

STS2.0



User's Guide



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OVERVIEW

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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.

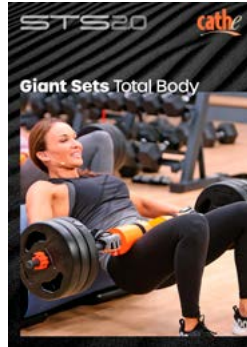
Abs/Core Routines

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

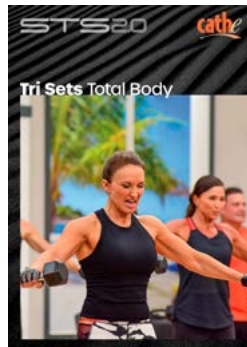
STS 2.0

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.



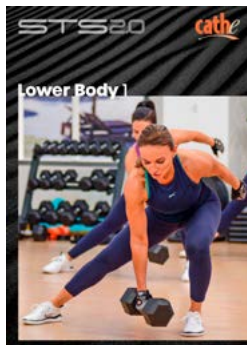
Super Sets Total Body

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

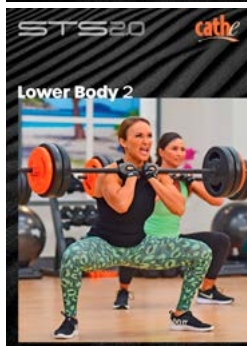
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PHASE 2: ALL UPPER/ALL LOWER BODY WORKOUTS



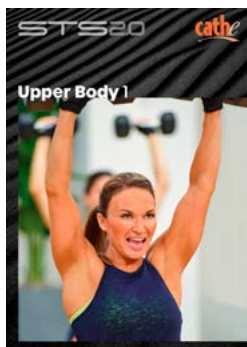
Lower Body 1

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!



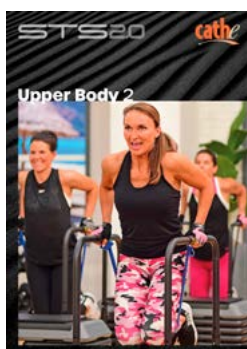
Lower Body 2

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.



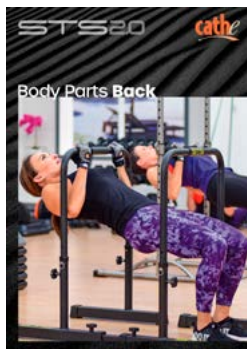
Upper Body 2

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

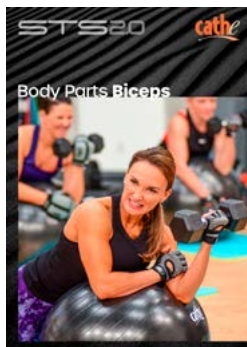
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PHASE 3: SINGLE BODY PART WORKOUTS



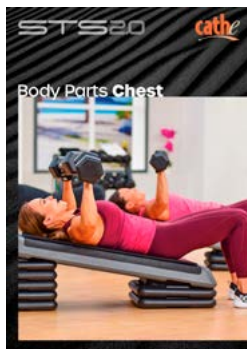
Single Body Parts Back

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.



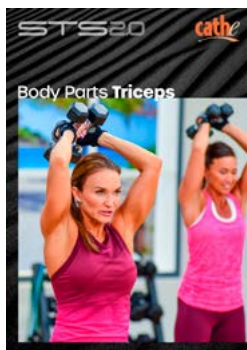
Single Body Parts Biceps

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.

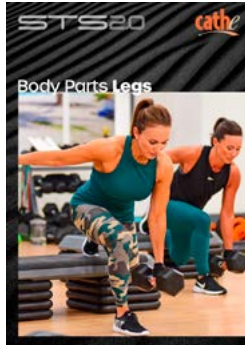


Single Body Parts Triceps

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.

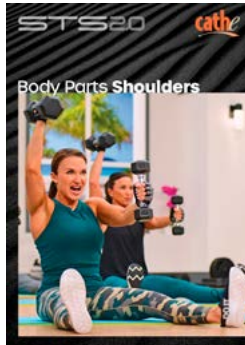
ABOUT THE WORKOUTS

STS 2.0



Single Body Parts Legs

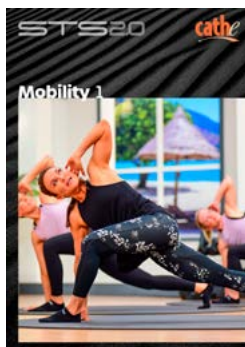
This routine will stay focused on the legs and glutes to completely fatigue the lower body. You will hit the muscle from all angles with heavy weighted exercises. Appropriate rest periods will be taken between exercises so that you can maximize the number of heavy reps that you can complete. This type 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

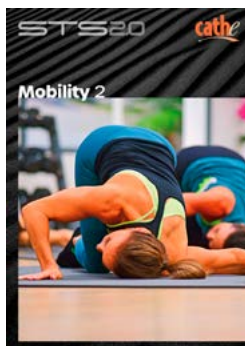
This routine will stay focused on the shoulders. In this routine you will perform challenging exercises using a mix of heavy and lighter weights. Appropriate rest periods will be taken between exercises so that you can maximize the number of heavy reps that you can complete. This type of training gives 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

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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.



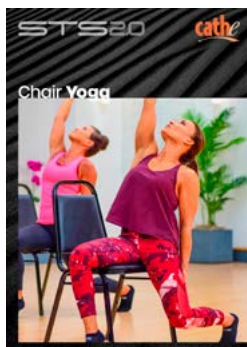
Foam Rolling Lower Body

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.



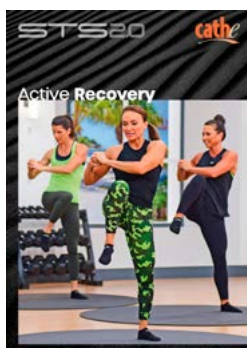
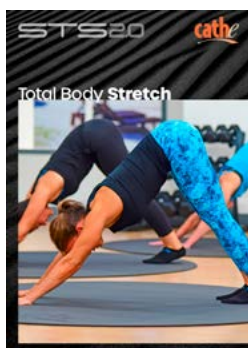
Chair Yoga

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.

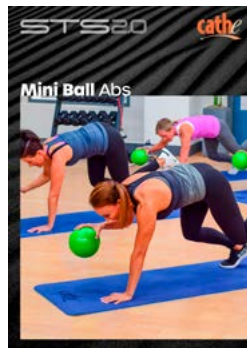
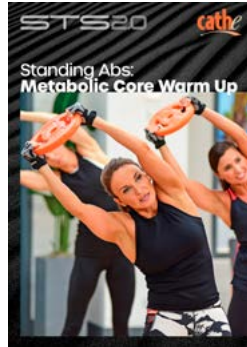
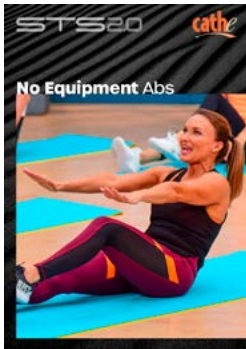
Total Body Stretch

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

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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

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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	<u>STS 2 Giant Sets Total Body</u>
Tuesday	<u>STS 2 Active Recovery</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 Mobility 2</u>
Sunday	OFF

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

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

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 Chair Yoga</u>
Sunday	OFF

ROTATIONS

STS 2.0 8-WEEK



WEEK 5	WORKOUT
Monday	STS 2 Body Parts Legs
Tuesday	STS 2 Body Parts Shoulders
Wednesday	STS 2 Active Recovery
Thursday	STS 2 Body Parts Back
Friday	STS 2 Body Parts Chest
Saturday	STS 2 Mobility 2
Sunday	STS 2 Body Parts Biceps

WEEK 6	WORKOUT
Monday	STS 2 Body Parts Triceps
Tuesday	STS 2 Foam Rolling Upper Body
Wednesday	STS 2 Body Parts Legs
Thursday	STS 2 Body Parts Shoulders
Friday	STS 2 Active Recovery
Saturday	STS 2 Body Parts Back
Sunday	STS 2 Body Parts Chest

WEEK 7	WORKOUT
Monday	STS 2 Total Body Stretch
Tuesday	STS 2 Body Parts Biceps
Wednesday	STS 2 Body Parts Triceps
Thursday	STS 2 Foam Rolling Upper Body
Friday	STS 2 Body Parts Legs
Saturday	STS 2 Body Parts Shoulders
Sunday	STS 2 Mobility 1

WEEK 8	WORKOUT
Monday	STS 2 Body Parts Back
Tuesday	STS 2 Body Parts Chest
Wednesday	STS 2 Mobility 2
Thursday	STS 2 Body Parts Biceps
Friday	STS 2 Body Parts Triceps
Saturday	STS 2 Active Recovery
Sunday	OFF

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	OFF

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	OFF

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	OFF

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	OFF

ROTATIONS

STS 2.0 10-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	OFF

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	OFF

WEEK 7	WORKOUT
Monday	Back & Biceps Mishmosh Premix
Tuesday	<u>STS 2 Mat Yoga</u>
Wednesday	Legs & Shoulders Mishmosh Premix
Thursday	<u>STS 2 Foam Rolling Upper Body + STS 2 Foam Rolling Lower Body</u>
Friday	Chest & Triceps Mishmosh Premix
Saturday	<u>STS 2 Active Recovery</u>
Sunday	OFF

WEEK 8	WORKOUT
Monday	Biceps & Back MishMosh Premix
Tuesday	<u>STS 2 Mat Yoga</u>
Wednesday	Shoudlers & Legs Mishmosh Premix
Thursday	<u>STS 2 Mobility 2</u>
Friday	Triceps & Chest Mishmosh Premix
Saturday	<u>STS 2 Total Body Stretch</u>
Sunday	OFF

ROTATIONS

STS 2.0 10-WEEK



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

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

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	OFF

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	OFF

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	OFF

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	OFF

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	OFF

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	OFF

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	OFF
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	<u>STS 2 Super Sets Total Body</u>
Tuesday	<u>XTrain 07 All Out Low Impact HiiT</u>
Wednesday	<u>STS 2 Total Body Stretch</u>
Thursday	<u>STS 2 Tri Sets Total Body</u>
Friday	<u>STS 2 Chair Yoga</u>
Saturday	<u>STS 2 Giant Sets Total Body</u>
Sunday	OFF

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

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

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

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	OFF

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</u> or <u>XTrain cardio of choice</u>
Saturday	<u>STS 2 Super Sets Total Body</u>
Sunday	OFF

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	OFF

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	OFF

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	OFF

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	OFF
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 & Shoulders</u>
Sunday	<u>STS 2 Active Recovery</u>

