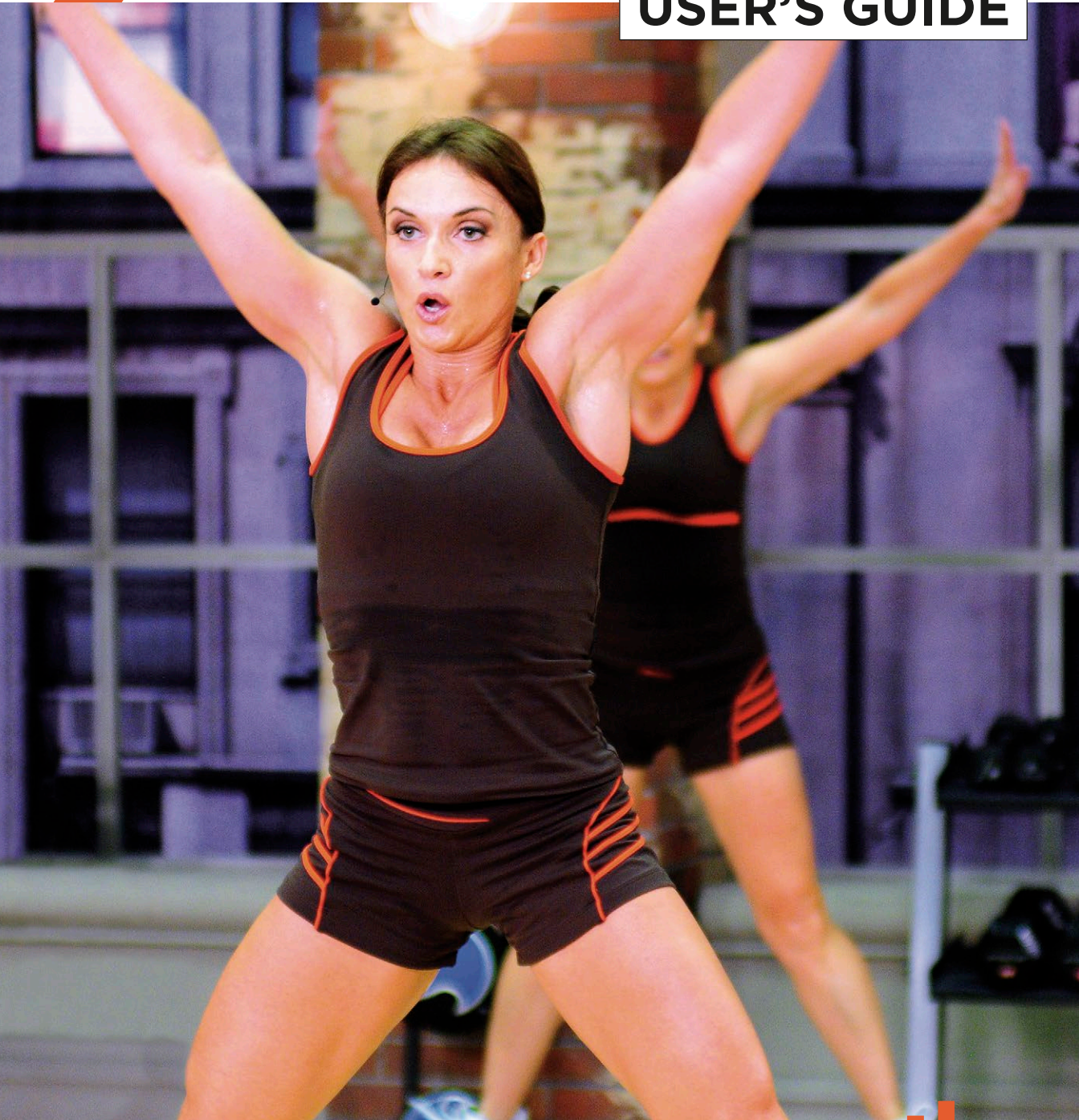


XTRAIN

USER'S GUIDE



cath*e*

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MEDICAL DISCLAIMER

Consult your physician before beginning this or any other exercise program. The instructions and advice presented are in no way intended to be a substitute for medical counseling.

Not all exercises are suitable for everyone, and this or any other exercise program may result in injury. Any user of this exercise program assumes the risk of injury resulting from performing the exercises shown.

Cathe dot Com, the creators, producers, participants and distributors of this program disclaim any liability or loss in connection with the exercises and advice contained herein.



Hello Fitness Enthusiasts and Welcome Aboard the XTrain!

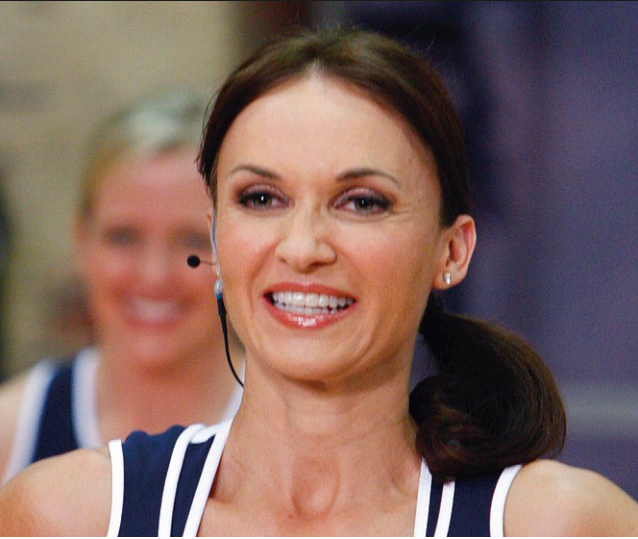
I am so excited to finally share this highly-anticipated program with you. I have poured my heart and soul into creating the XTrain series and truly believe it is one of the most results-oriented undulating programs on the market today. I know you have eagerly awaited to get XTrain in your hands, and by now have probably displayed your numerous discs out in full view while flipping back and forth through this book to get a feel for what to expect. Nothing wrong with that and, in fact, I encourage you to do this. The more familiar you are with the content, the more connected you will feel when you put the program into action.

