>GROUP 6 BICEPS: SEATED HAMMER CURLS #1</b> 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

## TRI SETS TOTAL BODY



<b>GROUP 6 BICEPS: SEATED SWEEPER CURLS #1</b> 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

<b>GROUP 6 BICEPS: STANDING BICEP CURLS #2</b> 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

<b>GROUP 6 BICEPS: SEATED HAMMER CURLS #2</b> 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

<b>GROUP 6 BICEPS: SEATED SWEEPER CURLS #2</b> 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

<b>GROUP 7 LEGS: STEP UPS #1</b> 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

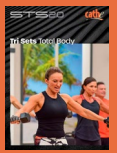
<b>GROUP 7 LEGS: ALTERNATING SIDE LUNGES #1</b> 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>GROUP 7 LEGS: DOUBLE TAP REAR LUNGES #1</b> 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

<b>GROUP 7 LEGS: STEP UPS #2</b> 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

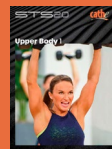
## TRI SETS TOTAL BODY



<b>GROUP 7 LEGS: ALTERNATING SIDE LUNGES #2</b> 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
<b>GROUP 7 LEGS: DOUBLE TAP REAR LUNGES #2</b> 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

# WORKOUT CARDS

## UPPER BODY 1



<b>CHEST: FLAT BENCH PRESS #1</b> 35 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

<b>CHEST: FLAT BENCH PRESS #2</b> 35 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

<b>CHEST: FLAT BENCH PRESS #3</b> 35 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

<b>CHEST: FLAT BENCH FLY</b> 20 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

<b>CHEST: PUSH-UPS</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

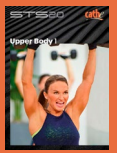
<b>BACK: VERTICAL CHIN-UPS</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK: HORIZONTAL CHIN-UPS</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK: VERTICAL PULL-UPS</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## UPPER BODY 1



<b>BACK: HORIZONTAL PULL-UPS</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK: REAR DELT FLY</b> 8 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

<b>BACK: BANDED FACE PULL</b> light resistance tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BICEPS: BARBELL CURLS #1</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BICEPS: BARBELL CURLS #2</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

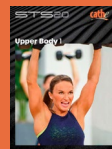
<b>BICEPS: BARBELL CURLS #3</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BICEPS: ALTERNATING ISOMETRIC HAMMER CURLS</b> 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

<b>BICEPS: REVERSE CURL</b> 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

# WORKOUT CARDS

## UPPER BODY 1



<b>TRICEPS: LYING OVERHEAD EXTENSION #1</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>TRICEPS: LYING OVERHEAD EXTENSION #2</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>TRICEPS: LYING OVERHEAD EXTENSION #3</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>TRICEPS: SINGLE ARM LYING CROSSBODY EXTENSION</b> 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

<b>TRICEPS: BANDED TRICEP PRESSDOWN/ STRAIGHT ARM PRESSES</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

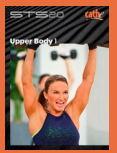
<b>SHOULDERS: BARBELL SHOULDER PRESS #1</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SHOULDERS: BARBELL SHOULDER PRESS #2</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SHOULDERS: BARBELL SHOULDER PRESS #3</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## UPPER BODY 1



<b>SHOULDERS: SEATED ARNOLD PRESS</b> 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
<b>SHOULDERS: SIDE LATERAL RAISES</b> 8 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
<b>SHOULDERS: ALTERNATING SIDE LATERAL RAISE</b> 8 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

## UPPER BODY 2



<b>BACK: BARBELL UNDERHAND ROW #1</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK: BARBELL UNDERHAND ROW #2</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK: BARBELL OVERHAND ROW #1</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK: BARBELL OVERHAND ROW #2</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK: BARBELL PULLOVER #1</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK: BARBELL PULLOVER #2</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK: BARBELL PULLOVER #3</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BACK: BANDED LAT PULL DOWN</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## UPPER BODY 2