ROTATIONS

STS 2.0 / RIPPED WITH HIIT



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

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

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

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

ROTATIONS

STS 2.0 / LOW IMPACT CARDIO



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

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

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

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

ROTATIONS

STS 2.0 / LOW IMPACT CARDIO



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

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

ROTATIONS

STS 2.0 / HIGH IMPACT CARDIO



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

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

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

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

ROTATIONS

STS 2.0 / HIGH IMPACT CARDIO



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

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

CHAPTERS

GIANT SETS TOTAL BODY



WARM-UP

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

GROUP 1: SQUATS

CHAPTER 3	Equipment: Dumbbells
	Cathe's Weight: 30lbs

GROUP 1: CHEST PRESS

CHAPTER 4	Equipment: Dumbbells, Step
	Cathe's Weight: 35lbs

GROUP 1: OVERHEAD PRESS

CHAPTER 5	Equipment: Dumbbells
	Cathe's Weight: 20lbs

GROUP 1: ALTERNATING REAR LUNGES

CHAPTER 6	Equipment: Dumbbells
	Cathe's Weight: 25lbs

GROUP 1: DEADLIFTS

CHAPTER 7	Equipment: Dumbbells
	Cathe's Weight: 35lbs

GROUP 1: BENT OVER ROWS

CHAPTER 8	Equipment: Dumbbells
	Cathe's Weight: 25lbs

GROUP 1: SIDE TO SIDE LUNGES

CHAPTER 9	Equipment: Dumbbells
	Cathe's Weight: 20lbs

GROUP 1: BICEP CURLS

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

GROUP 1: LYING TRICEP EXTENSIONS

CHAPTER 11	Equipment: Dumbbells
	Cathe's Weight: 15lbs

GROUP 1: HIP THRUSTS

CHAPTER 12	Equipment: Barbell, Step, Mat
	Cathe's Weight: 65lbs

GROUP 2: ELEVATED LUNGES

CHAPTER 13	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

GROUP 2: ALTERNATING SINGLE ARM CHEST PRESS

CHAPTER 14	Equipment: Dumbbells, Step
	Cathe's Weight: 35lbs

CHAPTERS

GIANT SETS TOTAL BODY



GROUP 2: ALTERNATING SINGLE ARM OVERHEAD PRESS

CHAPTER 15	Equipment: Dumbbells
	Cathe's Weight: 20lbs

GROUP 2: SINGLE LEG REAR LUNGES

CHAPTER 16	Equipment: Dumbbells
	Cathe's Weight: 25lbs

GROUP 2: SINGLE LEG DEADLIFTS

CHAPTER 17	Equipment: Dumbbell
	Cathe's Weight: 35lbs

GROUP 2: KNEELING ONE ARM ROW

CHAPTER 18	Equipment: Dumbbell
	Cathe's Weight: 25lbs

GROUP 2: SINGLE LEG SIDE LUNGES

CHAPTER 19	Equipment: Dumbbell
	Cathe's Weight: 20lbs

GROUP 2: SINGLE ARM BICEP CURLS

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

GROUP 2: SINGLE ARM LYING TRICEP EXTENSION

CHAPTER 21	Equipment: Dumbbell
	Cathe's Weight: 15lbs

GROUP 2: SINGLE LEG HIP THRUST

CHAPTER 22	Equipment: Dumbbells, Step, Mat
	Cathe's Weight: 35lbs

GROUP 3: SQUATS

CHAPTER 23	Equipment: Dumbbells
	Cathe's Weight: 30lbs

GROUP 3: CHEST PRESS

CHAPTER 24	Equipment: Dumbbells, Step
	Cathe's Weight: 35lbs

GROUP 3: OVERHEAD PRESS

CHAPTER 25	Equipment: Dumbbells
	Cathe's Weight: 20lbs

GROUP 3: ALTERNATING REAR LUNGES

CHAPTER 26	Equipment: Dumbbells
	Cathe's Weight: 25lbs

GROUP 3: DEADLIFTS

CHAPTER 27	Equipment: Dumbbells
	Cathe's Weight: 35lbs

CHAPTERS

GIANT SETS TOTAL BODY



GROUP 3: BENT OVER ROWS

CHAPTER 28	Equipment: Dumbbells
	Cathe's Weight: 25lbs

GROUP 3: SIDE TO SIDE LUNGES

CHAPTER 29	Equipment: Dumbbells
	Cathe's Weight: 20lbs

GROUP 3: BICEP CURLS

CHAPTER 30	Equipment: Dumbbells
	Cathe's Weight: 20lbs

GROUP 3: LYING TRICEP EXTENSIONS

CHAPTER 31	Equipment: Dumbbells
	Cathe's Weight: 15lbs

GROUP 3: HIP THRUSTS

CHAPTER 31	Equipment: Barbell, Step, Mat
	Cathe's Weight: 65lbs

GROUP 3: COOL DOWN/ABBREVIATED STRETCH

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

CHAPTERS

SUPER SETS TOTAL BODY



WARM-UP

CHAPTER 1	Equipment: Resistance Tubing, Dumbbells
	Cathe's Weight: 10lbs, 15lbs

SQUATS #1

CHAPTER 3	Equipment: Dumbbells
	Cathe's Weight: 30lbs

DEADLIFTS #1

CHAPTER 4	Equipment: Barbell
	Cathe's Weight: 65lbs

SQUATS #2

CHAPTER 5	Equipment: Dumbbells
	Cathe's Weight: 30lbs

DEADLIFTS #2

CHAPTER 6	Equipment: Barbell
	Cathe's Weight: 65lbs

SQUATS #3

CHAPTER 7	Equipment: Dumbbells
	Cathe's Weight: 35lbs

DEADLIFTS #3

CHAPTER 8	Equipment: Barbell
	Cathe's Weight: 65lbs

INCLINE CHEST PRESS #1

CHAPTER 9	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

BARBELL WIDE OVERHAND GRIP ROW #1

CHAPTER 10	Equipment: Barbell
	Cathe's Weight: 50lbs

INCLINE CHEST PRESS #2

CHAPTER 11	Equipment: Dumbbells, Step
	Cathe's Weight: 15lbs

BARBELL WIDE OVERHAND GRIP ROW #2

CHAPTER 12	Equipment: Barbell
	Cathe's Weight: 50lbs

INCLINE CHEST PRESS #3

CHAPTER 13	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

BARBELL WIDE OVERHAND GRIP ROW #3

CHAPTER 14	Equipment: Barbell
	Cathe's Weight: 50lbs

CHAPTERS

SUPER SETS TOTAL BODY



KNEELING SWEEPER CURL #1

CHAPTER 15	Equipment: Dumbbells, Mat
	Cathe's Weight: 20lbs

INCLINE LYING TRICEP EXTENSION #1

CHAPTER 16	Equipment: Dumbbells, Step
	Cathe's Weight: 15lbs

KNEELING SWEEPER CURL #2

CHAPTER 17	Equipment: Dumbbells, Mat
	Cathe's Weight: 20lbs

INCLINE LYING TRICEP EXTENSION #2

CHAPTER 18	Equipment: Dumbbells, Step
	Cathe's Weight: 15lbs

KNEELING SWEEPER CURL #3

CHAPTER 19	Equipment: Dumbbells
	Cathe's Weight: 20lbs

INCLINE LYING TRICEP EXTENSION #3

CHAPTER 20	Equipment: Dumbbells, Step
	Cathe's Weight: 15lbs

SHRUGS #1

CHAPTER 21	Equipment: Dumbbells
	Cathe's Weight: 25lbs

CALF RAISES #1

CHAPTER 22	Equipment: Dumbbells
	Cathe's Weight: 25lbs

SHRUGS #2

CHAPTER 23	Equipment: Dumbbells
	Cathe's Weight: 25lbs

CALF RAISES #2

CHAPTER 24	Equipment: Dumbbells
	Cathe's Weight: 25lbs

SHRUGS #3

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

CALF RAISES #3

CHAPTER 26	Equipment: Dumbbells
	Cathe's Weight: 25lbs

ALTERNATING SUMO SQUAT #1

CHAPTER 27	Equipment: Dumbbells
	Cathe's Weight: 25lbs

CHAPTERS

SUPER SETS TOTAL BODY



ALTERNATING CROSS BACK LUNGE #1

CHAPTER 28	Equipment: Dumbbells
	Cathe's Weight: 25lbs

ALTERNATING SUMO SQUAT #2

CHAPTER 29	Equipment: Dumbbells
	Cathe's Weight: 25lbs

ALTERNATING CROSS BACK LUNGE #2

CHAPTER 30	Equipment: Dumbbells
	Cathe's Weight: 25lbs

ALTERNATING SUMO SQUAT #3

CHAPTER 31	Equipment: Dumbbells
	Cathe's Weight: 25lbs

ALTERNATING CROSS BACK LUNGE #3

CHAPTER 32	Equipment: Barbell, Step, Mat
	Cathe's Weight: 25lbs

INCLINE CHEST FLY #1

CHAPTER 33	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

BARBELL UNDERHAND GRIP ROW #1

CHAPTER 34	Equipment: Barbell
	Cathe's Weight: 65lbs

INCLINE CHEST FLY #2

CHAPTER 35	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

BARBELL UNDERHAND GRIP ROW #2

CHAPTER 36	Equipment: Barbell
	Cathe's Weight: 65lbs

INCLINE CHEST FLY #3

CHAPTER 37	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

BARBELL UNDERHAND GRIP ROW #3

CHAPTER 38	Equipment: Barbell
	Cathe's Weight: 65lbs

HAMMER CURLS #1

CHAPTER 39	Equipment: Dumbbells
	Cathe's Weight: 15lbs

SINGLE ARM TRICEP KICKBACKS WITH LOOP #1

CHAPTER 40	Equipment: Dumbbell, Light Firewalker Loop
	Cathe's Weight: 12lbs

CHAPTERS

SUPER SETS TOTAL BODY



HAMMER CURLS #2

CHAPTER 41	Equipment: Dumbbells
	Cathe's Weight: 15lbs

SINGLE ARM TRICEP KICKBACKS WITH LOOP #2

CHAPTER 42	Equipment: Dumbbell, Light Firewalker Loop
	Cathe's Weight: 25lbs

HAMMER CURLS #3

CHAPTER 43	Equipment: Dumbbells
	Cathe's Weight: 25lbs

SINGLE ARM TRICEP KICKBACKS WITH LOOP #3

CHAPTER 44	Equipment: Dumbbell, Light Firewalker Loop
	Cathe's Weight: 25lbs

SINGLE ARM SIDE LATERAL RAISES #1

CHAPTER 45	Equipment: Dumbbells
	Cathe's Weight: 10lbs

DOUBLE ARM THUMB TO THUMB REAR DELT FLY #1

CHAPTER 46	Equipment: Dumbbells
	Cathe's Weight: 8lbs

SINGLE ARM SIDE LATERAL RAISES #2

CHAPTER 47	Equipment: Dumbbells
	Cathe's Weight: 10lbs

DOUBLE ARM THUMB TO THUMB REAR DELT FLY #2

CHAPTER 48	Equipment: Dumbbells
	Cathe's Weight: 5lbs

SINGLE ARM SIDE LATERAL RAISES #3

CHAPTER 49	Equipment: Dumbbells
	Cathe's Weight: 10lbs

DOUBLE ARM THUMB TO THUMB REAR DELT FLY #3

CHAPTER 50	Equipment: Dumbbells
	Cathe's Weight: 5lbs

