

STEP  
BOSS

# User's Guide



# CONTENTS

## STEP BOSS USER'S GUIDE

<b>ABOUT THE STEP BOSS SERIES .....</b>	<b>2</b>
Overview .....	2
About the Workouts.....	3
About the Rotations .....	4
<b>EQUIPMENT USED IN THE STEP BOSS SERIES .....</b>	<b>5</b>
<b>QUICK START GUIDE.....</b>	<b>6</b>
<b>ROTATIONS.....</b>	<b>7</b>
Step Boss / LITE One Month Rotation .....	7
Step Boss / Ripped with HiiT One Month Rotation .....	8
Step Boss / HardCore One Month Rotation .....	9
Bonus Step Lovers' One Month Rotation .....	10
<b>CHAPTERS.....</b>	<b>11</b>
IMAX 4.....	11
PHA 3 .....	13
Step Sync.....	16
Bonus Ab Stacker.....	17
Bonus Abs 2.....	18
Bonus Extended Chair Stretch.....	19
Bonus Extended Lying Stretch.....	20
Bonus Intermediate Step .....	21
<b>PREMIXES.....</b>	<b>22</b>
IMAX 4.....	22
PHA 3 .....	23
Step Sync.....	24
<b>WORKOUT CARDS .....</b>	<b>25</b>
PHA 3 .....	25
Bonus Abs 2.....	28

# ABOUT THE STEP BOSS SERIES



## OVERVIEW

The Step Boss Series was created for those of you who love step choreography mixed into your fitness routine. Although advanced step choreography is not as popular in the mainstream as it once was, it still holds an important place for me and my audience and it still provides a solid challenge for the muscles and for mind.

Step Sync is a fully choreographed step workout for those that like a bit of fancy footwork in their step routines. Although it may take some time to fully grasp the more intricate step patterns, this routine will have you feeling like a step boss once you've mastered it! If it ever gets too easy, try taking your step height up by one riser to add a bit of extra intensity.

IMAX 4 combines short choreographed step combos with low impact, high intensity blasts for a well rounded sweaty cardio workout. Like all of the IMAX workouts that preceded this newest release, the footwork is not broken down, but each combo gets repeated 6 times to give your mind a chance to catch up to your feet. The blasts vary in length, but each one is sure to leave you breathy! Due to the lower impact design of this workout the entire routine is performed on an 8 inch platform. If this is too intense please take your platform down lower until you are ready for 8. Alternatively, if you're looking to add even more intensity try adding some higher impact to the blasts. I know you're tired, but jump higher!

PHA 3 was created after receiving such a positive response to my first two PHA workouts. Like the first two, PHA 3 follows the format of alternating between upper and lower body exercises. PHA 3, however, has the added bonus of a slight increase in overall cardio benefit due to the exercise choice and variations on speed and rep patterns. Please modify with lighter weights or slower reps as needed and increase your weights as you get stronger.

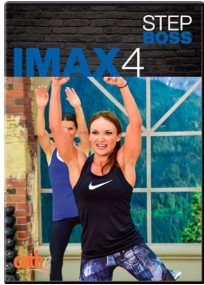


# WORKOUTS

## THE STEP BOSS SERIES

### ABOUT THE WORKOUTS

#### IMAX 4



This high energy, solid low impact DVD keeps you moving from beginning to end! Prepare to do ten intense cardio step rounds with little rest in between. You'll start each round with a mini step combination which will be repeated six times. Each mini step combo will then be followed by a low impact, high intensity cardio blast on the step to keep your heart pumping throughout

the routine! This pattern will repeat itself for the duration of the workout. On your mark, get set, go for it!

#### PHA 3



PHA 3 (Peripheral Heart Action) by design is comprised of alternating upper and lower body exercises which allows one half of the body to rest while the other half works. In this workout we'll follow that pattern but with an additional increase in cardio factor throughout the routine due to the exercise selections being more metabolic in nature along with them being performed at an overall faster pace. Additionally,

there are more compound exercises, elevation changes and balance challenges within this workout. Expect to sweat and burn as you put your strength and stamina to the test!

#### Step Sync



If you love step choreography, Step Sync is for you! This routine is entirely choreographed from start to finish. The workout consists of three intricate step combos, a finished product segment and a cool down stretch. Become your own "step boss" as you learn, build and master three advanced combinations before putting them all back-to-back with no breakdown! But no worries, you'll

have plenty of practice before you put them all together and you'll feel so accomplished after you do. Not feeling quite ready to dive in yet? Not a problem! Try the 21 minute intermediate bonus step workout to build your confidence as you work your way up to Step Sync. You've got this!