I have to tell you that after many months of research, meticulous development and design, I owe my inspiration to all of you. You give me purpose and bring meaning to everything I do. The feedback and loyal support of Cathletes in our local gym as well as around the globe are what gave me the passion to create a system that promotes an overall balanced approach to fitness. XTrain combines the latest research along with the best cardio, upper body and lower body conditioning. It promotes cross training, metabolic conditioning, fat loss, lean muscle mass, and bone density. And XTrain breaks through fitness plateaus, eliminates boredom, and is heart smart. Most importantly though, XTrain incorporates, reflects and exudes everything I have learned in my 30 years of experience teaching classes here at the gym and to the masses worldwide. To get results, to keep results and to continue to gain results you must earn them through hard work, focus and commitment. I've always been about the work and the effort. There is no easy way to do it, there is no magic pill to take. You must sweat, you must step out of your comfort zone and you must attack your fitness plate with a "game time" appetite! I will motivate and encourage you every step of the way and, in return, you must bring your best work ethic and effort to the table each and every workout. If we do this together, today and every day you workout, I will help you reach your fitness goals in the minimal amount of time.

**Are you ready to make a difference?
It's time to XTrain!**

A handwritten signature in blue ink that reads "Cathé".

GET TO KNOW CATHE FRIEDRICH



Before there was Zumba®, Tae Bo, Spinning or even Step Aerobics, fitness video pioneer Cathe Friedrich recognized the need to provide a simple, flexible, affordable and motivating way for Americans to exercise and stay fit. Nearly thirty years and over 200 home exercise workouts later, hundreds of thousands of people have credited Cathe Friedrich for helping them to transform their bodies and their lives with her videos and television shows.

Like going through life with a friend, Cathe's followers have grown in their workouts as she has learned and expanded her video offerings, staying focused on her three guiding principles: Professionalism, Passion, and Quality.

Cathe is often credited with being the first to bring advanced fitness videos to the home exerciser and helped to shatter the theory that only celebrities could star in fitness videos. As a long-time Certified Group Fitness Instructor, Cathe has taught countless classes at her New Jersey health club and has helped train many of today's top instructors.

Since 1986, Cathe has been certified through the American Council on Exercise. Additional specialty fitness certifications include: Indoor Cycling, Body Pump, Kickboxing, Boxing, Prenatal Fitness, Resist-A-Ball, YogaFit, and more. In 2011, Cathe was inducted into the Fitness Hall of Fame along side other profound leaders, such as Arnold Schwarzenegger, Richard Simmons and Kathy Smith.

As a leading innovator in the home exercise video industry, she founded Step N Motion Videos in 1988 and in 1989, created one of the first "step"

aerobic videos. Cathe continues to produce fun, intense, and challenging workouts for all body types and fitness levels. Her award-winning workouts have been featured in The New York Times, Wall Street Journal, Dallas News, Fox Business News, NBC Nightly News, CBS News, QVC and the Philadelphia Inquirer. Health and fitness writers have published articles about her in Shape, Oxygen, Self, Health, Fit, Consumer Digest and Fitness magazines.

While appearing on Fox Business News, Cathe shared the story of how she began in the fitness business. At 16, she took an aerobics class and three weeks later, Cathe was asked to teach it and was "hooked." A few years later, she was teaching a creative movement class at a fitness studio on the top floor of Carnegie Hall, where she used fourteen inch benches as part of her workout. At the same time, Step Reebok was launching what is now known as "step aerobics" to the world. Cathe incorporated step into her philosophy, creating her first video, *Step N Motion One*, which was also one of the first and most influential step aerobic videos of its time. Today, her fitness empire includes all types of workouts and is one of the largest privately-owned fitness video libraries in the world.

Collage Video, a source for exercise videos since 1987, says this about Cathe on their web site: "Since the early 1990s, Cathe Friedrich's videos have set the standard for 'challenging workouts.' Cathe Friedrich's workout video technique is excellent; her cuing style is very direct. These exercise videos will challenge even the elite athlete!" The Dallas Morning News wrote: "To say that Cathe Friedrich workout videos are tough is like saying Everest slopes upward." Discovery Channel's FitTV, where Cathe's workouts aired for seven seasons nationally, declared: "Cathe is one of the most popular trainers on our network. She is a power-intense cardio-buster, a punch and crunch trainer."

Always on the cutting edge, Cathe recognized the power of the internet and was the first to sell fitness videos online in 1997. Today, Cathe Dot Com is one of the largest and most-visited fitness websites and Cathe's pioneering work in this area has inspired other instructors to market and promote their own fitness videos in a similar fashion. She continues to be a trendsetter with her DVDs, XTrain and STS Fitness Programs, digital downloads, and fitness tracking software.

XTRAIN

ABOUT CATHE FRIEDRICH'S XTRAIN PROGRAM

XTrain is a total body fitness program based on undulating periodization (just a fancy term meaning we constantly mix things up to maximize your results) instead of a linear periodization plan like we did in our original STS program. There are many advantages to undulating workouts, but best of all, this type of workout is easily adaptable to almost anyone's busy schedule and takes the worry out of having to miss any workouts due to unplanned life circumstances.

The idea for the XTrain series was born out of listening to everyone's feedback and suggestions about STS and another older favorite of ours: *Cross Train Xpress*. XTrain takes the best of both STS and *Cross Train Xpress* and merges the two concepts, but of course, with an updated fresh approach and lots of improvements.

XTrain has been uniquely designed to fit almost anyone's hectic schedule and there are hundreds of ways you can do the XTrain program. Don't think you're limited to doing just the regular 90 day XTrain program—you're not! For example; just like we did in *Cross Train Xpress*, each of the XTrain cardio workouts comes with several options to do a short (approximately 15-minute) single muscle group strength training workout at the end of your cardio workout. This is a great option for people who want to get their cardio and strength training done in the same workout, but only have about an hour to devote to their daily exercise routine. And of course, XTrain also offers multiple body part workouts just like we did in the original STS program. This time, we have reduced the time of the workouts and the equipment needed.

So what do you get when you combine kick butt cardio workouts with effective undulating weight workouts, great music, tons of premixes, detailed chapter menus, and beautiful filming? A system that stands in a league of its own—the XTrain Workout Series!!!