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

TRI SETS TOTAL BODY



WARM-UP

CHAPTER 1	Equipment: Resistance Tubing, Step
	Cathe's Weight: Light

GROUP 1 LEGS: SQUATS #1

CHAPTER 2	Equipment: Dumbbells
	Cathe's Weight: 30lbs

GROUP 1 LEGS: ALTERNATING REAR LUNGES #1

CHAPTER 3	Equipment: Dumbbells
	Cathe's Weight: 25lbs

GROUP 1 LEGS: CLOSE GRIP SUMO SQUATS #1

CHAPTER 4	Equipment: Dumbbells
	Cathe's Weight: 50lbs

GROUP 1 LEGS: SQUATS #2

CHAPTER 5	Equipment: Dumbbells
	Cathe's Weight: 30lbs

GROUP 1 LEGS: ALTERNATING REAR LUNGES #2

CHAPTER 6	Equipment: Dumbbells
	Cathe's Weight: 25lbs

GROUP 1 LEGS: CLOSE GRIP SUMO SQUATS #2

CHAPTER 7	Equipment: Dumbbells
	Cathe's Weight: 50lbs

GROUP 2 CHEST: CHEST PRESS #1

CHAPTER 8	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

GROUP 2 CHEST FLY PINKIES IN #1

CHAPTER 9	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

GROUP2 CHEST: CHEST FLY THUMB TO THUMB #1

CHAPTER 10	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

GROUP 2 CHEST: CHEST PRESS #2

CHAPTER 11	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

GROUP 2 CHEST FLY PINKIES IN #2

CHAPTER 12	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

GROUP2 CHEST: CHEST FLY THUMB TO THUMB #2

CHAPTER 13	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

CHAPTERS

TRI SETS TOTAL BODY



GROUP 3 BACK: DEADLIFTS #1

CHAPTER 14	Equipment: Dumbbells
	Cathe's Weight: 35lbs

GROUP 3 BACK: PULLOVERS #1

CHAPTER 15	Equipment: Dumbbell, Step
	Cathe's Weight: 35lbs

GROUP 3 BACK: KNEELING ONE ARM ROW #1

CHAPTER 16	Equipment: Dumbbell, Step
	Cathe's Weight: 35lbs

GROUP 3 BACK: DEADLIFTS #2

CHAPTER 17	Equipment: Dumbbells
	Cathe's Weight: 35lbs

GROUP 3 BACK: PULLOVERS #2

CHAPTER 18	Equipment: Dumbbell, Step
	Cathe's Weight: 35lbs

GROUP 3 BACK: KNEELING ONE ARM ROW #2

CHAPTER 19	Equipment: Dumbbell, Step
	Cathe's Weight: 35lbs

GROUP 4 TRICEPS: CLOSE GRIP BENCH PRESS #1

CHAPTER 20	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

GROUP 4 TRICEPS: SEATED SINGLE ARM OVERHEAD EXTENSIONS #1

CHAPTER 21	Equipment: Dumbbell, Step
	Cathe's Weight: 15lbs

GROUP 4 TRICEPS: LYING TRICEP EXTENSION #1

CHAPTER 22	Equipment: Dumbbells, Step
	Cathe's Weight: 15lbs

GROUP 4 TRICEPS: CLOSE GRIP BENCH PRESS #2

CHAPTER 23	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

GROUP 4 TRICEPS: SEATED SINGLE ARM OVERHEAD EXTENSIONS #2

CHAPTER 24	Equipment: Dumbbell, Step
	Cathe's Weight: 15lbs

GROUP 4 TRICEPS: LYING TRICEP EXTENSION #2

CHAPTER 25	Equipment: Dumbbells, Step
	Cathe's Weight: 15lbs

GROUP 5 SHOULDERS: SEATED OVERHEAD SHOULDER PRESS #1

CHAPTER 26	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

CHAPTERS

TRI SETS TOTAL BODY



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

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

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

CHAPTER 28	Equipment: Dumbbell, Step
	Cathe's Weight: 12lbs

GROUP 5 SHOULDERS: SEATED OVERHEAD SHOULDER PRESS #2

CHAPTER 29	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

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

CHAPTER 30	Equipment: Dumbbells
	Cathe's Weight: 10lbs

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

CHAPTER 31	Equipment: Dumbbell, Step
	Cathe's Weight: 12lbs

GROUP 6 BICEPS: STANDING BICEP CURLS #1

CHAPTER 32	Equipment: Dumbbells
	Cathe's Weight: 20lbs

GROUP 6 BICEPS: SEATED HAMMER CURLS #1

CHAPTER 33	Equipment: Dumbbells, Step
	Cathe's Weight: 15lbs

GROUP 6 BICEPS: SEATED SWEEPER CURLS #1

CHAPTER 34	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

GROUP 6 BICEPS: STANDING BICEP CURLS #2

CHAPTER 35	Equipment: Dumbbells
	Cathe's Weight: 15lbs

GROUP 6 BICEPS: SEATED HAMMER CURLS #2

CHAPTER 36	Equipment: Dumbbells, Step
	Cathe's Weight: 15lbs

GROUP 6 BICEPS: SEATED SWEEPER CURLS #2

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

GROUP 7 LEGS: STEP UPS #1

CHAPTER 38	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

GROUP 7 LEGS: ALTERNATING SIDE LUNGES #1

CHAPTER 39	Equipment: Dumbbells
	Cathe's Weight: 20lbs

CHAPTERS

TRI SETS TOTAL BODY



GROUP 7 LEGS: DOUBLE TAP REAR LUNGES #1

CHAPTER 40	Equipment: Dumbbells
	Cathe's Weight: 20lbs

GROUP 7 LEGS: STEP UPS #2

CHAPTER 41	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

GROUP 7 LEGS: ALTERNATING SIDE LUNGES #2

CHAPTER 42	Equipment: Dumbbells
	Cathe's Weight: 25lbs

GROUP 7 LEGS: DOUBLE TAP REAR LUNGES #2

CHAPTER 43	Equipment: Dumbbells
	Cathe's Weight: 20lbs

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

UPPER BODY 1



WARMUP

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

CHEST: FLAT BENCH PRESS #1

CHAPTER 2	Equipment: Dumbbells, Step
	Cathe's Weight: 35lbs

CHEST: FLAT BENCH PRESS #2

CHAPTER 3	Equipment: Dumbbells, Step
	Cathe's Weight: 35lbs

CHEST: FLAT BENCH PRESS #3

CHAPTER 4	Equipment: Dumbbells, Step
	Cathe's Weight: 35lbs

CHEST: FLAT BENCH FLY

CHAPTER 5	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

CHEST: PUSH-UPS

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

BACK: VERTICAL CHIN UPS

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

BACK: HORIZONTAL CHIN-UPS

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

BACK: VERTICAL PULL-UPS

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

BACK: HORIZONTAL PULL-UPS

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

BACK: REAR DELT FLY

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

BACK: BANDED FACE PULL

CHAPTER 12	Equipment: Resistance Tubing
	Cathe's Weight: Light

BICEPS: BARBELL CURLS #1

CHAPTER 12	Equipment: Barbell
	Cathe's Weight: 35lbs

CHAPTERS

UPPER BODY 1



BICEPS: BARBELL CURLS #2

CHAPTER 14	Equipment: Barbell
	Cathe's Weight: 35lbs

BICEPS: BARBELL CURLS #3

CHAPTER 15	Equipment: Barbell
	Cathe's Weight: 35lbs

BICEPS: ALTERNATING ISOMETRIC HAMMER CURLS

CHAPTER 16	Equipment: Dumbbells
	Cathe's Weight: 15lbs

BICEPS: REVERSE CURL

CHAPTER 17	Equipment: Dumbbells
	Cathe's Weight: 10lbs

TRICEPS: LYING OVERHEAD EXTENSION #1

CHAPTER 18	Equipment: Barbell, Step
	Cathe's Weight: 35lbs

TRICEPS: LYING OVERHEAD EXTENSION #2

CHAPTER 19	Equipment: Barbell, Step
	Cathe's Weight: 35lbs

TRICEPS: LYING OVERHEAD EXTENSION #3

CHAPTER 20	Equipment: Barbell, Step
	Cathe's Weight: 35lbs

TRICEPS: SINGLE ARM LYING CROSSBODY EXTENSION

CHAPTER 21	Equipment: Dumbbell, Step
	Cathe's Weight: 12lbs

TRICEPS: BANDED TRICEP PRESSDOWN

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

SHOULDERS: BARBELL SHOULDER PRESS #1

CHAPTER 23	Equipment: Barbell
	Cathe's Weight: 35lbs

SHOULDERS: BARBELL SHOULDER PRESS #2

CHAPTER 24	Equipment: Barbell
	Cathe's Weight: 35lbs

SHOULDERS: BARBELL SHOULDER PRESS #3

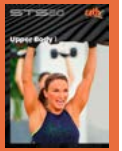
CHAPTER 25	Equipment: Barbell
	Cathe's Weight: 35lbs

SHOULDERS: SEATED ARNOLD PRESS

CHAPTER 26	Equipment: Dumbbells, Step
	Cathe's Weight: 15lbs

CHAPTERS

UPPER BODY 1



SHOULDERS: SIDE LATERAL RAISE

CHAPTER 27	Equipment: Dumbbells
	Cathe's Weight: 8lbs

SHOULDERS: ALTERNATING SIDE LATERAL RAISE

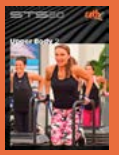
CHAPTER 28	Equipment: Dumbbells
	Cathe's Weight: 8lbs

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

UPPER BODY 2



WARM-UP

CHAPTER 1	Equipment: Dumbbells,
	Cathe's Weight: 10lbs, 12lbs, 15lbs

BACK: BARBELL UNDERHAND ROW #1

CHAPTER 2	Equipment: Barbell
	Cathe's Weight: 65lbs

BACK: BARBELL UNDERHAND ROW #2

CHAPTER 3	Equipment: Barbell
	Cathe's Weight: 65lbs

BACK: BARBELL OVERHAND ROW #1

CHAPTER 4	Equipment: Barbell
	Cathe's Weight: 65lbs

BACK: BARBELL OVERHAND ROW #2

CHAPTER 5	Equipment: Barbell
	Cathe's Weight: 65lbs

BACK: BARBELL PULLOVER #1

CHAPTER 6	Equipment: Barbell, Step
	Cathe's Weight: 35lbs

BACK: BARBELL PULLOVER #2

CHAPTER 7	Equipment: Barbell, Step
	Cathe's Weight: 35lbs

BACK: BARBELL PULLOVER #3

CHAPTER 8	Equipment: Barbell, Step
	Cathe's Weight: 35lbs

BACK: BANDED LAT PULLDOWN

CHAPTER 9	Equipment: Resistance Tubing
	Cathe's Weight: N/A

BACK: PULL APARTS

CHAPTER 10	Equipment: Resistance Tubing
	Cathe's Weight: N/A

SHOULDERS: DUMBBELL OVERHEAD PRESS #1

CHAPTER 11	Equipment: Dumbbells
	Cathe's Weight: 20lbs

SHOULDERS: DUMBBELL OVERHEAD PRESS #2

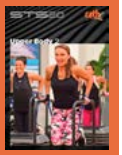
CHAPTER 12	Equipment: Dumbbells
	Cathe's Weight: 20lbs