<b>BACK: PULL APARTS</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SHOULDERS: DUMBBELL OVERHEAD PRESS #1</b> 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

<b>SHOULDERS: DUMBBELL OVERHEAD PRESS #2</b> 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

<b>SHOULDERS: DUMBBELL OVERHEAD PRESS #3</b> 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

<b>SHOULDERS: BEAR CRAWL PRESS</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SHOULDERS: SINGLE ARM SIDE LEANING LAT RAISE #1</b> 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

<b>SHOULDERS: SINGLE ARM SIDE LEANING LAT RAISE #2</b> 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

<b>SHOULDERS: DOUBLE ARM SCARECROW</b> 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



# WORKOUT CARDS

## UPPER BODY 2



<b>CHEST/TRICEPS: DUMBBELL CLOSE GRIP BENCH PRESS #1</b> 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

<b>CHEST/TRICEPS: DUMBBELL CLOSE GRIP BENCH PRESS #2</b> 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

<b>CHEST/TRICEPS: BARBELL CLOSE GRIP BENCH PRESS #1</b> 45 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CHEST/TRICEPS: BARBELL CLOSE GRIP BENCH PRESS #2</b> 45 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CHEST/TRICEPS: DIPS #1</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

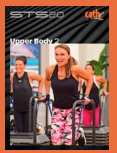
<b>CHEST/TRICEPS: DIPS #2</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CHEST/TRICEPS: BANDED CHEST FLY</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CHEST/TRICEPS: BANDED KICKBACKS</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## UPPER BODY 2



<b>BICEPS: SWEEPER CURLS</b> 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
<b>BICEPS: SINGLE ARM SWEEPER</b> 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
<b>BICEPS: BARBELL 10 DEGREE TILT</b> 35 lb. Barbel	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>BICEPS: BARBELL 21S</b> 35 lb. Barbel	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## LOWER BODY 1



<b>SQUATS #1</b> 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

<b>SQUATS #2</b> 35 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

<b>SQUATS #3</b> 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

<b>SQUATS #4</b> 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

<b>BARBELL DEADLIFT #1</b> 75 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL DEADLIFT #2</b> 75 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL DEADLIFT #3</b> 75 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ALTERNATING DUMBBELL REAR LUNGE</b> 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

## LOWER BODY 1



<b>REAR LUNGE R/L</b> 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

<b>STATIC LUNGE</b> 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

<b>CLOSE GRIP SQUAT #1</b> 50 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

<b>CLOSE GRIP SQUAT #2</b> 50 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

<b>CLOSE GRIP SQUAT #3</b> 50 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

<b>STATIC LUNGE</b> 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

<b>SIDE LUNGE R/L #1</b> 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

<b>SIDE LUNGE R/L #2</b> 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

## LOWER BODY 1



<b>STATIC SIDE LUNGE</b> 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

<b>BARBELL HIP THRUST #1</b> 75 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL HIP THRUST #2</b> 75 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL HIP THRUST #3</b> 75 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL CALF RAISE #1</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL CALF RAISE #2</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL CALF RAISE #3</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL CALF RAISE #4</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

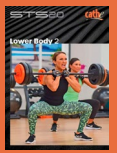
## LOWER BODY 1



<b>HAMSTRING ROLL-INS</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>STRAIGHT LEG QUAD LIFT R/L #1</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>STRAIGHT LEG QUAD LIFT R/L #2</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## LOWER BODY 2



<b>GOBLET SQUATS #1</b> 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

<b>GOBLET SQUATS #2</b> 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

<b>SQUATS #1</b> 35 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

<b>SQUATS #2</b> 35 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

<b>DUMBBELL DEADLIFT #1</b> 35 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

<b>DUMBBELL DEADLIFT #2</b> 35 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

<b>DUMBBELL DEADLIFT #3</b> 35 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

<b>BARBELL PLIÉ SQUAT #1</b> 55 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## LOWER BODY 2