THE SCIENCE BEHIND XTRAIN

It's easy to get comfortable with a strength-training routine, but when you get too comfortable, you stop seeing changes. Your muscles adapt to the challenges you place on them by growing and becoming stronger, but if you keep doing the same workout over and over then the growth will stop. When this happens, you probably



ABOUT CATHE FRIEDRICH'S **XTRAIN PROGRAM**, CONTINUED

increase the load on your muscles by lifting more weight or adding extra reps. The problem with this approach is that you're continuously working your muscles harder and harder. This increases the risk of overtraining and injury. The solution? *Periodize* your training.

WHAT IS PERIODIZATION?

Periodized weight training is a training technique developed by Dr. Thomas Delorme, an army physician who used this training method on physical therapy patients. It involves changing the focus and goal of your weight training at pre-determined intervals to challenge your neuromuscular system in a different way. This process of incremental change keeps your muscles from adapting because the stimulus changes over time, yet you're giving your muscles adequate recovery time because you change the volume (sets x reps) and intensity (amount of weight lifted or resistance) each time you enter a new phase.

You can periodize your training program in a number of ways: by changing the amount of weight you lift; the number of reps; how fast you do the reps; or the speed or order with which you do them. Most research shows that peri-

odized weight training is more effective than non-periodized training for building strength and lean body mass. There are two distinct types of periodization training. These are referred to as linear periodization and undulating periodization.

Linear Periodization

Linear periodization is the classic tried-and-true, old-school type of periodization workout and is what Cathe used in the original STS program. A linear periodization workout is divided into phases. One popular way to do this is to use an overall cycle of three months, with each individual training phase lasting four weeks. This overall cycle is referred to as a macrocycle and can be any length you choose. The training phases within the macrocycle are referred to as mesocycles. During the first phase or mesocycle, you would use lighter weights and do more reps, for example, a weight that you can lift 16 times. This would be the muscle endurance mesocycle.

During the next mesocycle, the muscle hypertrophy phase, you would increase the load and decrease the volume by using a weight you can lift ten times before fatiguing. In the third mesocycle, you would increase the weight again



and decrease the number of reps to six or eight. There's flexibility built into the system. The overall cycle or macrocycle can be as short as a month or as long as a year and the individual phases or mesocycles as short as a week, depending upon your goals.

Linear models of periodized weight training are based on progressively increasing intensity and decreasing volume that moves through mesocycles or phases in a linear manner just like we did in STS. You can apply linear periodization to any variable, including the amount of weight you lift, number of reps, amount of rest between sets or frequency, but the key is to increase the challenge and intensity linearly over the course of the cycle. The overall cycle or macrocycle can be any time period you choose and you can adjust the mesocycles accordingly.

XTrain's Undulating Periodization

Periodization doesn't have to be linear. When you focus on one type of training for several weeks, for example, muscle endurance, other training capacities such as strength and hypertrophy are "de-trained." Plus, it can become monotonous doing the same type of training for weeks at a time. That's where another type of periodization called undulating periodization has advantages.

Undulating periodization involves changing the volume and intensity of the weight-training stimulus but not in a linear pattern. With this training method, there is greater variation in volume and training intensity throughout a macrocycle. With linear periodization, you can spend several weeks working at the same volume and intensity. This is enough for adaptation to take place and for the workout to become less effective. During this time, some degree of de-training also occurs for the capacities you're not working. Plus, boredom becomes a factor. This is why in STS we always made sure every week to change exercises, rep patterns and workout techniques like drop sets, double wave load, supersets, etc.

With undulating periodization—which is what the XTrain program is based on—you change the volume and intensity of your workout on a weekly or daily basis. For example, on Monday you might do an endurance workout where you do 16 reps per set like in XTrain's *Chest, Back & Shoulders*. On Wednesday, the focus would shift to muscle hypertrophy with 10-rep sets like in *Burn Sets Bi's & Tri's*. On the other days during the

week you might do a mix of different cardio and metabolic workouts. This periodization method eliminates the de-training problem since you're not spending several consecutive weeks focusing on only one type of training. It also reduces the boredom factor since you're changing your workout as often as every session.

UNDULATING VERSUS LINEAR PERIODIZATION: THE BOTTOM LINE?

Does undulating periodization work better than linear? There is disagreement about this, but according to a study published in the *Journal of Strength and Conditioning Research*, undulating periodization training is more effective for developing strength gains than a linear one. This is because the daily changes in volume and intensity places additional stress on the neuromuscular system, whereas linear training focuses only on working one specific training capacity at a time, muscle endurance, muscle hypertrophy or muscle strength. Undulating training also works better for people involved in athletics since athletes need to have a combination of power, strength and muscle endurance. When they focus on training only one of these capacities for weeks at a time, it could hurt their performance.

Another advantage of undulating periodization is that life's interruptions don't matter as much as they do in a linear periodization workout program. Since undulating periodization is all about mixing things up you can easily get back to your workout routine with almost any workout you want to do. With linear periodization it may be necessary to go back to the beginning of a mesocycle or even back to the beginning of your entire program if you miss too many of your workouts due to illness, injury or life circumstances. This is one of the main reasons we have chosen undulating periodization for our new XTrain Workout Series.

Most research shows that periodized weight training produces greater increases in strength and muscle hypertrophy than non-periodized training, and undulating periodization appears to have some benefits over linear. Using an undulating periodization schedule like we do in XTrain helps to reduce boredom and makes it less likely you'll reach a strength plateau since you're changing the stimulus you expose your muscles to frequently. It's a different way to approach weight training, but it's one that can produce superior results.



XTRAIN HIIT CARDIO WORKOUTS

XTRAIN HIIT FOR WEIGHT LOSS

Experts now say that exercise intensity is more important than how long you do it. Short, high-intensity exercise is the real key to getting ripped. Many people who are trying to lose weight have learned to dread the treadmill. They spend countless hours grinding away with steady-state cardio workouts. Although this is one way to achieve your weight loss goals, it is actually not the most efficient. Research has shown that a strategy known as high-intensity interval training, which is the basis for all of the cardio workouts in XTrain, is actually much more beneficial.

The XTrain workout program features the following high-intensity, calorie-crushing-cardio-workouts:

- *Hard Strikes*
- *Tabatacise*
- *All Out Low Impact HiiT*
- *Cardio Leg Blast* (also a great lower body conditioning workout)
- *Ride* (Included in the deluxe set only)
- *Super Cuts* (this is metabolic and strength conditioning workout too)

WHAT IS HIGH-INTENSITY INTERVAL TRAINING?