# ROTATIONS

## STEP BOSS SERIES

### ABOUT THE ROTATIONS

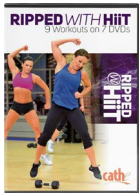
#### Step Boss/LITE Rotation



If you're looking for less impact without a loss of intensity, this rotation is for you. Here we will combine Step Boss with the LITE (Low Impact Training Extreme) Series. There are some days where you will see a high impact

push via the LITE Calorie Crushes, but if you prefer all low impact these can easily be switched out for a cardio of your choice. In this rotation you're muscles will be challenged with Stacked Sets, Pyramids and two PHA workouts while you're cardio endurance will be put to the test with multiple cardio types from step to boxing to blasts. Please take advantage of the extended stretches as often as you like throughout the month and add in an extra rest day if needed.

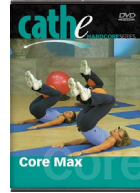
#### Step Boss/Ripped w HiiT Rotation



If you're looking to push your endurance to the next level this is the rotation for you! This is an intense rotation with HiiT training and heavy weights mixed in each week along with step and circuits. This is sure to be a tough

month, but the results will speak for themselves! Eat healthy, drink plenty of water and prepare to give each day your all!

#### Step Boss/Hardcore



This rotation combines Step Boss with an older favorite, the Hardcore Series! Not only does this rotation have two IMAX workouts to push your cardio limits, but it also brings you back to Gym Style heavy weights. Add these to

step, kickbox and a couple of total body weight routines and you're in for quite a challenging month! Make sure to stretch and rest to keep those muscles primed and ready for more!

#### Bonus Step Lovers Rotation

To celebrate the release of Step Boss this user's guide includes this bonus rotation for those that love step workouts and want to re-visit some of our older step favorites! Each week we will mix the Step Boss workouts with choreographed step routines that I've released throughout the decades. We will break up the step days with total body weight routines to keep our muscles pumped and to give our minds a break from the combos before we jump back into step again! One of my favorite things about this rotation (aside from including some of my favorite step routines) is the ability to include all of the IMAX workouts as well as all of the PHA routines! This rotation is sure to be a challenge so double knot your laces, grab your step and let's do this!

# EQUIPMENT

## USED IN THE STEP BOSS SERIES

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

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

**Step with Two Risers per Side**



**Mat**



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



**Gliding Devices**



# QUICK START GUIDE

## STEP BOSS SERIES

### STEP #1

To begin, select the **Step Boss** rotation workout program on the following pages that best fits your needs. Each **Step Boss** workout program is divided into weekly workout sections. Each of these weekly workout sections will tell you which **Step Boss** workout to do each day and the DVD the workout can be found on. This series contains three DVD workouts that not only maximize your workout time, but give you multiple options to keep the fun-factor high. As your fitness level progresses make sure to increase the weights you use in PHA 3.

### STEP #2

Make sure you have all of the equipment you will need for your workout. You can find a list of equipment needed for each **Step Boss** workout listed in the Chapters section of this user guide as well as on each DVD.

### STEP #3

Select the proper weights for each exercise in PHA 3 and Bonus Abs 2. Selecting a weight that is too light or too heavy will greatly diminish the results you can expect from the **Step Boss** program. The weight Cathe uses for every exercise is listed in the Chapters section of this user guide as well as at the beginning of every weight exercise in the **Step Boss** videos. However, you should always use a weight that is appropriate for your fitness level.

### STEP #4

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

### STEP #5

Don't forget to use the optional **Step Boss** Bonus Abs workouts, Intermediate step, and extended stretches in your **Step Boss** workout schedule. Just add them to the end of any workout you like, or select one of our premixes. On the following pages, you will find four **Step Boss** 30-day rotations. **Step Boss** workouts are designed so that it is very easy to substitute and use workouts from our other videos as well as the numerous premixes included with the **Step Boss** series. Become a **Step Boss** and fall in love with fitness again!