<b>BARBELL PLIÉ SQUAT #2</b> 55 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL PLIÉ SQUAT #3</b> 55 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL PLIÉ SQUAT #4</b> 55 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>DROP SHIFT SIDE LUNGES #1</b> 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

<b>DROP SHIFT SIDE LUNGES #2</b> 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

<b>STEP OVER FRONT LUNGES R/L #1</b> 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

<b>STEP OVER FRONT LUNGES R/L #2</b> 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

<b>GLUTE BRIDGE #1</b> 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



# WORKOUT CARDS

## LOWER BODY 2



<b>GLUTE BRIDGE #2</b> 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

<b>GLUTE BRIDGE #3</b> 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

<b>GLUTE BRIDGE #4</b> 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

<b>DUMBBELL CALF RAISE #1</b> 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

<b>DUMBBELL CALF RAISE #2</b> 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

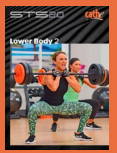
<b>ONE LEG CALF RAISE R/L #1</b> 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ONE LEG CALF RAISE R/L #2</b> 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

<b>WALL SQUATS</b> 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

# WORKOUT CARDS

## LOWER BODY 2 BONUS EXERCISES



<b>STEP UPS #1</b> 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

<b>STEP UPS #2</b> 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

<b>STEP UPS #3</b> 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

<b>ELEVATED LUNGES #1</b> 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

<b>PUSH DIPS</b> 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

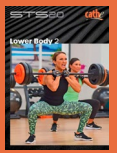
<b>ELEVATED LUNGES #2</b> 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FORWARD HINGED HIP ABDUCTION #1</b> Heavy Fabric Boss Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FORWARD HINGED HIP ABDUCTION #2</b> Heavy Fabric Boss Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

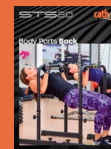
## LOWER BODY 2 BONUS EXERCISES



<b>FORWARD HINGED HIP ABDUCTION #3</b> Heavy Fabric Boss Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## BODY PARTS BACK



<b>STRAIGHT ARM PRESSDOWN/SEATED ROWS #1</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>STRAIGHT ARM PRESSDOWN/SEATED ROWS #2</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>DOUBLE BAR INVERTED ROWS #1</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SINGLE BAR CHIN-UP</b> 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

<b>DOUBLE BAR INVERTED ROWS #2</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

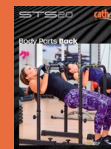
<b>SINGLE BAR OVERHAND PULL-UP</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>KNEELING ONE ARM ROW R/L #1</b> 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

<b>KNEELING ONE ARM ROW R/L #2</b> 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

# WORKOUT CARDS

## BODY PARTS BACK



<b>BARBELL PULLOVER /BANDED PULL APARTS #1</b> 30 lb. Dumbbell, Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL PULLOVER /BANDED PULL APARTS #2</b> 30 lb. Dumbbell, Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL PENDLAY ROW/SHRUGS #1</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL PENDLAY ROW/SHRUGS #2</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL PENDLAY ROW/SHRUGS #3</b> 65 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

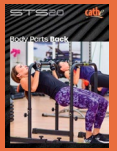
<b>BANDED CLOSE GRIP PULLDOWN #1</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BANDED CLOSE GRIP PULLDOWN #2</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SEATED T BAND PULLS</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## BODY PARTS BACK



<b>SUPERMAN SWIMMERS</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

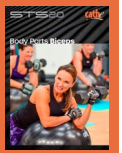
## BODY PARTS BACK BONUS EXERCISES



<b>BENT OVER GORILLA ROW</b> 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
<b>SINGLE ARM PULLOVER R/L</b> 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
<b>INVERTED ROW DROP SET</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>OVER UNDER PULL UPS</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## BODY PARTS BICEPS



<b>BARBELL CURLS #1</b> 40 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL CURLS #2</b> 40 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL CURL PAUSE REPS</b> 40 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>KNEELING ALTERNATING SWEEPER CURLS</b> 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