SHOULDERS: DUMBBELL OVERHEAD PRESS #3

CHAPTER 13	Equipment: Dumbbells
	Cathe's Weight: 20lbs

CHAPTERS

UPPER BODY 2



SHOULDERS: BEAR CRAWL PRESS

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

SHOULDERS: SINGLE ARM SIDE LEANING LAT RAISE #1

CHAPTER 15	Equipment: Dumbbell, Step
	Cathe's Weight: 8lbs

SHOULDERS: SINGLE ARM SIDE LEANING LAT RAISE #2

CHAPTER 16	Equipment: Dumbbell, Step
	Cathe's Weight: 8lbs

SHOULDERS: DOUBLE ARM SCARECROW

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

CHEST/TRICEPS: DUMBBELL CLOSE GRIP BENCH PRESS #1

CHAPTER 18	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

CHEST/TRICEPS: DUMBBELL CLOSE GRIP BENCH PRESS #2

CHAPTER 19	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

CHEST/TRICEPS: BARBELL CLOSE GRIP BENCH PRESS #1

CHAPTER 20	Equipment: Barbell, Step
	Cathe's Weight: 45lbs

CHEST/TRICEPS: BARBELL CLOSE GRIP BENCH PRESS #2

CHAPTER 21	Equipment: Barbell, Step
	Cathe's Weight: 45lbs

CHEST/TRICEPS: DIPS #1

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

CHEST/TRICEPS: DIPS #2

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

CHEST/TRICEPS: BANDED CHEST FLY

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

CHEST/TRICEPS: BANDED KICKBACKS

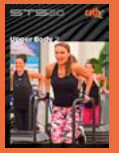
CHAPTER 25	Equipment: Resistance Tubing
	Cathe's Weight: N/A