# STEP BOSS / LITE ONE MONTH ROTATION



WEEK 1	WORKOUT
Monday	<u>Step Boss IMAX4 + Step Boss Bonus Abs 2</u>
Tuesday	<u>LITE PHA 2</u>
Wednesday	<u>Step Boss Step Sync</u>
Thursday	<u>LITE Metabolic Blast</u>
Friday	<u>LITE Rev'd Up Rumble + LITE Bonus Six Pack Abs #1</u>
Saturday	<u>Step Boss PHA3</u>
Sunday	<b>OFF</b> or <u>Step Boss Bonus Extended Chair Stretch</u>

WEEK 2	WORKOUT
Monday	<u>LITE Cardio Party - Calorie Crush + Step Boss Bonus Intermediate Step</u>
Tuesday	<u>LITE Strong Body Stacked Sets: Lower + LITE Bonus Six Pack Abs #1</u>
Wednesday	<u>LITE Strong Body Stacked Sets: Upper + LITE Metabolic Blast - Calorie Crush</u>
Thursday	<u>Step Boss Step Sync</u>
Friday	<u>Step Boss PHA3</u>
Saturday	<u>LITE Cardio Party + LITE Bonus Six Pack Abs #2</u>
Sunday	<b>OFF</b> or <u>LITE Extended Stretch #1</u>

WEEK 3	WORKOUT
Monday	<u>LITE Rev'd Up Rumble + LITE Rev'd Up Rumble - Calorie Crush</u>
Tuesday	<u>LITE Pyramid Pump (Upper Body)</u>
Wednesday	<u>Step Boss IMAX4 + Step Boss Bonus Abs 2</u>
Thursday	<u>LITE Pyramid Pump (Lower Body)</u>
Friday	<u>LITE Metabolic Blast - Calorie Crush + Step Boss Bonus Intermediate Step</u>
Saturday	<u>Step Boss Step Sync + Step Boss Bonus Ab Stacker</u>
Sunday	<b>OFF</b> or <u>Step Boss Bonus Extended Lying Stretch</u>

WEEK 4	WORKOUT
Monday	<u>LITE Body Weight &amp; Bands + LITE Body Weight &amp; Bands - Calorie Crush</u>
Tuesday	<u>Step Boss PHA3 + Step Boss Bonus Ab Stacker</u>
Wednesday	<u>Step Boss IMAX4</u>
Thursday	<u>LITE Rev'd Up Rumble + LITE Bonus Six Pack Abs #1</u>
Friday	<u>LITE PHA 2</u>
Saturday	<u>Step Boss Step Sync</u>
Sunday	<b>OFF</b> or <u>LITE Extended Stretch #2</u>



# STEP BOSS / RIPPED WITH HIIT ONE MONTH ROTATION



WEEK 1	WORKOUT
Monday	<a href="#">Step Boss Step Sync</a>
Tuesday	<a href="#">Ripped with Hiit - Plyo Hiit One</a> + <a href="#">Ripped with Hiit - Bonus Abs One</a>
Wednesday	<a href="#">Ripped with Hiit - Lift It Hit It Back, Biceps &amp; Shoulders</a>
Thursday	<a href="#">Step Boss IMAX4</a>
Friday	<a href="#">Ripped with Hiit - Lift It Hit It Chest, Triceps &amp; Shoulders</a>
Saturday	<a href="#">Ripped with Hiit - Low Impact Hiit One</a> + <a href="#">Ripped with Hiit - Bonus Abs Two</a>
Sunday	<b>OFF</b> or <a href="#">Step Boss Bonus Extended Chair Stretch</a>

WEEK 2	WORKOUT
Monday	<a href="#">Ripped with Hiit - Hiit Circuit Lower Body</a>
Tuesday	<a href="#">Ripped with Hiit - Low Impact Hiit Two</a> + <a href="#">Ripped with Hiit - Bonus Abs One</a>
Wednesday	<a href="#">Step Boss PHA3</a>
Thursday	<a href="#">Ripped with Hiit - Plyo Hiit Two</a> + <a href="#">Step Boss Bonus Intermediate Step</a>
Friday	<a href="#">Ripped with Hiit - Hiit Circuit Upper Body</a>
Saturday	<a href="#">Step Boss Step Sync</a> + <a href="#">Step Boss Bonus Ab Stacker</a>
Sunday	<b>OFF</b> or <a href="#">Step Boss Bonus Extended Lying Stretch</a>

WEEK 3	WORKOUT
Monday	<a href="#">Ripped with Hiit - Lift It Hiit It Legs</a> + <a href="#">Ripped with Hiit - Bonus Abs Two</a>
Tuesday	<a href="#">Ripped with Hiit - Lift It Hit It Back, Biceps &amp; Shoulders</a>
Wednesday	<a href="#">Step Boss IMAX4</a> + <a href="#">Step Boss Bonus Abs 2</a>
Thursday	<a href="#">Ripped with Hiit - Lift It Hit It Chest, Triceps &amp; Shoulders</a>
Friday	<a href="#">Step Boss Step Sync</a>
Saturday	<a href="#">Ripped with Hiit - Low Impact Hiit Two</a>
Sunday	<b>OFF</b> or <a href="#">Step Boss Bonus Extended Chair Stretch</a>