Often known as HiiT, high-intensity interval training differs from the usual cardio programs in that instead of keeping a steady pace for a long amount of time, you alternate between a fast pace and a slow pace for a generally shorter amount of time. An example of an HiiT workout would involve running at your maximum capacity for 30 seconds, then slowing down to a brisk walk or jog for one minute. You would then repeat this cycle for the desired amount of times.

HiiT is also defined as a high-intensity exercise that gets your heart rate up to between 90 and 100% of your maximum heart rate. To get a rough idea of your maximum heart rate, subtract your age from 220. Using this formula, a 30-year old would have a maximum heart rate of around 190. To do a high-intensity workout, a 30-year old would need to reach at a heart-rate between 171 and 190. Not an easy thing to do for long periods of time. That's where the concept of high-intensity interval training comes in. With high-intensity interval training, you alternate brief periods of intense exercise with intervals of lower intensity exercise.

XTRAIN

WHY IS HIIT BETTER?

In a steady-state cardio workout, you only burn calories for the duration of your workout. Any calorie-burn that takes place after the workout is minimal. Additionally, long sessions of cardio may contribute to muscle catabolism. This means that your body will derive some energy from burning muscle mass, leading to a less toned appearance and less calories burned while resting.

HiIT has the advantage of not only burning calories during your workout, but also sustaining calorie burning for hours. In some cases, the calories may even burn for days. This is called the after-burn effect. Moderate-intensity exercise at a steady work level doesn't give the same post-exercise, fat-burning response. Wouldn't it be nice to send your metabolism into overdrive for hours after you stop exercising? That's the beauty of HiIT training. High-intensity interval training can even boost your endurance if you're a runner or cyclist who goes long distances. It's a great



way to break through a plateau and add variety to your workout. It also minimizes muscle-loss and may be a better option for improving overall cardiovascular performance. One final advantage of HiIT is that it can help prevent cardiovascular disease with much less of a time investment.

HIGH-INTENSITY EXERCISE IS A MORE TIME EFFICIENT WAY TO WORK OUT

Research on both animals and humans shows that working out at a high intensity leads to greater fat loss than a lower intensity workout even when the total amount of work is the same. Fat loss is as much as 50% greater in animals and humans who work out at a high intensity compared to those who exercise in a more leisurely fashion. It's also an effective way to condition your heart, proving that you don't need to walk or run miles for cardiovascular conditioning. It's a time-efficient way to exercise for people who don't have hours to spend at the gym. With high-intensity interval training, you accomplish more in less time. Not a bad deal, huh?

IS TABATA TRAINING A FORM OF HIIT?

One of the most popular types of HiIT is known as Tabata training and this is the basis for XTrain's *Tabatacise* video and *Hard Strikes'* Bonus Heavy Bag workout. Named for the Japanese professor who developed the method, Tabata training entails workout sessions that are extremely short and extremely intense. After warming up, a person performing Tabata training will perform very intense exercise for 20 seconds, then rest for ten seconds. This cycle will repeat eight times. While extremely effective, this type of training is usually too intense for those coming out of a sedentary lifestyle. Our new *Tabatacise* video features five different Tabatas. These are pretty much true Tabatas and though they last only four minutes each they will still be some of the toughest workouts you have probably ever done, so make sure to listen to your body and stop if you feel light headed.

If you're embarking on a new weight loss journey, you don't have to only spend your workout time and patience with long steady-state cardio sessions. Many feel that current research is decidedly in favor of high-intensity interval training as far as weight loss goes. Although the sessions are more intense, you will wind up with greater benefits in less time. So, if you're ready to work let's crush some calories with XTrain cardio!

Men have known the benefits of heavy weight training for decades, but some women shy away from lifting weights. When they do head over to the weight rack, they lift weights that aren't heavy enough to really challenge their muscles. The reason? Some fear it will make them bulky or destroy their feminine shape. Others are intimidated by the idea of lifting a barbell or dumbbell or fear they'll look like a weakling if they try. The reality is women don't have the hormonal make-up to develop overly large muscles. Even with heavy weightlifting to failure, women develop firmness, not bulk. Weight training is a form of exercise that all women and men need and is why it is included in the XTrain program.

The XTrain workout program features the following strength training and metabolic conditioning workouts:

Upper Body:

- *Chest, Back & Shoulders*
- *Bi's & Tri's*
- *Burn Sets Chest, Back & Shoulders**
- *Burn Sets Bi's & Tri's**

Lower Body:

- *Legs*
- *Cardio Leg Blast*

Total Body (metabolic and strength conditioning):

- *Super Cuts*

**Burn Sets* single muscle group workouts are also included on four of the cardio workouts so that you can have the option of doing a cardio and a single body part workout on the same day.

THE BENEFITS OF LIFTING HEAVY WEIGHTS FOR WOMEN

More women are working out with weights these days to build strength and muscle tone, but many still use lighter weights during their workout out of fear that lifting heavy weights will cause them to gain weight or "bulk up." Instead of maximizing the amount of weight they lift, they use light hand weights and do almost endless repetitions, never really exhausting the muscle. Although multiple repetitions using a light weight increases muscle endurance, it doesn't build real muscle strength or definition. Women can get more benefits from their workout by increasing the amount of weight they lift, and, contrary to popular belief, lifting heavy weights doesn't cause weight gain in women.

DO WOMEN GAIN WEIGHT OR BECOME BULKY IF THEY LIFT HEAVY WEIGHTS?

Some women avoid lifting heavy weights because they mistakenly have visions of turning into the hulky women they see on the cover of some women's bodybuilding magazines. Instead of becoming thick, women who lift weights become leaner and more defined over time with cuts and muscle curves that make them look great in a tank top. Men have far more muscle-building testosterone than women, which means women have more difficulty building muscle than their male counterparts. It's physiologically impossible for a woman to get as big as a man by lifting heavy weights unless she's taking hormones or chemicals that boost muscle development.