<b>KNEELING DOUBLE ARM SWEEPER CURLS</b> 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

<b>HAMMER CURLS</b> 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

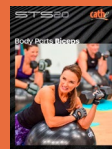
<b>CROSSBODY CURLS</b> 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>KNEELING HAMMER/CROSSBODY COMBO</b> 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

## BODY PARTS BICEPS



<b>INCLINE CURLS #1</b> 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

<b>INCLINE CURLS #2</b> 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

<b>SINGLE ARM PREACHER CURL R/L #1</b> 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

<b>SINGLE ARM PREACHER CURL R/L #2</b> 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

<b>BANDED DUMBBELL CURLS</b> 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

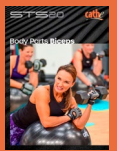
<b>REVERSE CURLS #1</b> 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>REVERSE CURLS #2</b> 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

<b>BARBELL WRIST CURLS #1</b> 30 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

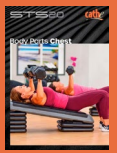
## BODY PARTS BICEPS BONUS EXERCISES



<b>BICEP CURL DROP SET</b> 20 lb, 15 lb., 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
<b>KNEELING CLUTCH CURL</b> 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
<b>WAITER CURL</b> 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

## BODY PARTS CHEST



<b>FLAT BENCH PRESS #1</b> 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

<b>FLAT BENCH PRESS #2</b> 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

<b>FLAT BENCH PRESS #3</b> 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

<b>FLAT CHEST FLY #1</b> 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

<b>FLAT CHEST FLY #2</b> 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

<b>FLAT CHEST FLY PINKIES IN</b> 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

<b>INCLINE BENCH PRESS</b> 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

<b>INCLINE CLOSE GRIP BENCH PRESS</b> 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

## BODY PARTS CHEST



<b>INCLINE UNILATERAL BENCH PRESS</b> 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

<b>INCLINE BENCH PRESS/CLOSE GRIP COMBO</b> 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

<b>INCLINE CHEST FLY #1</b> 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

<b>INCLINE CHEST FLY #2</b> 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

<b>INCLINE UNILATERAL CHEST FLY</b> 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

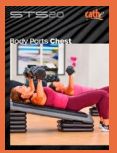
<b>BANDED LOW TO HIGH CHEST FLY</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BANDED MID CHEST FLY</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PUSH-UPS</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## BODY PARTS CHEST BONUS EXERCISES



<b>BENCH PRESS DROP SET</b> 30 lb., 25 lb., 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
<b>CHEST FLY HIPS AND LEGS RAISED</b> 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
<b>BENCH PRESS HIPS RAISED</b> 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

# WORKOUT CARDS

## BODY PARTS TRICEPS



<b>LYING OVERHEAD EXTENSION #1</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>LYING OVERHEAD EXTENSION #2</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>LYING OVERHEAD EXTENSION #3</b> 35 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SEATED SINGLE ARM OVERHEAD EXTENSION R/L #1</b> 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

<b>SEATED SINGLE ARM OVERHEAD EXTENSION R/L #2</b> 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

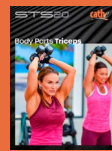
<b>DIPS #1</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>DIPS #2</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>DIPS #3</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## BODY PARTS TRICEPS



<b>KNEELING SINGLE ARM KICKBACK R/L #1</b> 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

<b>KNEELING SINGLE ARM KICKBACK R/L #2</b> 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

<b>BANDED STANDING OVERHEAD EXTENSION #1</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BANDED STANDING OVERHEAD EXTENSION #2</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BANDED TRICEP PRESSDOWN #1</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

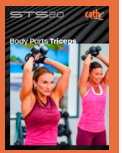
<b>BANDED TRICEP PRESSDOWN #2</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BANDED REVERSE GRIP TRICEP PRESSDOWN #1</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BANDED REVERSE GRIP TRICEP PRESSDOWN #2</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## BODY PARTS TRICEPS BONUS EXERCISES