WEEK 4	WORKOUT
Monday	<a href="#">Step Boss PHA3</a>
Tuesday	<a href="#">Ripped with Hiit - Plyo Hiit One</a> + <a href="#">Step Boss Bonus Intermediate Step</a>
Wednesday	<a href="#">Ripped with Hiit - Hiit Circuit Lower Body</a>
Thursday	<a href="#">Step Boss IMAX4</a>
Friday	<a href="#">Ripped with Hiit - Hiit Circuit Upper Body</a>
Saturday	<a href="#">Step Boss Step Sync</a> + <a href="#">Step Boss Bonus Ab Stacker</a>
Sunday	<b>OFF</b> or <a href="#">Step Boss Bonus Extended Lying Stretch</a>

# STEP BOSS / HARDCORE ONE MONTH ROTATION



WEEK 1	WORKOUT
Monday	<u>Step Boss IMAX4 + Step Boss Bonus Abs 2</u>
Tuesday	<u>Step Boss PHA3</u>
Wednesday	<u>Hardcore Series: Kick Max</u>
Thursday	<u>Hardcore Series: Gym Style Back, Shoulders and Biceps</u>
Friday	<u>Step Boss Step Sync</u>
Saturday	<u>Hardcore Series: Gym Style Chest and Triceps</u>
Sunday	<b>OFF</b> or <u>Hardcore Series: Stretch Max - Routine 1, 2 or 3</u>

WEEK 2	WORKOUT
Monday	<u>Hardcore Series: Imax 3 + Hardcore Series: Core Max - Workout 1</u>
Tuesday	<u>Hardcore Series: Muscle Max</u>
Wednesday	<u>Step Boss Step Sync</u>
Thursday	<u>Hardcore Series: Gym Style Legs</u>
Friday	<u>Hardcore Series: Kick Max</u>
Saturday	<u>Step Boss PHA3 + Step Boss Bonus Ab Stacker</u>
Sunday	<b>OFF</b> or <u>Step Boss Bonus Extended Chair Stretch</u> or <u>Step Boss Bonus Extended Lying Stretch</u>

WEEK 3	WORKOUT
Monday	<u>Hardcore Series: Low Max</u>
Tuesday	<u>Step Boss Step Sync</u>
Wednesday	<u>Hardcore Series: Gym Style Back, Shoulders and Biceps</u>
Thursday	<u>Hardcore Series: Gym Style Chest and Triceps</u>
Friday	<u>Step Boss IMAX4 + Step Boss Bonus Abs 2</u>
Saturday	<u>Step Boss PHA3</u>
Sunday	<b>OFF</b> or <u>Hardcore Series: Stretch Max - Routine 1, 2 or 3</u>

WEEK 4	WORKOUT
Monday	<u>Hardcore Series: Imax 3 + Hardcore Series: Core Max - Workout 2</u>
Tuesday	<u>Hardcore Series: Gym Style Legs</u>
Wednesday	<u>Hardcore Series: Low Max</u>
Thursday	<u>Hardcore Series: Muscle Max</u>
Friday	<u>Step Boss Step Sync</u>
Saturday	<u>Step Boss PHA3 + Step Boss Bonus Ab Stacker</u>
Sunday	<b>OFF</b> or <u>Step Boss Bonus Extended Chair Stretch</u> or <u>Step Boss Bonus Extended Lying Stretch</u>

# BONUS STEP LOVERS' ONE MONTH ROTATION



WEEK 1	WORKOUT
Monday	<a href="#">Step Boss IMAX4</a>
Tuesday	<a href="#">Step Boss PHA3</a>
Wednesday	<a href="#">Step Boss Step Sync</a> + Abs Workout of Your Choice
Thursday	OFF or Extended Stretch of Your Choice
Friday	<a href="#">Step Moves</a>
Saturday	<a href="#">BodyBlast Series: Push Pull</a>
Sunday	<a href="#">Party Rockin' Step - Workout 1</a>