What about the issue of weight? Some women are unpleasantly surprised to find they've gained a few pounds after they first begin lifting heavy weights. Of course, they're not happy to see the scale moving in the wrong direction, but there's no need to panic. It's not uncommon to experience temporary weight gain after starting a weight-lifting program. The increase in weight isn't from fat gain or even from muscle, but is from more water being retained by active muscle tissue.

WHY THE SCALE SOMETIMES GOES UP WHEN YOU FIRST START TO LIFT WEIGHTS

When you first start challenging your muscles with heavy weight-lifting, your muscles temporarily store more carbohydrates in the form of glycogen to make it available as a fuel source to muscles. Glycogen holds onto water, which is the reason the number on the scale goes up. The number reflects temporary water weight gain. Over time, your muscles adapt and no longer stockpile so much glycogen, and your weight drops back down to normal. Have you ever noticed how your muscles look fuller after a weight-training session? It's not because you've suddenly developed muscle, but because your muscles are holding onto excess glycogen and water and increased blood flow to the muscles.

WHY IS IT THAT SOME WOMEN INSIST THAT THEIR LEGS GET BULKY WHEN LIFTING HEAVIER WEIGHTS?

There are two reasons this can happen: If your thighs increase in size after starting a heavy

weight program it is either because of temporary water weight gain or because you are consuming more calories than you are burning. It is a scientific fact that changing your fitness and diet program to create a calorie deficit will result in weight loss and yes, that means your thighs shrink in size too. Even if you lose one pound of fat in your thighs and add one pound of muscle, your thighs will still shrink in size since muscle takes up less space than fat does. If you are trying to slim your thighs the key is to make sure you have a negative calorie balance and that you reduce your body fat while increasing your lean muscle mass. Your legs will not only be slimmer, but will look toned and healthier too!

LIFTING HEAVY WEIGHTS BURNS FAT

Lifting heavy weights not only increases muscle definition, but it helps you burn more fat even when you're not sweating it out at the gym. There are two reasons for this. Muscle is more metabolically active than fat tissue. Having an extra pound of muscle burns additional calories each day even when you're just sitting in a chair. Who doesn't want that? Then there's the after-burn. When you challenge your muscles by lifting heavy weights, you activate key hormones that help your body burn more fat even after you've finished your last weight-lifting set. This increased rate of calorie burn continues for up to 24-hours after a weight training session. According to a study published in *The Journal of Strength and Conditioning Research* women burn up to 100 additional calories within 24 hours after weight-training. That adds up to almost a pound of weight loss every month and 30 pounds a year.

It's not just strength-training that makes you lean and defined. You still need to combine strength-training with a healthy diet to get the full benefits. You won't develop metabolism-boosting muscle if you chow down on pastries and ice cream. To support muscle growth, eat a diet consisting of complex carbohydrates and lean protein sources, and go light on the junk food and processed food. They're loaded with empty calories and salt that increases water weight gain. According to the ACSM athletes should have between 1.2 and 1.7 g/kg (0.5–0.8 grams per pound) of protein each day depending on your age, gender and activity level. Getting more protein than this won't boost muscle growth any more but simply adds to your calorie load.

Contrary to popular belief, you don't need massive amounts of protein to increase muscle tissue.

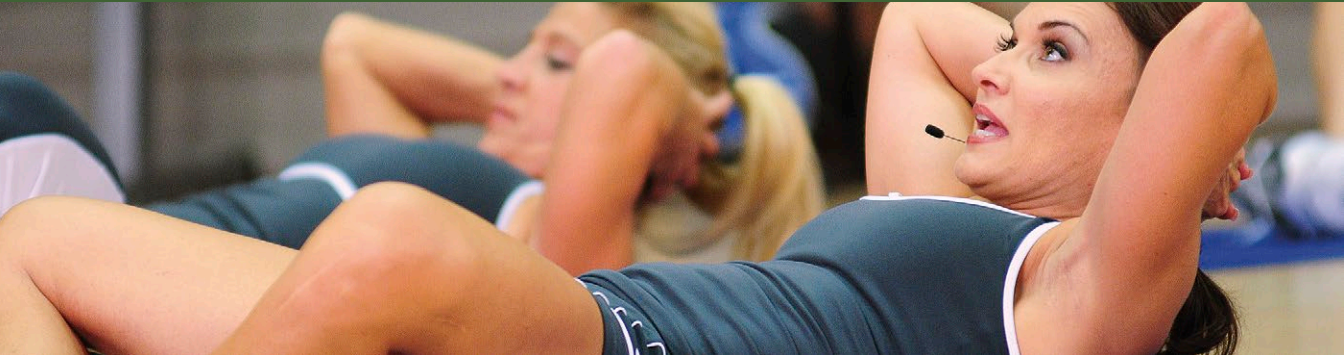
As you can see, heavy weight training works in your favor when it comes to weight loss, because it boosts the amount of metabolically active muscle tissue you carry around and because of the after-burn effect. It also adds cuts, curves and definition that you won't get from running on a treadmill or working out on an elliptical machine. If you want to look great in a bikini, weight-training gives you the edge. Cardio is still effective for burning fat and for conditioning your heart, but weight-training has some of these benefits too. Do both for maximum benefits, but don't overdo the cardio while neglecting strength-training, as many women do. You may lose body fat, but you won't become firmer and more defined, and you won't get the benefits of additional metabolism-boosting muscle. With cardio, you may end up smaller but still flabby, which isn't what most women want.

Finally, heavy weight training helps to reverse the aging process for both women and men. The average person loses about 7% of their lean body mass every ten years after the age of 20. Since muscle is our body's furnace for burning fat, it is no wonder that most people gain weight as they age. This causes all kinds of health problems for men and women in addition to reducing their quality of life.

THE BOTTOM LINE

Don't let the naysayers tell you lifting heavy weights will cause you to gain weight or bulk you up if you're female. Enjoy the benefits that lifting XTrain's heavy weights has on your metabolism and your body.

Excluding temporary weight gain from water retention, the only way to gain weight is to consume more calories than you burn. Lifting heavy weights burns calories, it does not add them to your body and thus it is impossible to gain weight from just lifting heavy weights. For example, look at Cathe. She has been lifting heavy weights for decades and weighs less now than when in high school. Even power lifters will lose weight if their calories consumed are less than their TDEE. So, no matter what your exercise, if you burn more calories than you consume you will lose weight—guaranteed!