BICEPS: SWEEPER CURLS

CHAPTER 26	Equipment: Dumbbells
	Cathe's Weight: 20lbs

CHAPTERS

UPPER BODY 2



BICEPS: SINGLE ARM SWEEPER

CHAPTER 27	Equipment: Dumbbells
	Cathe's Weight: 20lbs

BICEPS: BARBELL CURL 10 DEGREE TILT

CHAPTER 28	Equipment: Barbell
	Cathe's Weight: 35lbs

BICEPS: BARBELL 21'S

CHAPTER 29	Equipment: Barbell
	Cathe's Weight: 35lbs

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

LOWER BODY 1



WARM-UP

CHAPTER 1	Equipment: Dumbbells
	Cathe's Weight: 10lbs, 12lbs, 15lbs

SQUATS #1

CHAPTER 2	Equipment: Dumbbells
	Cathe's Weight: 30lbs

SQUATS #2

CHAPTER 3	Equipment: Dumbbells
	Cathe's Weight: 35lbs

SQUATS #3

CHAPTER 4	Equipment: Dumbbells
	Cathe's Weight: 20lbs

SQUATS #4

CHAPTER 5	Equipment: Dumbbells
	Cathe's Weight: 20lbs

BARBELL DEADLIFT #1

CHAPTER 6	Equipment: Barbell
	Cathe's Weight: 75lbs

BARBELL DEADLIFT #2

CHAPTER 7	Equipment: Barbell
	Cathe's Weight: 75lbs

BARBELL DEADLIFT #3

CHAPTER 8	Equipment: Barbell
	Cathe's Weight: 75lbs

ALTERNATING DUMBBELL REAR LUNGE

CHAPTER 9	Equipment: Dumbbells
	Cathe's Weight: 25lbs

REAR LUNGE R/L

CHAPTER 10	Equipment: Dumbbells
	Cathe's Weight: 25lbs

STATIC LUNGE

CHAPTER 11	Equipment: Dumbbells
	Cathe's Weight: 25lbs

CLOSE GRIP SQUAT #1

CHAPTER 12	Equipment: Dumbbell
	Cathe's Weight: 50lbs

CLOSE GRIP SQUAT #2

CHAPTER 13	Equipment: Dumbbell
	Cathe's Weight: 50lbs

CHAPTERS

LOWER BODY 1



CLOSE GRIP SQUAT #3

CHAPTER 14	Equipment: Dumbbell
	Cathe's Weight: 50lbs

SIDE LUNGE R/L #1

CHAPTER 15	Equipment: Dumbbell
	Cathe's Weight: 25lbs

SIDE LUNGE R/L #2

CHAPTER 16	Equipment: Dumbbell
	Cathe's Weight: 25lbs

STATIC SIDE LUNGE

CHAPTER 17	Equipment: Dumbbell
	Cathe's Weight: 25lbs

BARBELL HIP THRUST #1

CHAPTER 18	Equipment: Barbell, Step
	Cathe's Weight: 75lbs

BARBELL HIP THRUST #2

CHAPTER 19	Equipment: Barbell, Step
	Cathe's Weight: 75lbs

BARBELL HIP THRUST #3

CHAPTER 20	Equipment: Barbell, Step
	Cathe's Weight: 75lbs

BARBELL CALF RAISE #1

CHAPTER 21	Equipment: Barbell
	Cathe's Weight: 65lbs

BARBELL CALF RAISE #2

CHAPTER 22	Equipment: Barbell
	Cathe's Weight: 65lbs

BARBELL CALF RAISE #3

CHAPTER 23	Equipment: Barbell
	Cathe's Weight: 65lbs

BARBELL CALF RAISE #4

CHAPTER 24	Equipment: Barbell
	Cathe's Weight: 65lbs

HAMSTRING ROLL-INS

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

STRAIGHT LEG QUAD LIFT R/L #1

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

CHAPTERS

LOWER BODY 1



STRAIGHT LEG QUAD LIFT R/L #2

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

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

LOWER BODY 2



WARM-UP

CHAPTER 1	Equipment: Dumbbells
	Cathe's Weight: 10lbs, 12lbs, 15lbs

GOBLET SQUATS #1

CHAPTER 2	Equipment: Dumbbell
	Cathe's Weight: 40lbs

GOBLET SQUATS #2

CHAPTER 3	Equipment: Dumbbell
	Cathe's Weight: 40lbs

SQUATS #1

CHAPTER 4	Equipment: Dumbbells
	Cathe's Weight: 35lbs

SQUATS #2

CHAPTER 5	Equipment: Dumbbells
	Cathe's Weight: 35lbs

DUMBBELL DEADLIFT #1

CHAPTER 6	Equipment: Dumbbells
	Cathe's Weight: 35lbs

DUMBBELL DEADLIFT #2

CHAPTER 7	Equipment: Dumbbells
	Cathe's Weight: 35lbs

DUMBBELL DEADLIFT #3

CHAPTER 8	Equipment: Dumbbells
	Cathe's Weight: 35lbs

BARBELL PLIE SQUAT #1

CHAPTER 9	Equipment: Barbell
	Cathe's Weight: 55lbs

BARBELL PLIE SQUAT #2

CHAPTER 10	Equipment: Barbell
	Cathe's Weight: 55lbs

BARBELL PLIE SQUAT #3

CHAPTER 11	Equipment: Barbell
	Cathe's Weight: 55lbs

BARBELL PLIE SQUAT #4

CHAPTER 12	Equipment: Barbell
	Cathe's Weight: 55lbs

DROP SHIFT SIDE LUNGE #1

CHAPTER 13	Equipment: Dumbbell
	Cathe's Weight: 25lbs

CHAPTERS

LOWER BODY 2



DROP SHIFT SIDE LUNGE #2

CHAPTER 14	Equipment: Dumbbell
	Cathe's Weight: 25lbs

STEP OVER FRONT LUNGES R/L #1

CHAPTER 15	Equipment: Dumbbell
	Cathe's Weight: 25lbs

STEP OVER FRONT LUNGES R/L #2

CHAPTER 16	Equipment: Dumbbell
	Cathe's Weight: 25lbs

GLUTE BRIDGE #1

CHAPTER 17	Equipment: Dumbbell, Mat
	Cathe's Weight: 35lbs

GLUTE BRIDGE #2

CHAPTER 18	Equipment: Dumbbell, Mat
	Cathe's Weight: 35lbs

GLUTE BRIDGE #3

CHAPTER 19	Equipment: Dumbbell, Mat
	Cathe's Weight: 35lbs

GLUTE BRIDGE #4

CHAPTER 20	Equipment: Dumbbell, Mat
	Cathe's Weight: 35lbs

DUMBBELL CALF RAISE #1

CHAPTER 21	Equipment: Dumbbells
	Cathe's Weight: 30lbs

DUMBBELL CALF RAISE #2

CHAPTER 22	Equipment: Dumbbells
	Cathe's Weight: 30lbs

ONE LEG CALF RAISE R/L #1

CHAPTER 23	Equipment: Dumbbell
	Cathe's Weight: 15lbs

ONE LEG CALF RAISE R/L #2

CHAPTER 24	Equipment: Dumbbell
	Cathe's Weight: 15lbs

WALL SQUATS

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

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

LOWER BODY 2 BONUS EXERCISES



STEP UPS #1

CHAPTER 1	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

STEP UPS #2

CHAPTER 2	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

STEP UPS #3

CHAPTER 3	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

ELEVATED LUNGES #1

CHAPTER 4	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

PUSH DIPS

CHAPTER 5	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

ELEVATED LUNGES #2

CHAPTER 6	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

FORWARD HINGED HIP ABDUCTION #1

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

FORWARD HINGED HIP ABDUCTION #2

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

FORWARD HINGED HIP ABDUCTION #3

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

CHAPTERS

BODY PARTS BACK



WARM-UP

CHAPTER 1	Equipment: Resistance Tubing, Dumbbells
	Cathe's Weight: 10lbs

STRAIGHT ARM PRESSDOWN/SEATED ROWS #1

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

STRAIGHT ARM PRESSDOWN/SEATED ROWS #2

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

DOUBLE BAR INVERTED ROW #1

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

SINGLE BAR CHIN UP

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

DOUBLE BAR INVERTED ROW #2

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

SINGLE BAR OVERHAND PULL-UP

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

KNEELING ONE ARM ROW #1

CHAPTER 8	Equipment: Dumbbell, Step
	Cathe's Weight: 25lbs

KNEELING ONE ARM ROW #2

CHAPTER 9	Equipment: Dumbbell, Step
	Cathe's Weight: 30lbs

BARBELL PULLOVER/BANDED PULL APARTS #1

CHAPTER 10	Equipment: Barbell, Step, Resistance Tubing
	Cathe's Weight: 40lbs

BARBELL PULLOVER/BANDED PULL APARTS #2

CHAPTER 11	Equipment: Barbell, Step, Resistance Tubing
	Cathe's Weight: 40lbs

BARBELL PENDLAY ROW/SHRUGS #1

CHAPTER 12	Equipment: Barbell, Step Risers
	Cathe's Weight: 65lbs

BARBELL PENDLAY ROW/SHRUGS #2

CHAPTER 13	Equipment: Barbell, Step Risers
	Cathe's Weight: 65lbs

CHAPTERS

BODY PARTS BACK



BARBELL PENDLAY ROW/SHRUGS #3

CHAPTER 14	Equipment: Barbell, Step Risers
	Cathe's Weight: 65lbs

BANDED CLOSE GRIP PULLDOWN #1

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

BANDED CLOSE GRIP PULLDOWN #2

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

SEATED T BAND PULLS

CHAPTER 17	Equipment: Resistance Tubing
	Cathe's Weight: Light

SUPERMAN SWIMMERS

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

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

BODY PARTS BACK BONUS EXERCISES



BENT OVER GORILLA ROW

CHAPTER 1	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

SINGLE ARM PULLOVER R/L

CHAPTER 2	Equipment: Dumbbell, Step
	Cathe's Weight: 12lbs

INVERTED ROW DROP SET

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

OVER UNDER PULL-UPS

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

CHAPTERS

BODY PARTS BICEPS



WARM-UP

CHAPTER 1	Equipment: Resistance Tubing, Dumbbells
	Cathe's Weight: 5lbs, 10lbs

BARBELL CURLS #1

CHAPTER 2	Equipment: Barbell
	Cathe's Weight: 40lbs

BARBELL CURLS #2

CHAPTER 3	Equipment: Barbell
	Cathe's Weight: 40lbs

BARBELL CURL PAUSE REPS

CHAPTER 4	Equipment: Barbell
	Cathe's Weight: 40lbs

KNEELING ALTERNATING SWEEPER CURLS

CHAPTER 5	Equipment: Dumbbells, Mat
	Cathe's Weight: 20lbs

HAMMER CURLS

CHAPTER 6	Equipment: Dumbbells
	Cathe's Weight: 20lbs

CROSSBODY CURLS

CHAPTER 7	Equipment: Dumbbells
	Cathe's Weight: 15lbs

KNEELING HAMMER/CROSSBODY COMBO

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

INCLINE CURLS #1

CHAPTER 9	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 15lbs

INCLINE CURLS #2

CHAPTER 10	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 15lbs

SINGLE ARM PREACHER CURLS #1

CHAPTER 11	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 15lbs

SINGLE ARM PREACHER CURLS #2

CHAPTER 12	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 15lbs

BANDED DUMBBELL CURLS

CHAPTER 13	Equipment: Dumbbells, Resistance Tubing
	Cathe's Weight: 5lbs

CHAPTERS

BODY PARTS BICEPS



REVERSE CURLS #1

CHAPTER 14	Equipment: Dumbbells
	Cathe's Weight: 10lbs

REVERSE CURLS #2

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

BARBELL WRIST CURLS

CHAPTER 16	Equipment: Barbell, Stability Ball
	Cathe's Weight: 30lbs

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

BODY PARTS BICEPS BONUS EXERCISES



BICEP CURL DROP SET

CHAPTER 1	Equipment: Dumbbells
	Cathe's Weight: 20lbs, 15lbs, 12lbs

KNEELING CLUTCH CURLS

CHAPTER 2	Equipment: Dumbbells, Mat
	Cathe's Weight: 20lbs

WAITER CURL

CHAPTER 3	Equipment: Dumbbell
	Cathe's Weight: 40lbs

BARBELL CURL PAUSE REPS

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

CHAPTERS

BODY PARTS CHEST



WARM-UP

CHAPTER 1	Equipment: Dumbbells, Step
	Cathe's Weight: 10lbs, 12lbs, 15lbs

FLAT BENCH PRESS #1

CHAPTER 2	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

FLAT BENCH PRESS #2

CHAPTER 3	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

FLAT BENCH PRESS #3

CHAPTER 4	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

FLAT CHEST FLY #1

CHAPTER 5	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

FLAT CHEST FLY #2

CHAPTER 6	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

FLAT CHEST FLY PINKIES IN

CHAPTER 7	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

INCLINE BENCH PRESS

CHAPTER 8	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

INCLINE CLOSE GRIP BENCH PRESS

CHAPTER 9	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

INCLINE UNILATERAL BENCH PRESS

CHAPTER 10	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs

INCLINE BENCH PRESS/CLOSE GRIP COMBO

CHAPTER 11	Equipment: Dumbbells, Step
	Cathe's Weight: 25lbs

INCLINE CHEST FLY #1

CHAPTER 12	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

INCLINE CHEST FLY #2

CHAPTER 13	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

CHAPTERS

BODY PARTS CHEST



INCLINE UNILATERAL CHEST FLY

CHAPTER 14	Equipment: Dumbbells, Step
	Cathe's Weight: 20lbs

BANDED LOW TO HIGH CHEST FLY

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

BANDED MID CHEST FLY

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

PUSH-UPS

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

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

BODY PARTS CHEST BONUS EXERCISES



BENCH PRESS DROP SET

CHAPTER 1	Equipment: Dumbbells, Step
	Cathe's Weight: 30lbs, 25lbs, 20lbs

CHEST FLY HIPS AND LEG RAISED

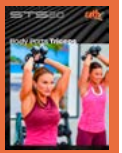
CHAPTER 2	Equipment: Dumbbells, Mat
	Cathe's Weight: 25lbs

BENCH PRESS HIPS RAISED

CHAPTER 3	Equipment: Dumbbells, Mat
	Cathe's Weight: 30lbs

CHAPTERS

BODY PARTS TRICEPS



WARM-UP

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

LYING OVERHEAD EXTENSION #1

CHAPTER 2	Equipment: Barbell, Step
	Cathe's Weight: 35lbs

LYING OVERHEAD EXTENSION #2

CHAPTER 3	Equipment: Barbell, Step
	Cathe's Weight: 35lbs

LYING OVERHEAD EXTENSION #3

CHAPTER 4	Equipment: Barbell, Step
	Cathe's Weight: 35lbs

SEATED SINGLE ARM OVERHEAD EXTENSION R/L #1

CHAPTER 5	Equipment: Dumbbell, Step
	Cathe's Weight: 15lbs

SEATED SINGLE ARM OVERHEAD EXTENSION R/L #2

CHAPTER 6	Equipment: Dumbbell, Step
	Cathe's Weight: 15lbs

DIPS #1

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

DIPS #2

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

DIPS #3

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

KNEELING SINGLE ARM KICKBACK R/L #1

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

KNEELING SINGLE ARM KICKBACK R/L #2

CHAPTER 11	Equipment: Dumbbell, Step
	Cathe's Weight: 12lbs

BANDED STANDING OVERHEAD EXTENSION #1

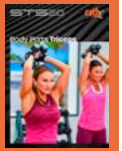
CHAPTER 12	Equipment: Resistance Tubing
	Cathe's Weight: N/A

BANDED STANDING OVERHEAD EXTENSION #2

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

CHAPTERS

BODY PARTS TRICEPS



BANDED TRICEP PRESSDOWN #1

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

BANDED TRICEP PRESSDOWN #2

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

BANDED REVERSE GRIP TRICEP PRESSDOWN #1

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

BANDED REVERSE GRIP TRICEP PRESSDOWN #2

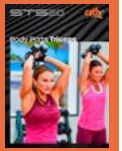
CHAPTER 17	Equipment: Resistance Tubing
	Cathe's Weight: N/A