WEEK 2	WORKOUT
Monday	<a href="#">Hardcore Series: Imax 3</a>
Tuesday	<a href="#">LITE PHA 2</a>
Wednesday	<a href="#">Step Boss Step Sync</a> + Abs Workout of Your Choice
Thursday	OFF or Extended Stretch of Your Choice
Friday	<a href="#">4DaySplit - Lower Intensity Step (Cardio Only)</a>
Saturday	<a href="#">STS Total Body</a>
Sunday	<a href="#">Party Rockin' Step - Workout 2</a>

WEEK 3	WORKOUT
Monday	<a href="#">Intensity Series: Imax 2</a>
Tuesday	<a href="#">Strong and Sweaty PHA Training</a>
Wednesday	<a href="#">Step Boss Step Sync</a> + Abs Workout of Your Choice
Thursday	OFF or Extended Stretch of Your Choice
Friday	<a href="#">Cardio Hits: Power Max</a>
Saturday	<a href="#">Intensity Series: Muscle Endurance</a>
Sunday	<a href="#">Rhythmic Step</a>

WEEK 4	WORKOUT
Monday	<a href="#">Interval Max</a>
Tuesday	<a href="#">Step Boss PHA3</a>
Wednesday	<a href="#">Step Boss Step Sync</a> + Abs Workout of Your Choice
Thursday	OFF or Extended Stretch of Your Choice
Friday	<a href="#">4DaySplit - Higher Intensity Step (Cardio Only)</a>
Saturday	<a href="#">BodyBlast Series: SuperSets</a>
Sunday	<a href="#">BodyBlast Series: Step Blast</a>

# CHAPTERS

## IMAX 4



### WARM UP

CHAPTER <b>1</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 1

CHAPTER <b>2</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### BLAST 1

CHAPTER <b>3</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 2

CHAPTER <b>4</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### BLAST 2

CHAPTER <b>5</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 3

CHAPTER <b>6</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### BLAST 3

CHAPTER <b>7</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 4

CHAPTER <b>8</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### BLAST 4

CHAPTER <b>9</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 5

CHAPTER <b>10</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### BLAST 5

CHAPTER <b>11</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 6

CHAPTER <b>12</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>



# CHAPTERS

## IMAX 4



### BLAST 6

CHAPTER <b>13</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 7

CHAPTER <b>14</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### BLAST 7

CHAPTER <b>15</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 8

CHAPTER <b>16</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### BLAST 8

CHAPTER <b>17</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 9

CHAPTER <b>18</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### BLAST 9

CHAPTER <b>19</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 10

CHAPTER <b>20</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### BLAST 10

CHAPTER <b>21</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COOLDOWN

CHAPTER <b>22</b>	Equipment: <b>None</b>
	Cathe's Weight: <b>NA</b>

### STRETCH

CHAPTER <b>23</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

# CHAPTERS

## PHA 3



### WARM UP

CHAPTER <b>1</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### ALTERNATING REAR LUNGES

CHAPTER <b>2</b>	Equipment: <b>Step with 2 Risers per Side, Dumbbells</b>
	Cathe's Weight: <b>10 lbs.</b>

### ARNOLD PRESS

CHAPTER <b>3</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>12 lbs.</b>

### HOP SQUAT REAR LUNGE

CHAPTER <b>4</b>	Equipment: <b>Dumbbell</b>
	Cathe's Weight: <b>12 lbs.</b>

### BICEP CURLS

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

### PUSH DIPS

CHAPTER <b>6</b>	Equipment: <b>Step Top, Dumbbells</b>
	Cathe's Weight: <b>12 lbs.</b>

### PULLOVER AND CHEST FLY

CHAPTER <b>7</b>	Equipment: <b>Step with 2 Risers per Side, Dumbbells</b>
	Cathe's Weight: <b>15 lbs.</b>

### REAR SLIDE LUNGES

CHAPTER <b>8</b>	Equipment: <b>Step Top, Dumbbell, Gliding Device</b>
	Cathe's Weight: <b>12 lbs.</b>

### SQUAT THRUST AND PLANK PUSH UP

CHAPTER <b>9</b>	Equipment: <b>Step with 2 Risers per Side, Gliding Device</b>
	Cathe's Weight: <b>NA</b>

### ALTERNATING REAR LUNGE

CHAPTER <b>10</b>	Equipment: <b>Step with 2 Risers per Side, Dumbbells</b>
	Cathe's Weight: <b>12 lbs.</b>