The XTrain series comes with several bonus workouts including two bonus core workouts, five 100 Rep Challenges, a special rear delts segment, single body part workouts and a heavy bag boxing workout. Most of these bonus sections will be included in many of the premixes that are included in the various XTrain workouts. XTrain's premixes give you more workout options to fit your busy schedule and allow you to select a better workout that fits your needs. XTrain gives you more workout options than any other exercise program.

XTRAIN BONUS CORE WORKOUTS

The XTrain Workout Series comes with two bonus core workouts that can be found on the following workouts:

- *Chest, Back & Shoulders: Core #1*
- *Bi's & Tri's: Core #1 & Core #2*
- *Burn Sets: Core #1*
- *Super Cuts: Core #1 & Core #2*
- *Cardio Leg Blast: Core #2*
- *All Out Low Impact HiiT: Core #1*
- *Hard Strikes: Core #1*
- *Tabatacise: Core #1 & Core #2*

Each bonus core workout can be done in about ten minutes and neither requires any equipment.

XTRAIN BONUS REAR DELTS

Even people that work out a lot, like body builders, and regularly perform exercises for the rear delts will tell you that the posterior delt is a very difficult muscle to work. You have to pay attention to strict form when working your rear delts so that other larger muscles don't over-power the movement. This is the reason why we focus on rear delts in XTrain and have added this bonus workout to XTrain's *Legs* workout.

In the XTrain Bonus Rear Delts workout you will do three exercises for three sets that focus on developing the rear delts. This bonus workout should only take you about 12 minutes. You will

be able to do this workout separately or as part of a premix with the rest of the routine.

Shoulder muscles can be divided into three groups:

1. Anterior Deltoid: located in the front of each shoulder
2. Lateral Deltoid: middle part of your shoulder
3. Posterior Deltoid: back part of your shoulder

Interestingly, a study that compared the shoulder strength of body builders to sedentary people found that the body builders had anterior deltoids (front) that were 500% stronger than people who didn't work out. They also had lateral deltoids (middle) that were 300% stronger when compared to the sedentary group. But get this: the body builders' posterior delts (back) were only 15% stronger!

Muscle imbalances between the front and rear delts can partly be explained by the over emphasis of exercises that work the anterior delt and the lack of selecting exercises for the posterior delt. Pressing movements like bench presses and push ups are among the favorite and most used exercises by most people who work out, but as far as the shoulder muscles are concerned these exercises usually favor the anterior delts.

To really work the posterior delts you need to mainly select isolation exercises that specifically work this area of the shoulder. Many people just skip exercises for the rear delts because of time constraints and lack of interest in working such a small muscle they know little about.

With today's lifestyle of slouching in a chair with our arms typing on a keyboard it is no wonder so many people have bad posture and weak posterior delts. With a little focus you can strengthen your delts which will improve your posture and hopefully prevent a shoulder injury. And if that's not enough, having toned delts will make you look better and thinner, too.

BONUS SINGLE BODY PART WORKOUTS

Is the length of a workout an important factor to you in deciding to use an exercise DVD? We've designed the XTrain series to be used in many ways. One of the models we used in developing XTrain was a video series with a similar name we made nearly a decade ago called *Cross Train Xpress*. This is still a very popular series today despite its age. What exercisers say they liked about *Cross Train Xpress* was that they could do only cardio or they could do the option for strength by doing just one body part with or without the cardio workout. This allowed them to do both cardio and toning in the same workout in about an hour or to do a quick strength workout in less than fifteen minutes. This seems to be a very popular way for people that have a busy schedule to train as it fits their lifestyle.

In XTrain we've taken the same "single body part" concept from *Cross Train Xpress* and four of the cardio workouts in XTrain come with a premiss that allows you do the regular cardio workout along with a single body part or you can do the single body part section by itself. The XTrain series comes the following *Burn Sets* single body part workouts that can be found on the following workouts. Each bonus workout is less than 15 minutes:

- *Cardio Leg Blast*: Burn Set Bi's
- *All Out Low Impact HiiT*: Burn Set Chest and Burn Set Shoulders
- *Hard Strikes*: Burn Set Tri's
- *Tabatacise*: Burn Set Back

BONUS HEAVY BAG WORKOUT

The Bonus Heavy Bag workout is included only on our *Hard Strikes* video. We realize most people don't have a heavy bag, so if you don't have one don't worry as the heavy bag workout is not included in the main program. But for those of you looking for low-impact cardio alternatives, a heavy bag is a great option.

The *Hard Strikes* Heavy Bag workout includes three four-minute Tabata punching drills done back to back. You can do this Heavy Bag bonus section as a separate workout or as part of one of the many premisses included on *Hard Strikes*. The Heavy Bag workout is broken into 3 Tabata workouts that can be done separately or all together.

100 REP CHALLENGES IN XTRAIN

Getting stronger and having toned muscles is not just about developing strong muscles by lifting heavy weights, but also increasing your neural pathways from your brain to your muscles.

Until you thoroughly develop your neural pathways to your muscles, it is very difficult to increase the size of that muscle or to even get the maximum benefit of your training effort. You're only as strong as your weakest link and most people focus on what they do best, not what they need to work the most. This is where XTrain 100 Rep Challenges can help and why we have included them in the XTrain program.

An XTrain 100 Rep Challenge is an exercise in which you will use light weights—only about 40% of your one rep max—then you will do multiple sets going to failure on every set until you reach a total of 100 reps! By using light weights you can totally focus on your form making sure not to use other assisting muscles. This will let you target weak muscles that you need to work on by developing the necessary neural pathways to them.

So, how do you do a 100 Rep Challenge?

1. First, select a weight that is 30 to 50% (40% works best for most people) of your one rep max for this exercise.
2. Do as many reps as you can for your first set. If you have selected your weight correctly you should be able to do 25 to 35 reps on your first set. Make sure to go to failure, but always maintain strict form throughout the exercise.
3. Then rest for 30 seconds.
4. Next, perform your 2nd set and go to failure again.
5. Rest again for 30 seconds
6. Now, keep performing sets always going to failure and resting 30 seconds between sets until you reach 100 reps!