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

BODY PARTS TRICEPS BONUS EXERCISES



SEATED OVERHEAD EXTENSION

CHAPTER 1	Equipment: Dumbbell, Step
	Cathe's Weight: 12lbs

SIDE LYING TRICEP PUSH-UPS

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

CHAPTERS

BODY PARTS LEGS



WARM-UP

CHAPTER 1	Equipment: Dumbbells
	Cathe's Weight: 10lbs, 12lbs, 15lbs

SQUATS #1

CHAPTER 2	Equipment: Dumbbells
	Cathe's Weight: 30lbs

SQUATS #2 WITH LOOP

CHAPTER 3	Equipment: Dumbbells, Fabric Boss Loop
	Cathe's Weight: 25lbs

SQUATS #3 WITH LOOP

CHAPTER 4	Equipment: Dumbbells, Fabric Boss Loop
	Cathe's Weight: 25lbs

SQUATS #4 WITH HEELS ELEVATED

CHAPTER 5	Equipment: Dumbbells, Heel Plates
	Cathe's Weight: 20lbs

DEADLIFT #1

CHAPTER 6	Equipment: Dumbbells
	Cathe's Weight: 35lbs

DEADLIFT #2

CHAPTER 7	Equipment: Dumbbells
	Cathe's Weight: 35lbs

CLOSE GRIP SUMO SQUAT

CHAPTER 8	Equipment: Dumbbell
	Cathe's Weight: 50lbs

STATIC LUNGE R/L #1

CHAPTER 9	Equipment: Dumbbells
	Cathe's Weight: 25lbs

STATIC LUNGE R/L #2

CHAPTER 10	Equipment: Dumbbells
	Cathe's Weight: 25lbs

SIDE SLIDE LUNGE R/L #1

CHAPTER 11	Equipment: Dumbbell, Sliding Device
	Cathe's Weight: 25lbs

SIDE SLIDE LUNGE R/L #2

CHAPTER 12	Equipment: Dumbbell, Sliding Device
	Cathe's Weight: 25lbs

ELEVATED LUNGE R/L

CHAPTER 13	Equipment: Dumbbell, Step
	Cathe's Weight: 30lbs

CHAPTERS

BODY PARTS LEGS



FORWARD LEANING ELEVATED LUNGE R/L

CHAPTER 14	Equipment: Dumbbell, Step
	Cathe's Weight: 30lbs

BARBELL HIP THRUST #1

CHAPTER 15	Equipment: Barbell, Step
	Cathe's Weight: 75lbs

BARBELL HIP THRUST #2

CHAPTER 16	Equipment: Barbell, Step
	Cathe's Weight: 75lbs

BARBELL HIP THRUST #3

CHAPTER 17	Equipment: Barbell, Step
	Cathe's Weight: 75lbs

SIDE LYING HIP RAISES

CHAPTER 18	Equipment: Fabric Boss Loop, Mat
	Cathe's Weight: Medium

CALVES IN A BOX

CHAPTER 19	Equipment: Dumbbells
	Cathe's Weight: 15lbs

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

BODY PARTS LEGS BONUS EXERCISES



HAMSTRING HIP HINGES

CHAPTER 1	Equipment: Dumbbell, Step Topper
	Cathe's Weight: 12lbs

FIREWALKER LADDER

CHAPTER 2	Equipment: Firewalker Loop
	Cathe's Weight: Medium

PIZZA PRESS

CHAPTER 3	Equipment: Fabric Boss Loop, Mat
	Cathe's Weight: Medium

CHAPTERS

BODY PARTS SHOULDERS



WARM-UP

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

STANDING OVERHEAD PRESS #1

CHAPTER 2	Equipment: Barbell
	Cathe's Weight: 40lbs

STANDING OVERHEAD PRESS #2

CHAPTER 3	Equipment: Barbell
	Cathe's Weight: 40lbs

STANDING OVERHEAD PRESS #3

CHAPTER 4	Equipment: Barbell
	Cathe's Weight: 40lbs

SEATED ISOMETRIC HOLD W/OVERHEAD PRESS #1

CHAPTER 5	Equipment: Dumbbells, Mat
	Cathe's Weight: 15lbs, 5lbs

SEATED ISOMETRIC HOLD W/OVERHEAD PRESS #2

CHAPTER 6	Equipment: Dumbbells, Mat
	Cathe's Weight: 15lbs, 5lbs

INCLINE FRONT RAISE #1

CHAPTER 7	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8lbs

INCLINE FRONT RAISE #2

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

SEATED LATERAL RAISE #1

CHAPTER 9	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 8lbs

SEATED LATERAL RAISE #2

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

SEATED LATERAL RAISE #3

CHAPTER 11	Equipment: Dumbbells, Stability Ball, Mat
	Cathe's Weight: 5lbs

STANDING FRONT/SIDE SLIDE COMBO

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

HIP HUGGERS #1

CHAPTER 13	Equipment: Dumbbells
	Cathe's Weight: 25lbs

CHAPTERS

BODY PARTS SHOULDERS



HIP HUGGERS #2

CHAPTER 14	Equipment: Dumbbells
	Cathe's Weight: 25lbs

REAR DELT FLY/HIP HUGGER SUPERSET #1

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

REAR DELT FLY/HIP HUGGER SUPERSET #2

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

BANDED SINGLE ARM REAR DELT FLY #1

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

BANDED SINGLE ARM REAR DELT FLY #2

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

FACEPULL

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

COOLDOWN/ABBREVIATED STRETCH

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

CHAPTERS

BODY PARTS SHOULDERS BONUS EXERCISES



STANDING VERTICAL TO HORIZONTAL PRESS COMBO

CHAPTER 1	Equipment: Dumbbells
	Cathe's Weight: 12lbs

KNEELING SINGLE ARM ARNOLD PRESS

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

DOUBLE ARM W PRESS

CHAPTER 3	Equipment: Dumbbells
	Cathe's Weight: 5lbs

AROUND THE CLOCK

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

CHAPTERS

ACTIVE RECOVERY



INCH WORM WALK OUTS

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

PLANK WITH ROTATION

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

KNEEL KNEEL SUMO SQUAT

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

PARTIAL PUSHUPS

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

COSSACK SQUAT TRIPLE SLIDE

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

BIRD DOG SLIDE

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

ANIMAL FLOW

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

BRIDGE KNEE TAPS

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

SIDE LUNGE ELBOW TO KNEE

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

PLANKS AROUND THE CLOCK

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

CHAPTERS

TOTAL BODY STRETCH



SHOULDER/CHEST STRETCHES

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

TORSO/SPINE STRETCHES

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

TRICEP STRETCH

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

SPINAL ROLL INTO FORWARD FOLD

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

CAT COW

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

EXTENDED CHILD'S POSE INTO COBRA

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

DOWNWARD FACING DOG

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

SIDE ROTATION INTO FORWARD FOLD

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

QUADRICEP STRETCH

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

SPINAL TWIST

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

HAMSTRING STRETCH

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

TORSO CIRCLES

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

NECK STRETCHES

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

CHAPTERS

TOTAL BODY STRETCH



WRIST STRETCHES

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

CHAPTERS

CHAIR YOGA



OPEN/CLOSE BOOK

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

CAT COW

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

MOUNTAIN TO FORWARD FOLD

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

FIGURE 4

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

NECK STRETCH

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

HAMSTRING STRETCH

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

HIP FLEXOR STRETCH

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

SHOULDER STRETCH

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

HALF CIRCLE CHEST EXPANSION

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

CHEST EXPANSION

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

TRICEP STRETCH

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

NECK STRETCH

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

WRIST CIRCLES

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

CHAPTERS

CHAIR YOGA



RESTING POSE

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

CHAPTERS

MAT YOGA



CAT COW

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

BIRD DOG

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

EXTENDED CHILD'S POSE

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

DOWNWARD DOG, LIZARD, HALF SPLIT, PIGEON SEQUENCE

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

EXTENDED CHILD'S POSE INTO COBRA

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

SINGLE LEG QUAD STRETCH

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

TORSO ROLLS

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

NECK STRETCH

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

CHAPTERS

FOAM ROLLING UPPER BODY



CHEST EXPANSION

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

UPPER BACK

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

LATS

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

SIDE REACHING SIDE BEND

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

THORACIC ROTATION

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

SIDE TILTED STRADDLE STRETCH

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

POSTURE MUSCLES/ARMS

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

PRAYER STRETCH/UPWARD ARC

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

THORACIC OPEN BOOK

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

CHAPTERS

FOAM ROLLING LOWER BODY



CALVES

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

HAMSTRINGS

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

QUADRICEPS

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

IT BAND

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

INNER THIGH

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

GLUTES

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

CHAPTERS

STANDING ABS: METABOLIC CORE WARM-UP



OBLIQUE KNEE PULL

CHAPTER 1	Equipment: Barbell Plate
	Cathe's Weight: 5lbs

OBLIQUE TWIST

CHAPTER 2	Equipment: Barbell Plate
	Cathe's Weight: 5lbs

FIGURE 8

CHAPTER 3	Equipment: Barbell Plate
	Cathe's Weight: 5lbs

TAP AND ROTATE

CHAPTER 4	Equipment: Barbell Plate
	Cathe's Weight: 5lbs

DIAGONAL WOOD CHOPS

CHAPTER 5	Equipment: Barbell Plate
	Cathe's Weight: 5lbs

SQUAT PRESS SQUAT DEADLIFT

CHAPTER 6	Equipment: Barbell Plate
	Cathe's Weight: 10lbs

OVERHEAD SIDE BENDS

CHAPTER 7	Equipment: Barbell Plate
	Cathe's Weight: 10lbs

ATTACK IT

CHAPTER 8	Equipment: Barbell Plate
	Cathe's Weight: 5lbs

SIDE LUNGE HALO CIRCLE

CHAPTER 9	Equipment: Barbell Plate
	Cathe's Weight: 10lbs

REAR LUNGE OBLIQUE TWIST

CHAPTER 10	Equipment: Barbell Plate
	Cathe's Weight: 10lbs

SIDE BENDS

CHAPTER 11	Equipment: Barbell Plate
	Cathe's Weight: 10lbs

CHAPTERS

STANDING ABS: CORE PLUS FLOOR



SLIDING REAR LUNGE WITH ROTATION

CHAPTER 1	Equipment: Barbell Plate, Sliding Device
	Cathe's Weight: 10lbs

SLIDING REAR LUNGE PLATE PRESS

CHAPTER 2	Equipment: Barbell Plate, Sliding Device
	Cathe's Weight: 10lbs

DRIVING FIGURE 8

CHAPTER 3	Equipment: Barbell Plate
	Cathe's Weight: 10lbs

ALTERNATING FRONT LUNGE SIDE BEND

CHAPTER 4	Equipment: Barbell Plate
	Cathe's Weight: 10lbs

TOSS WATER OVER THE SHOULDER

CHAPTER 5	Equipment: Barbell Plate
	Cathe's Weight: 10lbs

CIRCUMFERENCE CIRCLE

CHAPTER 6	Equipment: Barbell Plate
	Cathe's Weight: 10lbs

BUS DRIVERS

CHAPTER 7	Equipment: Barbell Plate, Mat
	Cathe's Weight: 10lbs

OBLIQUE TWIST

CHAPTER 8	Equipment: Barbell Plate, Mat
	Cathe's Weight: 10lbs

ELEVATED HIP ARM AND LEG DROP

CHAPTER 9	Equipment: Barbell Plate, Mat
	Cathe's Weight: 10lbs

SLIDING MERMAIDS

CHAPTER 10	Equipment: Barbell Plate, Mat, Sliding Device
	Cathe's Weight: 10lbs

SLIDING PUSH PULL PLANKS

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

CHAPTERS

MINI BALL ABS



CRUNCHES

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

ELBOW DRIVES

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

HIP LIFT REVERSE CRUNCH

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

BALL PASS-UNDERS

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

ROLL INS

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

BIKE MANEUVER

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

V UPS

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

PISTON PLANKS

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

BIRD DOG BALL BALANCE

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

SUPERMAN

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

CHAPTERS

NO EQUIPMENT ABS



CRUNCHES

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

BENT LEG SIT UPS

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

SIT UP WITH ROTATION

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

PROGRESSIVE HOLLOW HOLD SERIES

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

SIDE PLANK THREAD THE NEEDLE

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

PRONE PLANK REACHES

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

PLANK BEAR CRAWL CLIMB

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

MOUNTAIN CLIMBER RUN SHOULDER TAPS

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

8 POINT SUPERMAN

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

CHAPTERS

MOBILITY 1



SQUATS/ROTATIONAL WARM UP

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

RAGDOLL POSITION

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

MOBILITY SQUAT SEQUENCE

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

DOWNWARD DOG

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

LUNGE WITH THORACIC ROTATION

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

CHILD'S POSE INTO THREAD THE NEEDLE

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

BODY WAVE

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

SCAPULAR PUSH UPS

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

SPINAL ROTATION

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

UPPER BACK SHOULDER STRETCH

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

KNEE CIRCLES

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

SCORPION

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

90/90

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

CHAPTERS

MOBILITY 1

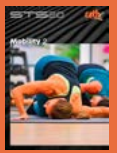


GROIN STRETCH

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

CHAPTERS

MOBILITY 2



ARM SWINGS

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

PAINT THE FENCE WRIST STRETCH

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

WRAP HANDS AROUND SOCCER BALL

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

SIDE LUNGE CRAWL

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

COSSACK SQUAT BEAR CRAWL

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

SHOUDLER ROLL STRETCH

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

HALF KNEELING WINDMILL

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

SEATED HIP FLEXOR HURDLE

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

HIP BRIDGE REACH

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

PIGEON ROCK

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

WRIST CIRCLE

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

BACK EXTENSION REACH

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

EXTENDED CHILD'S POSE

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

PREMIXES

STS 2.0



GIANT SETS TOTAL BODY

Express	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
Mish Mosh	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
Extreme	Extreme #1: Bilateral + Double Unilateral	69:32
	Extreme #2: Bilateral 4 Rounds	53:05

SUPER SETS TOTAL BODY

Express	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
Mish Mosh	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
Extreme	Extreme: Total Body Triple Legs	78:43