### ARNOLD PRESS

CHAPTER <b>11</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>12 lbs.</b>

# CHAPTERS

## PHA 3



### HOP SQUAT REAR LUNGE

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

### BICEP CURLS

CHAPTER <b>13</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>12 lbs.</b>

### PUSH DIPS

CHAPTER <b>14</b>	Equipment: <b>Step Top, Dumbbells</b>
	Cathe's Weight: <b>12 lbs.</b>

### PULLOVER AND CHEST FLY

CHAPTER <b>15</b>	Equipment: <b>Step with 2 Risers per Side, Dumbbells</b>
	Cathe's Weight: <b>15 lbs.</b>

### REAR SLIDE LUNGES

CHAPTER <b>16</b>	Equipment: <b>Step Top, Dumbbell, Gliding Device</b>
	Cathe's Weight: <b>12 lbs.</b>

### SQUAT THRUST PLANK PUSH UP

CHAPTER <b>17</b>	Equipment: <b>Step with 2 Risers per Side, Gliding Devices</b>
	Cathe's Weight: <b>NA</b>

### SQUAT CROSSOVER LUNGES

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

### ONE ARM ROWS IN PLANK

CHAPTER <b>19</b>	Equipment: <b>Step with 2 Risers per Side, Dumbbell</b>
	Cathe's Weight: <b>15 lbs.</b>

### FRONT TO BACK LUNGES

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

### FRONT SIDE LATERAL RAISES

CHAPTER <b>21</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>5 lbs.</b>

### SUMO SQUAT DEADLIFT

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

# CHAPTERS

## PHA 3



### PUSH UP DIP CHALLENGE

CHAPTER <b>23</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### SQUAT CROSSOVER LUNGES

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

### ONE ARM ROWS IN PLANK

CHAPTER <b>25</b>	Equipment: <b>Step with 2 Risers per Side, Dumbbell</b>
	Cathe's Weight: <b>15 lbs.</b>

### FRONT TO BACK LUNGES

CHAPTER <b>26</b>	Equipment: <b>Step Top, Dumbbells</b>
	Cathe's Weight: <b>12 lbs.</b>

### FRONT SIDE LATERAL RAISES

CHAPTER <b>27</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>5 lbs.</b>

### SUMO SQUAT DEADLIFT

CHAPTER <b>28</b>	Equipment: <b>Dumbbells</b>
	Cathe's Weight: <b>15 lb.</b>

### PUSH UP DIP CHALLENGE

CHAPTER <b>29</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### COOLDOWN

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

### STRETCH

CHAPTER <b>31</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>



# CHAPTERS

## STEP SYNC



### WARM UP

CHAPTER <b>1</b>	Equipment: <b>Step with 1 Riser per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 1

CHAPTER <b>2</b>	Equipment: <b>Step with 1 Riser per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 2

CHAPTER <b>3</b>	Equipment: <b>Step with 1 Riser per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 3

CHAPTER <b>4</b>	Equipment: <b>Step with 1 Riser per Side</b>
	Cathe's Weight: <b>NA</b>

### FINISHED PRODUCT FOR COMBOS 1, 2, AND 3

CHAPTER <b>5</b>	Equipment: <b>Step with 1 Riser per Side</b>
	Cathe's Weight: <b>NA</b>

### COOLDOWN

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

### STRETCH

CHAPTER <b>7</b>	Equipment: <b>Step with 1 Riser per Side</b>
	Cathe's Weight: <b>NA</b>

# CHAPTERS

## BONUS AB STACKER



### STACKING CRUNCHES

CHAPTER <b>1</b>	Equipment: <b>4 Risers and Exercise Mat</b>
	Cathe's Weight: <b>NA</b>

### SIDE TO SIDE OBLIQUE STACKING

CHAPTER <b>2</b>	Equipment: <b>4 Risers and Exercise Mat</b>
	Cathe's Weight: <b>NA</b>

### MODIFIED BOAT POSE

CHAPTER <b>3</b>	Equipment: <b>1 Riser and Exercise Mat</b>
	Cathe's Weight: <b>NA</b>

### SIDE OBLIQUE SIT UPS WITH BOAT POSE

CHAPTER <b>4</b>	Equipment: <b>4 Risers and Exercise Mat</b>
	Cathe's Weight: <b>NA</b>

### STACKING PRONE POSITION

CHAPTER <b>5</b>	Equipment: <b>4 Risers and Exercise Mat</b>
	Cathe's Weight: <b>NA</b>

### SUPERMAN

CHAPTER <b>6</b>	Equipment: <b>1 Riser and Exercise Mat</b>
	Cathe's Weight: <b>NA</b>