The following 100 Rep Challenges are included in XTrain Program:

- Hip Thrusts (*Cardio Leg Blast, Legs, Super Cuts*)
- Scarecrows (*All Out Low Impact HiiT, Cardio Leg Blast*)
- Flat Bench Tricep Extensions (*Bi's & Tri's, Tabatacise*)
- Barbell Curls (*Bi's & Tri's, Hard Strikes, Tabatacise*)
- Lateral Raises with 10 to 20 Degree Tilt (*Chest, Back & Shoulders*)

WHY DIETS DON'T WORK

Imagine you're trying to predict which individuals in a group of 100 will gain weight over the next four years. You might guess it's those who exercise least, or those who eat more sweets. According to a study done at UCLA, however, "one of the best predictors of weight gain over the four years was having lost weight on a diet at some point during the years before the study started." Lest this seem like a misprint, another study showed that of a group of dieters followed for two years, 83% gained back more weight than they lost in the first place.

The evidence is clear: diets don't work. If they did, there wouldn't be another diet book on the bestseller list every month. There wouldn't be another diet in every issue of every woman's magazine at the checkout counter. Why don't diets work, and what does?

Diets don't work because they're based on depriving yourself of pleasure. As soon as you give in to your natural instinct to seek pleasure from food, you gain back all the weight you lost and more besides.

Diets don't work because the more you try not to focus on food, the more obsessed you become. Try not to think of cream puffs for 24 hours, and see what happens.

Diets don't work because cutting calories can actually cause your metabolism to slow, making it harder to lose weight in the future. Our bodies evolved in an atmosphere of scarcity. They don't know what to do with all the abundance we have now.

IF IT'S MADE BY MAN, THROW IT IN THE CAN

In order to lose weight safely you need to create a calorie deficit of about 500 calories per day. This is best accomplished by a combination of following an XTrain 90 day program and improving your diet by eating clean. We realize that many of you that have purchased the XTrain program want to lose weight and are looking for yet another diet to follow. Cathe's diet philosophy is very simple and easy to follow: "if it's made by man, throw it in the can." Simply put, you need to eliminate as many processed foods from your diet as possible and replace them with a wide variety of natural whole foods from the different food groups.

Dieticians and nutritionists are consistently learning more about healthy nutrition. Their findings suggest that you can improve your overall health if you begin to eat and drink what people ate and drank in the past. Before foods and beverages were processed in factories, a whole food diet was the norm. What exactly is a whole food diet? Whole foods and beverages haven't been altered from their natural form. Thus, switching to a whole food diet might involve choosing wholegrain cereal over processed flakes, grilling fresh fish as opposed to popping fish fingers into the oven, or taking the time to make a jacket potato with cheese and chives instead eating a bag of potato chips.

WHAT IS EATING CLEAN?

No doubt you have heard the phrase "eating clean" used in conjunction with the principles of fitness and a healthy lifestyle, but what exactly does that mean?

Many fitness experts, including Cathe, will tell you that being fit is only one half of the overall equation. You must also eat a nutritious and well balanced diet to reap the full benefits of a healthy and active lifestyle. Doctors and nutrition experts also agree that cleaning up your diet is paramount for improving your health and your physique. Furthermore, they agree that a "super clean" diet, one that takes clean eating to the extreme, is hugely important when it comes to reversing some chronic health conditions.

One of the first tasks in adopting a lifestyle of clean eating is to define why you want to do it and what it means to you. Do you want to lose weight, control your diabetes, lower your cho-



lesterol, or simply reduce your consumption of chemically-processed foods? There are lots of diverse choices—but think of the varying degrees of eating clean as you would the variations in the vegetarian diet. Some people adhere to a plant-based-foods-only philosophy, some include eggs, cheese, and butter, and some vegetarians include fish in their diets occasionally. Simply put, your clean-eating program may differ from somebody else's depending on your personal goals. However, regardless of what your reason for starting is, here are some general guidelines that will benefit anyone who's interested in getting started on a "clean eating" way of life:

- Start by cleaning out your pantry. In other words, get rid of the food that you are no longer interested in consuming. Donate it to a food bank, share it with your neighbors, or throw it away. If it's in your pantry, it has shelf life—and if it has "shelf life" it has preservatives. If it has preservatives, it is not in its purest natural state. If it's not in its natural state, it does not provide the same optimal nutritional value as its natural state does. For example, an apple is healthiest when it's consumed in its natural state. When it's processed to become applesauce it loses some nutritional value. Or worse yet, if it's processed to become apple pie, it has even less (more like "only traces of") nutritional value.

- Go shopping. Your first trip to the grocery store as a clean eater will probably be expensive. Invest in good quality organic fruits and vegetables, Eggland's Best eggs, sweet potatoes, brown rice, various beans, lean meats, fish and poultry and a variety of nuts whenever possible. Shop the healthier choices around the perimeter of the grocery store and stay away from center as much as possible. Especially from items that are sold in a box (e.g., frozen dinners, cakes mixes, cereals, etc.) Be cautious about purchasing frozen prepared foods such as your classic TV dinners. They are off the chart with sodium content and usually provide more fat and less nutrition. Limit your dairy, breads and pastas and select only those highest in nutritional value.

- If you must purchase some processed foods, be sure to read food labels. If you are having a hard time pronouncing the ingredients, consider it over-processed. Take into account the number of ingredients listed, as well. If it has over four

or five ingredients, it may not be a good food choice for a clean diet. The first item on the list should be what the food is. So, for instance, if you bought tomato soup, you want tomatoes to be listed as the first or second ingredient.

- Try to stick with whole foods—and better yet—include foods that are high in antioxidants to help resist colds, viruses and infections. In addition to being much healthier for you, eating clean can be very satisfying with the huge number of foods that fall under the category of lean protein, fruits, and vegetables. Again, if you can buy organic, that's even better. A sample of a highly nutritious meal loaded with antioxidants would be romaine leaves with lemon and olive oil dressing, wild caught salmon, steamed broccoli and a small sweet potato. For dessert you could have a small dish of Greek yogurt with blueberries and strawberries mixed in. Later for a snack you could have a green apple and a small handful of hazelnuts or a



WHY DIETS DON'T WORK, CONTINUED

spoonful of sunflower seed butter. For beverages you can try green tea or coconut milk. All of these foods are sold organically as well.