TRI SETS TOTAL BODY

Express	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
Mish Mosh	Mish Mosh #1: Total Body Legs First	60:10
	Mish Mosh #2: Groups 1, 3, 6, 7, 2, 4, & 5	60:10
Extreme	Extreme: Total Body Triple Legs	89:12

UPPER BODY 1

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

UPPER BODY 2

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

PREMIXES

STS 2.0



LOWER BODY 1

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

LOWER BODY 2

Bonus	Bonus #1: Regular Workout + All 3 Bonus Exercises	66:32
Express	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
Mish Mosh	Mish Mosh	51:14

BODY PARTS BACK + BODY PARTS BICEPS

Bonus	Body Parts Back + Bonuses	48:27
	Body Parts Biceps + Bonuses	43:27
Express	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
Extreme	Extreme #1: Complete Body Parts Back + Biceps	72:57
	Extreme #2: Complete Body Parts Back + Biceps + Bonuses	86:08
Mish Mosh	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

Bonus	Body Parts Chest + Bonuses	43:29
	Body Parts Triceps + Bonuses	39:53
Express	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
Extreme	Extreme #1: Complete Body Parts Chest + Triceps	66:27
	Extreme #2: Complete Body Parts Chest + Triceps + Bonuses	76:13
Mish Mosh	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

Bonus	Body Parts Legs + Bonuses	52:50
	Body Parts Shoulders + Bonuses	47:05
Express	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
Extreme	Extreme #1: Complete Body Parts Legs + Shoulders	77:34
	Extreme #2: Complete Body Parts Legs + Shoulders + Bonuses	92:59
Mish Mosh	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

Combined	Active Recovery + Total Body Stretch	35:15
	Double Active Recovery + Total Body Stretch	46:49

CHAIR YOGA + MAT YOGA

Combined	Chair Yoga + Mat Yoga	42:18
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FOAM ROLLING UPPER BODY + FOAM ROLLING LOWER BODY

Combined	Foam Rolling Total Body: Upper Body + Lower Body	31:01
	Foam Rolling Total Body: Lower Body + Upper Body	31:32
Mish Mosh	Foam Rolling Total Body: Mish Mosh	31:41

MOBILITY 1 + MOBILITY 2

Combined	Mobility 1 + Mobility 2	36:12
	Mobility 2 + Mobility 1	36:14

ABS / CORE WORKOUTS

Combined	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
Mish Mosh	Mish Mosh: Standing Abs	20:30
	Mish Mosh: Mini Ball Abs & No Equipment Abs	19:42

WORKOUT CARDS

GIANT SETS TOTAL BODY



GROUP 1: SQUATS 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

GROUP 1: CHEST PRESS 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

GROUP 1: OVERHEAD PRESS 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

GROUP 1: ALTERNATING REAR LUNGES 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

GROUP 1: DEADLIFTS 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

GROUP 1: BENT OVER ROWS 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

GROUP 1: SIDE TO SIDE LUNGES 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

GROUP 1: BICEP CURLS 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



GROUP 1: LYING TRICEP EXTENSIONS 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

GROUP 1: HIP THRUSTS 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

GROUP 2: ELEVATED LUNGES 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

GROUP 2: ALTERNATING SINGLE ARM CHEST PRESS 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

GROUP 2: ALTERNATING SINGLE ARM OVERHEAD PRESS 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

GROUP 2: SINGLE LEG REAR LUNGES 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

GROUP 2: SINGLE LEG DEADLIFTS 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

GROUP 2: KNEELING ONE ARM ROW 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



GROUP 2: SINGLE LEG SIDE LUNGES 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

GROUP 2: SINGLE ARM BICEP CURLS 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

GROUP 2: SINGLE ARM LYING TRICEP EXTENSION 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

GROUP 2: HIP THRUSTS 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

GROUP 3: SQUATS 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

GROUP 3: CHEST PRESS 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

GROUP 3: OVERHEAD PRESS 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

GROUP 3: ALTERNATING REAR LUNGES 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



GROUP 3: DEADLIFTS 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
GROUP 3: BENT OVER ROWS 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
GROUP 3: SIDE TO SIDE LUNGES 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
GROUP 3: BICEP CURLS 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
GROUP 3: LYING TRICEP EXTENSIONS 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
GROUP 3: HIP THRUSTS 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



SQUATS #1 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

DEADLIFTS #1 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

SQUATS #2 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

DEADLIFTS #2 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

SQUATS #3 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

DEADLIFTS #3 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

INCLINE CHEST PRESS #1 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

BARBELL WIDE OVERHAND GRIP ROW #1 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



INCLINE CHEST PRESS #2 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

BARBELL WIDE OVERHAND GRIP ROW #2 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

INCLINE CHEST PRESS #3 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

BARBELL WIDE OVERHAND GRIP ROW #3 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

KNEELING SWEEPER CURLS #1 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

INCLINE LYING TRICEP EXTENSION #1 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

KNEELING SWEEPER CURLS #2 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

INCLINE LYING TRICEP EXTENSION #2 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



KNEELING SWEEPER CURLS #3 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

INCLINE LYING TRICEP EXTENSION #3 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

SHRUGS #1 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CALF RAISES #1 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

SHRUGS #2 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CALF RAISES #2 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

SHRUGS #3 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CALF RAISES #3 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



ALTERNATING SUMO SQUAT #1 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

ALTERNATING CROSSBACK LUNGE #1 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

ALTERNATING SUMO SQUAT #2 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

ALTERNATING CROSSBACK LUNGE #2 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

ALTERNATING SUMO SQUAT #3 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

ALTERNATING CROSSBACK LUNGE #3 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

INCLINE CHEST FLY #1 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

BARBELL UNDERHAND GRIP ROW #1 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



INCLINE CHEST FLY #2 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

BARBELL UNDERHAND GRIP ROW #2 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

INCLINE CHEST FLY #3 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

BARBELL UNDERHAND GRIP ROW #3 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

HAMMER CURLS #1 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SINGLE ARM TRICEP KICKBACK WITH LOOP #1 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

HAMMER CURLS #2 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SINGLE ARM TRICEP KICKBACK WITH LOOP #2 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



HAMMER CURLS #3 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SINGLE ARM TRICEP KICKBACK WITH LOOP #3 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

SINGLE ARM SIDE LATERAL RAISES #1 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

DOUBLE ARM THUMB TO THUMB REAR DELT FLY #1 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

SINGLE ARM SIDE LATERAL RAISES #2 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

DOUBLE ARM THUMB TO THUMB REAR DELT FLY #2 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

SINGLE ARM SIDE LATERAL RAISES #3 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

DOUBLE ARM THUMB TO THUMB REAR DELT FLY #3 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



GROUP 1 LEGS: SQUATS #1 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
GROUP 1 LEGS: ALTERNATING REAR LUNGES #1 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
GROUP 1 LEGS: CLOSE GRIP SUMO SQUAT #1 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
GROUP 1 LEGS: SQUATS #2 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
GROUP 1 LEGS: ALTERNATING REAR LUNGES #2 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
GROUP 1 LEGS: CLOSE GRIP SUMO SQUAT #2 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
GROUP 2 CHEST: CHEST PRESS #1 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
GROUP 2 CHEST: CHEST FLY PINKIES IN #1 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



GROUP 2 CHEST: CHEST FLY THUMB TO THUMB #1 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

GROUP 2 CHEST: CHEST PRESS #2 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

GROUP 2 CHEST: CHEST FLY PINKIES IN #2 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

GROUP 2 CHEST: CHEST FLY THUMB TO THUMB #2 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

GROUP 3 BACK: DEADLIFTS #1 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

GROUP 3 BACK: PULLOVERS #1 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

GROUP 3 BACK: KNEELING ONE ARM ROW #1 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

GROUP 3 BACK: DEADLIFTS #2 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



GROUP 3 BACK: PULLOVERS #2 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

GROUP 3 BACK: KNEELING ONE ARM ROW #2 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

GROUP 4 TRICEPS: CLOSE GRIP BENCH PRESS #1 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

GROUP 4 TRICEPS: SEATED SINGLE ARM OVERHEAD TRICEP EXTENSION #1 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

GROUP 4 TRICEPS: LYING TRICEP EXTENSIONS #1 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

GROUP 4 TRICEPS: CLOSE GRIP BENCH PRESS #2 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

GROUP 4 TRICEPS: SEATED SINGLE ARM OVERHEAD TRICEP EXTENSION #2 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

GROUP 4 TRICEPS: LYING TRICEP EXTENSIONS #2 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



GROUP 5 SHOULDERS: SEATED OVERHEAD PRESS #1 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
GROUP 5 SHOULDERS: STANDING DOUBLE ARM SIDE LATERAL RAISE #1 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
GROUP 5 SHOULDERS: KNEELING SINGLE ARM REAR DELT FLY #1 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
GROUP 5 SHOULDERS: SEATED OVERHEAD PRESS #2 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
GROUP 5 SHOULDERS: STANDING DOUBLE ARM SIDE LATERAL RAISE #2 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
GROUP 5 SHOULDERS: KNEELING SINGLE ARM REAR DELT FLY #2 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
GROUP 6 BICEPS: STANDING BICEP CURLS #1 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
GROUP 6 BICEPS: SEATED HAMMER CURLS #1 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



GROUP 6 BICEPS: SEATED SWEEPER CURLS #1 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
GROUP 6 BICEPS: STANDING BICEP CURLS #2 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
GROUP 6 BICEPS: SEATED HAMMER CURLS #2 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
GROUP 6 BICEPS: SEATED SWEEPER CURLS #2 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
GROUP 7 LEGS: STEP UPS #1 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
GROUP 7 LEGS: ALTERNATING SIDE LUNGES #1 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
GROUP 7 LEGS: DOUBLE TAP REAR LUNGES #1 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
GROUP 7 LEGS: STEP UPS #2 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



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



CHEST: FLAT BENCH PRESS #1 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

CHEST: FLAT BENCH PRESS #2 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

CHEST: FLAT BENCH PRESS #3 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

CHEST: FLAT BENCH FLY 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

CHEST: PUSH-UPS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BACK: VERTICAL CHIN-UPS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BACK: HORIZONTAL CHIN-UPS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BACK: VERTICAL PULL-UPS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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



BACK: HORIZONTAL PULL-UPS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BACK: REAR DELT FLY 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

BACK: BANDED FACE PULL 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

BICEPS: BARBELL CURLS #1 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

BICEPS: BARBELL CURLS #2 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

BICEPS: BARBELL CURLS #3 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

BICEPS: ALTERNATING ISOMETRIC HAMMER CURLS 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

BICEPS: REVERSE CURL 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



TRICEPS: LYING OVERHEAD EXTENSION #1 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

TRICEPS: LYING OVERHEAD EXTENSION #2 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

TRICEPS: LYING OVERHEAD EXTENSION #3 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

TRICEPS: SINGLE ARM LYING CROSSBODY EXTENSION 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

TRICEPS: BANDED TRICEP PRESSDOWN/ STRAIGHT ARM PRESSES 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

SHOULDERS: BARBELL SHOULDER PRESS #1 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