### AB STRETCH

CHAPTER <b>7</b>	Equipment: <b>Exercise Mat</b>
	Cathe's Weight: <b>NA</b>

# CHAPTERS

## BONUS ABS 2



### WEIGHTED CRUNCH

CHAPTER <b>1</b>	Equipment: <b>Step with 2 Risers per Side, Dumbbell, Exercise Mat</b>
	Cathe's Weight: <b>8 lbs.</b>

### WEIGHTED OBLIQUE CRUNCHES

CHAPTER <b>2</b>	Equipment: <b>Step with 2 Risers per Side, Dumbbell, Exercise Mat</b>
	Cathe's Weight: <b>8 lbs.</b>

### OBLIQUE TWISTERS

CHAPTER <b>3</b>	Equipment: <b>Step with 2 Risers per Side, Dumbbell, Exercise Mat</b>
	Cathe's Weight: <b>8 lbs.</b>

### SIDE HIP DIPS

CHAPTER <b>4</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### STRADDLE PLANKS LOWER BODY

CHAPTER <b>5</b>	Equipment: <b>Step with 2 Risers per Side, Exercise Mat</b>
	Cathe's Weight: <b>NA</b>

### STRADDLE PLANKS UPPER BODY

CHAPTER <b>6</b>	Equipment: <b>Step with 2 Risers per Side</b>
	Cathe's Weight: <b>NA</b>

### REVERSE CRUNCHES

CHAPTER <b>7</b>	Equipment: <b>Step with 2 Risers per Side, Exercise Mat</b>
	Cathe's Weight: <b>NA</b>

### AB STRETCH

CHAPTER <b>8</b>	Equipment: <b>Step with 2 Risers per Side, Exercise Mat</b>
	Cathe's Weight: <b>NA</b>

# CHAPTERS

## BONUS EXTENDED CHAIR STRETCH



### EXTENDED CHAIR STRETCH

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



# CHAPTERS

## BONUS EXTENDED LYING STRETCH



### EXTENDED LYING STRETCH

CHAPTER <b>1</b>	Equipment: <b>Exercise Mat</b>
	Cathe's Weight: <b>NA</b>

# CHAPTERS

## BONUS INTERMEDIATE STEP



### COMBO 1

CHAPTER <b>1</b>	Equipment: <b>Step with 1 Riser per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 1 FINISHED PRODUCT

CHAPTER <b>2</b>	Equipment: <b>Step with 1 Riser per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 2

CHAPTER <b>3</b>	Equipment: <b>Step with 1 Riser per Side</b>
	Cathe's Weight: <b>NA</b>

### COMBO 2 FINISHED PRODUCT

CHAPTER <b>4</b>	Equipment: <b>Step with 1 Riser per Side</b>
	Cathe's Weight: <b>NA</b>

### COOLDOWN

CHAPTER <b>5</b>	Equipment: <b>Step with 1 Riser per Side</b>
	Cathe's Weight: <b>NA</b>

# PREMIXES

## IMAX 4



### BASIC PREMIXES

<b>Basic #1</b>	Main Workout + Extended Chair Stretch	57:36
<b>Basic #2</b>	Main Workout + Bonus Abs #2	54:34
<b>Basic #3</b>	Main Workout + Bonus Abs #2 + Extended Chair Stretch	67:34

### TIMESAVER PREMIXES

<b>Timesaver #1</b>	First Half Only	27:23
<b>Timesaver #2</b>	Last Half Only	27:37
<b>Timesaver #3</b>	First Half Only + Bonus Abs #2	37:21
<b>Timesaver #4</b>	Last Half Only + Bonus Abs #2	37:35
<b>Timesaver #5</b>	Blast Only	27:47
<b>Timesaver #6</b>	Blast Only + Abs	37:46
<b>Timesaver #7</b>	Combos Only	27:03
<b>Timesaver #8</b>	Combos Only + Abs	37:02

### MISHMOSH PREMIXES

<b>MishMosh #1</b>	Double Blast After Every Combo	61:50
<b>MishMosh #2</b>	Double It	78:39
<b>MishMosh #3</b>	Mixed Combos & Blast	57:27

# PREMIXES

## PHA 3



### BASIC PREMIXES

<b>Basic #1</b>	Main Workout + Extended Lying Stretch	60:31
<b>Basic #2</b>	Main Workout + Ab Stacker Abs	64:11
<b>Basic #3</b>	Main Workout + Ab Stacker Abs + Extended Lying Stretch	69:59