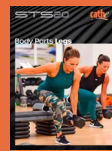


<b>SEATED OVERHEAD EXTENSION</b> 12 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SIDE LYING TRICEP PUSH-UPS</b>	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## BODY PARTS LEGS



<b>SQUATS #1</b> 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

<b>SQUATS #2 WITH LOOP</b> 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

<b>SQUATS #3 WITH LOOP</b> 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

<b>SQUATS #4 WITH HEELS ELEVATED</b> 20 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

<b>DEADLIFT #1</b> 35 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

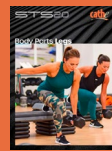
<b>DEADLIFT #2</b> 35 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>CLOSE GRIP SUMO SQUAT</b> 50 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

<b>STATIC LUNGE R/L #1</b> 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

## BODY PARTS LEGS



<b>STATIC LUNGE R/L #2</b> 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

<b>SIDE SLIDE LUNGE R/L #1</b> 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

<b>SIDE SLIDE LUNGE R/L #2</b> 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

<b>ELEVATED LUNGE R/L</b> 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

<b>FORWARD LEANING ELEVATED LUNGE R/L</b> 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

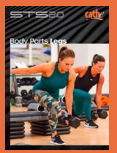
<b>BARBELL HIP THRUST #1</b> 75 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL HIP THRUST #2</b> 75 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BARBELL HIP THRUST #3</b> 75 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

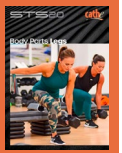
## BODY PARTS LEGS



<b>SIDE LYING HIP RAISE</b> Medium Fabric Boss Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>CALVES IN A BOX</b> 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

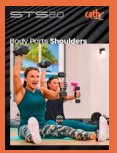
## BODY PARTS LEGS BONUS EXERCISES



<b>HAMSTRING HIP HINGES</b> 20 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
<b>FIREWALKER LADDER</b> Medium Firewalker Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>PIZZA PRESS</b> Medium Fabric Boss Loop	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## BODY PARTS SHOULDERS



<b>STANDING OVERHEAD PRESS #1</b> 40 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>STANDING OVERHEAD PRESS #2</b> 40 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>STANDING OVERHEAD PRESS #3</b> 40 lb. Barbell	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SEATED ISOMETRIC HOLD W/OVERHEAD PRESS #1</b> 15 lb., 5 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

<b>SEATED ISOMETRIC HOLD W/OVERHEAD PRESS #2</b> 15 lb., 5 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

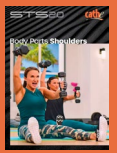
<b>INCLINE FRONT RAISE #1</b> 8 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>INCLINE FRONT RAISE #2</b> 8 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

<b>SEATED LATERAL RAISE #1</b> 8 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

## BODY PARTS SHOULDERS



<b>SEATED LATERAL RAISE #2</b> 8 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

<b>SEATED LATERAL RAISE #3</b> 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

<b>STANDING FRONT/SIDE SLIDE COMBO</b> 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

<b>HIP HUGGERS #1</b> 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

<b>HIP HUGGERS #2</b> 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

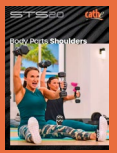
<b>REAR DELT FLY/HIP HUGGER SUPERSET #1</b> 8 lb., 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>REAR DELT FLY/HIP HUGGER SUPERSET #2</b> 8 lb., 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

<b>BANDED SINGLE ARM REAR DELT FLY #1</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

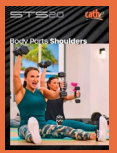
## BODY PARTS SHOULDERS



<b>BANDED SINGLE ARM REAR DELT FLY #2</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>FACE PULL</b> Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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

## BODY PARTS SHOULDERS BONUS EXERCISES



<b>STANDING VERTICAL TO HORIZONTAL PRESS COMBO</b> 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
<b>KNEELING SINGLE ARM ARNOLD PRESS</b> 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
<b>DOUBLE ARM W PRESS</b> 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
<b>AROUND THE CLOCK</b> 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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