SHOULDERS: BARBELL SHOULDER PRESS #2 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

SHOULDERS: BARBELL SHOULDER PRESS #3 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



SHOULDERS: SEATED ARNOLD PRESS 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
SHOULDERS: SIDE LATERAL RAISES 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
SHOULDERS: ALTERNATING SIDE LATERAL RAISE 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



BACK: BARBELL UNDERHAND ROW #1 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

BACK: BARBELL UNDERHAND ROW #2 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

BACK: BARBELL OVERHAND ROW #1 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

BACK: BARBELL OVERHAND ROW #2 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

BACK: BARBELL PULLOVER #1 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

BACK: BARBELL PULLOVER #2 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

BACK: BARBELL PULLOVER #3 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

BACK: BANDED LAT PULL DOWN 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



BACK: PULL APARTS 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

SHOULDERS: DUMBBELL OVERHEAD PRESS #1 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

SHOULDERS: DUMBBELL OVERHEAD PRESS #2 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

SHOULDERS: DUMBBELL OVERHEAD PRESS #3 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

SHOULDERS: BEAR CRAWL PRESS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SHOULDERS: SINGLE ARM SIDE LEANING LAT RAISE #1 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

SHOULDERS: SINGLE ARM SIDE LEANING LAT RAISE #2 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

SHOULDERS: DOUBLE ARM SCARECROW 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



CHEST/TRICEPS: DUMBBELL CLOSE GRIP BENCH PRESS #1 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

CHEST/TRICEPS: DUMBBELL CLOSE GRIP BENCH PRESS #2 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

CHEST/TRICEPS: BARBELL CLOSE GRIP BENCH PRESS #1 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

CHEST/TRICEPS: BARBELL CLOSE GRIP BENCH PRESS #2 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

CHEST/TRICEPS: DIPS #1	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHEST/TRICEPS: DIPS #2	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

CHEST/TRICEPS: BANDED CHEST FLY 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

CHEST/TRICEPS: BANDED KICKBACKS 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



BICEPS: SWEEPER CURLS 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
BICEPS: SINGLE ARM SWEEPER 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
BICEPS: BARBELL 10 DEGREE TILT 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
BICEPS: BARBELL 21S 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



SQUATS #1 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

SQUATS #2 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

SQUATS #3 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

SQUATS #4 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BARBELL DEADLIFT #1 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

BARBELL DEADLIFT #2 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

BARBELL DEADLIFT #3 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

ALTERNATING DUMBBELL REAR LUNGE 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



REAR LUNGE R/L 25 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

STATIC LUNGE 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

CLOSE GRIP SQUAT #1 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

CLOSE GRIP SQUAT #2 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

CLOSE GRIP SQUAT #3 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

STATIC LUNGE 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

SIDE LUNGE R/L #1 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

SIDE LUNGE R/L #2 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



STATIC SIDE LUNGE 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

BARBELL HIP THRUST #1 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

BARBELL HIP THRUST #2 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

BARBELL HIP THRUST #3 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

BARBELL CALF RAISE #1 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

BARBELL CALF RAISE #2 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

BARBELL CALF RAISE #3 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

BARBELL CALF RAISE #4 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



HAMSTRING ROLL-INS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
STRAIGHT LEG QUAD LIFT R/L #1	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
STRAIGHT LEG QUAD LIFT R/L #2	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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



GOBLET SQUATS #1 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

GOBLET SQUATS #2 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

SQUATS #1 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

SQUATS #2 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

DUMBBELL DEADLIFT #1 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

DUMBBELL DEADLIFT #2 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

DUMBBELL DEADLIFT #3 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

BARBELL PLIÉ SQUAT #1 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



BARBELL PLIÉ SQUAT #2 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

BARBELL PLIÉ SQUAT #3 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

BARBELL PLIÉ SQUAT #4 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

DROP SHIFT SIDE LUNGES #1 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

DROP SHIFT SIDE LUNGES #2 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

STEP OVER FRONT LUNGES R/L #1 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

STEP OVER FRONT LUNGES R/L #2 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

GLUTE BRIDGE #1 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



GLUTE BRIDGE #2 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

GLUTE BRIDGE #3 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

GLUTE BRIDGE #4 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

DUMBBELL CALF RAISE #1 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

DUMBBELL CALF RAISE #2 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

ONE LEG CALF RAISE R/L #1 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

ONE LEG CALF RAISE R/L #2 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

WALL SQUATS 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



STEP UPS #1 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

STEP UPS #2 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

STEP UPS #3 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

ELEVATED LUNGES #1 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

PUSH DIPS 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

ELEVATED LUNGES #2 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

FORWARD HINGED HIP ABDUCTION #1 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

FORWARD HINGED HIP ABDUCTION #2 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



FORWARD HINGED HIP ABDUCTION #3 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



STRAIGHT ARM PRESSDOWN/SEATED ROWS #1 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

STRAIGHT ARM PRESSDOWN/SEATED ROWS #2 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

DOUBLE BAR INVERTED ROWS #1	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SINGLE BAR CHIN-UP 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

DOUBLE BAR INVERTED ROWS #2	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SINGLE BAR OVERHAND PULL-UP	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

KNEELING ONE ARM ROW R/L #1 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

KNEELING ONE ARM ROW R/L #2 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



BARBELL PULLOVER /BANDED PULL APARTS #1 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
BARBELL PULLOVER /BANDED PULL APARTS #2 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
BARBELL PENDLAY ROW/SHRUGS #1 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
BARBELL PENDLAY ROW/SHRUGS #2 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
BARBELL PENDLAY ROW/SHRUGS #3 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
BANDED CLOSE GRIP PULLDOWN #1 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
BANDED CLOSE GRIP PULLDOWN #2 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
SEATED T BAND PULLS 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



SUPERMAN SWIMMERS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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



BENT OVER GORILLA ROW 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
SINGLE ARM PULLOVER R/L 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
INVERTED ROW DROP SET	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
OVER UNDER PULL UPS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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



BARBELL CURLS #1 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

BARBELL CURLS #2 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

BARBELL CURL PAUSE REPS 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

KNEELING ALTERNATING SWEEPER CURLS 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

KNEELING DOUBLE ARM SWEEPER CURLS 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

HAMMER CURLS 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

CROSSBODY CURLS 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

KNEELING HAMMER/ CROSSBODY COMBO 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



INCLINE CURLS #1 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

INCLINE CURLS #2 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SINGLE ARM PREACHER CURL R/L #1 15 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

SINGLE ARM PREACHER CURL R/L #2 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

BANDED DUMBBELL CURLS 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

REVERSE CURLS #1 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

REVERSE CURLS #2 12 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BARBELL WRIST CURLS #1 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



BICEP CURL DROP SET 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
KNEELING CLUTCH CURL 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
WAITER CURL 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



FLAT BENCH PRESS #1 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

FLAT BENCH PRESS #2 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

FLAT BENCH PRESS #3 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

FLAT CHEST FLY #1 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

FLAT CHEST FLY #2 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

FLAT CHEST FLY PINKIES IN 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

INCLINE BENCH PRESS 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

INCLINE CLOSE GRIP BENCH PRESS 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



INCLINE UNILATERAL BENCH PRESS 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
INCLINE BENCH PRESS/CLOSE GRIP COMBO 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
INCLINE CHEST FLY #1 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
INCLINE CHEST FLY #2 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
INCLINE UNILATERAL CHEST FLY 20 lb. Dumbbells	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
BANDED LOW TO HIGH CHEST FLY 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
BANDED MID CHEST FLY 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
PUSH-UPS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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



BENCH PRESS DROP SET 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
CHEST FLY HIPS AND LEGS RAISED 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
BENCH PRESS HIPS RAISED 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



LYING OVERHEAD EXTENSION #1 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

LYING OVERHEAD EXTENSION #2 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

LYING OVERHEAD EXTENSION #3 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

SEATED SINGLE ARM OVERHEAD EXTENSION R/L #1 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

SEATED SINGLE ARM OVERHEAD EXTENSION R/L #2 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

DIPS #1	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

DIPS #2	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

DIPS #3	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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



KNEELING SINGLE ARM KICKBACK R/L #1 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

KNEELING SINGLE ARM KICKBACK R/L #2 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

BANDED STANDING OVERHEAD EXTENSION #1 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

BANDED STANDING OVERHEAD EXTENSION #2 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

BANDED TRICEP PRESSDOWN #1 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

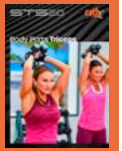
BANDED TRICEP PRESSDOWN #2 Resistance Tubing	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

BANDED REVERSE GRIP TRICEP PRESSDOWN #1 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

BANDED REVERSE GRIP TRICEP PRESSDOWN #2 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



SEATED OVERHEAD EXTENSION 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
SIDE LYING TRICEP PUSH-UPS	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	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



SQUATS #1 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

SQUATS #2 WITH LOOP 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

SQUATS #3 WITH LOOP 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

SQUATS #4 WITH HEELS ELEVATED 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

DEADLIFT #1 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

DEADLIFT #2 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

CLOSE GRIP SUMO SQUAT 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

STATIC LUNGE R/L #1 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



STATIC LUNGE R/L #2 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

SIDE SLIDE LUNGE R/L #1 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

SIDE SLIDE LUNGE R/L #2 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

ELEVATED LUNGE R/L 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

FORWARD LEANING ELEVATED LUNGE R/L 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

BARBELL HIP THRUST #1 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

BARBELL HIP THRUST #2 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

BARBELL HIP THRUST #3 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



SIDE LYING HIP RAISE 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
CALVES IN A BOX 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



HAMSTRING HIP HINGES 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
FIREWALKER LADDER 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
PIZZA PRESS 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



STANDING OVERHEAD PRESS #1 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

STANDING OVERHEAD PRESS #2 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

STANDING OVERHEAD PRESS #3 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

SEATED ISOMETRIC HOLD W/OVERHEAD PRESS #1 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

SEATED ISOMETRIC HOLD W/OVERHEAD PRESS #2 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

INCLINE FRONT RAISE #1 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

INCLINE FRONT RAISE #2 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

SEATED LATERAL RAISE #1 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



SEATED LATERAL RAISE #2 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

SEATED LATERAL RAISE #3 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

STANDING FRONT/SIDE SLIDE COMBO 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

HIP HUGGERS #1 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

HIP HUGGERS #2 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

REAR DELT FLY/HIP HUGGER SUPERSET #1 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

REAR DELT FLY/HIP HUGGER SUPERSET #2 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

BANDED SINGLE ARM REAR DELT FLY #1 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



BANDED SINGLE ARM REAR DELT FLY #2 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
FACE PULL 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



STANDING VERTICAL TO HORIZONTAL PRESS COMBO 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
KNEELING SINGLE ARM ARNOLD PRESS 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
DOUBLE ARM W PRESS 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
AROUND THE CLOCK 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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