### TIMESAVER PREMIXES

<b>Timesaver #1</b>	First Half Only	32:32
<b>Timesaver #2</b>	Last Half Only	31:54
<b>Timesaver #3</b>	2 Segments Mixed (1A + 2B)	32:07
<b>Timesaver #4</b>	3 Segments Only (1A + 2A + 2B)	42:50
<b>Timesaver #5</b>	3 Segments Only (1A + 1B + 2B)	43:46
<b>Timesaver #6</b>	Lower Body Exercises Only	32:22
<b>Timesaver #7</b>	Upper Body Exercises Only	31:51

### MISHMOSH PREMIXES

<b>MishMosh #1</b>	Scrambled #1	53:58
<b>MishMosh #2</b>	Scrambled #2 - Abs Mixed in After Rounds 1B & 2B	63:57
<b>MishMosh #3</b>	Scrambled #3 - Abs Mixed in After Every Round	62:34
<b>MishMosh #4</b>	Extreme #1 - 6 Rounds	77:01
<b>MishMosh #5</b>	Extreme #2 - Double It 8 Rounds	104:59



# PREMIXES

## STEP SYNC



### BASIC PREMIXES

<b>Basic #1</b>	Main Workout + Bonus Ab Stacker Abs	65:37
<b>Basic #2</b>	Bonus Intermediate Step + Bonus Ab Stacker Abs	40:43

### TIMESAVER PREMIXES

<b>Timesaver #1</b>	Combos 1 & 2	33:04
<b>Timesaver #2</b>	Combos 2 & 3	38:26
<b>Timesaver #3</b>	Combos 1 & 3	33:23
<b>Timesaver #4</b>	Only the Finished Product - Done Twice	28:31
<b>Timesaver #5</b>	Only the Finished Product - Done Three Times	37:27

### MISHMOSH PREMIXES

<b>MishMosh #1</b>	Bonus Intermediate Step & Step Sync Mix	53:42
<b>MishMosh #2</b>	All Step Sync Combos + Double the Finished Product	65:04

# WORKOUT CARDS

## PHA 3



<b>ALTERNATING REAR LUNGES</b> CHAPTER 2 Dumbbells 10 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ARNOLD PRESS</b> CHAPTER 3 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>HOP SQUAT REAR LUNGES</b> CHAPTER 4 Dumbbell 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>BICEP CURLS</b> CHAPTER 5 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PUSH DIPS</b> CHAPTER 6 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>PULLOVER AND CHEST FLY</b> CHAPTER 7 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>REAR SLIDE LUNGES</b> CHAPTER 8 Dumbbell 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ALTERNATING REAR LUNGES</b> CHAPTER 10 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## PHA 3



<b>ARNOLD PRESS</b> CHAPTER 11 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>HOP SQUAT REAR LUNGE</b> CHAPTER 12 Dumbbell 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>BICEP CURLS</b> CHAPTER 13 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>PUSH DIPS</b> CHAPTER 14 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>PULLOVER AND CHEST FLY</b> CHAPTER 15 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>REAR SLIDE LUNGES</b> CHAPTER 16 Dumbbell 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>SQUAT CROSSOVER LUNGES</b> CHAPTER 18 Dumbbell 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>ONE ARM ROWS IN PLANK</b> CHAPTER 19 Dumbbell 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## PHA 3



<b>FRONT TO BACK LUNGES</b> CHAPTER 20 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FRONT SIDE LATERAL RAISES</b> CHAPTER 21 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SUMO SQUAT DEADLIFT</b> CHAPTER 22 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SQUAT CROSSOVER LUNGES</b> CHAPTER 24 Dumbbell 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>ONE ARM ROWS IN PLANK</b> CHAPTER 25 Dumbbell 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FRONT TO BACK LUNGES</b> CHAPTER 26 Dumbbells 12 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>FRONT SIDE LATERAL RAISES</b> CHAPTER 27 Dumbbells 5 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

<b>SUMO SQUAT DEADLIFT</b> CHAPTER 28 Dumbbells 15 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps

# WORKOUT CARDS

## BONUS ABS 2



<b>WEIGHTED CRUNCH</b> CHAPTER 1 Dumbbell 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>WEIGHTED OBLIQUE CRUNCHES</b> CHAPTER 2 Dumbbell 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>OBLIQUE TWISTERS</b> CHAPTER 3 Dumbbell 8 lbs.	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps



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