Choosing a whole food diet also involves making smarter choices when you shop for groceries. You would need to avoid buying processed goods and purchase fresh unprocessed foods and drinks only. Your diet would ideally include plenty of whole grains, whole wheat flour, beans, pulses, lean meat, fish, eggs, fruit, milk, yogurt, honey, herbs, spices, vegetables, fresh fruit juices, water, and herbal tea. So what health benefits are associated with eating a whole food diet?

EXTRA PHYTOCHEMICALS

Phytochemicals are components in plant food sources that are biologically active. Known phytochemicals include the antioxidants lycopene, pterostilbene and anthocyanin. Research indicates that these phytonutrients have a beneficial effect on the cells of the body. They help by promoting fat loss and reducing levels of bad LDL cholesterol. In order to get the full antioxidant benefits associated with these phytochemicals, it is necessary to ingest them in their natural unaltered state. Thus it's a good idea to keep your recipes simple and use only unprocessed plant ingredients.

A NATURAL SOURCE OF NUTRIENTS

A person who appears to eat more than enough food can still be malnourished. If your diet includes a lot of processed convenience goods, takeout, sugary soda and junk food, it won't just make you gain weight. It will also deprive you of several key nutrients your body needs to fight heart disease, cancer, hypertension, and diabetes. Eating a whole food diet based mostly

on plants is the most efficient way to protect yourself from these health conditions because it ensures that your body gets sufficient vitamin C, vitamin A, potassium, magnesium and fiber.

NO ADDITIVES OR EXTRA CALORIES

When you cook simple meals from scratch using whole ingredients, you do not consume any of the additives or preservatives that have been added to many convenience foods in order to make them taste better. Processing food in a factory often involves adding MSGs, salt, fat or sugar to enhance the taste. Unfortunately these added ingredients can harm your health and expand your waistline.

MORE FIBER

If you're sticking to a diet that includes a lot of whole plant foods, your fiber intake will increase. This increase in fiber will help you to feel satiated for longer after eating. It will also help you to move your bowels on a regular basis. Hence eating sufficient fiber can greatly reduce your risk for colon cancer. Increased fiber intake also helps to control blood sugar, fight diabetes, and reduce the risk of heart disease.


In summary, eating clean is the practice of eating mostly whole, natural foods. These foods include vegetables, fruits, whole grains, nuts, healthy fats, and lean protein. Clean eating is also defined as staying away from foods that are processed or contain excessive amounts of sugar and fat. So whether your goal is to increase energy levels, lose weight and or address chronic conditions, you will benefit from clean eating.

Remember, cleaning up your diet doesn't have to be an arduous process. In fact, it can inspire resourcefulness and creativity. Above all, eating clean will result in a happier, healthier you.



XTRAIN

FINDING THE RIGHT WEIGHT FOR THE EXERCISES IN XTRAIN



In any strength conditioning workout, it is important to use the correct weight if you want to maximize your results. Just as we did in our STS 90-day workout program, we use one rep max testing in XTrain to help you find the correct weight to use for many of the upper body exercises in the XTrain program. We don't use one rep max testing in XTrain for lower body exercises since your own body weight is the main resistance and the weight of the dumbbell is only meant to enhance the exercise. But even if you don't use our one rep max feature, make sure to find a weight that challenges you. If you use a weight that doesn't result in failure during at least some of the upper body sets and exercises in XTrain, then you're not going to get the results that you could have.

It's always important to remember that the last rep you do in any strength and conditioning program is always the most important rep in any set. In order to change the size and strength of a muscle you need to cause enough trauma to the muscle to create small micro tears. The muscle then repairs, making itself just a little bit stronger. Over time, these small improvements really add up and you start to see dramatic changes in your muscles and body composition. Going to failure helps to ensure that you have caused enough trauma to your muscles to cause the micro tears that are so necessary in building stronger, shapelier muscles. The last rep in each set when you go to failure is the most important rep as this is when most of the micro tears occur in your muscle. This is why we encourage you to use a weight in XTrain that will result in failure in at least some exercises and sets.

Make sure to record your results during your XTrain workout and make adjustments to your weights if needed during the program and—most importantly—the next time you do the same exercise. Our Workout Manager (available online at <http://cathe.com/workout/>) will help you keep track of everything.

WHAT IS A ONE REP MAX TEST?

The entire purpose of one rep max (1RM) testing is to help you determine the correct weights you should use in the XTrain program. Your 1RM is the maximum weight you can lift one time for any exercise. Since it is usually not practical or safe to try to lift your absolute maximum weight for an exercise we will instead use a method in XTrain called one rep max testing to estimate your one rep maxes.

HOW TO TAKE A ONE REP MAX TEST

Taking a 1RM test is easy. All you do is select a weight for each exercise you want to test for that you think you can do about ten times maximum with good form. Then perform the exercise doing as many reps as possible. For example, say you wanted to do a 1RM test for XTrain's Dumbbell Bench Press (WM #307). You would simply select a dumbbell weight that you thought you could lift about ten times with proper form. Let's assume you think you can do ten reps for a dumbbell bench press with two dumbbells each weighing 50 pounds. Next you would perform the exercise and let's say you did better than you thought and did twelve reps.

Next, go to the 1RM calculator on our website at <http://cathe.com/workout/> and select "Dumbbell Bench Press" (WM #307) from the exercise list. For the next step, enter "50 lbs." for your weight lifted during the test (always use the weight of just one dumbbell) and "12 reps" for actual reps performed. Click the calculate button and your 1RM calculator shows that your maximum lifting weight (1RM) for "Dumbbell Bench Press (WM #307)" based on your test is estimated to be 72 pounds. Once you know this number you can easily determine what weight you should use for any intensity level or amount of reps you want you to do in the XTrain program. For example; in Burn Sets we suggest using a weight that is 75% of your one rep max. Since your one rep max for Dumbbell Bench Press (WM #307) is 72 pounds you can easily determine that you should use a dumbbells weighing 54 lbs. each for this exercise ($72 \text{ lbs.} \times 75\% = 54 \text{ lbs.}$). But you don't have to worry about the math. Our Workout Manager will calculate everything for you.

ONE REP MAX CALCULATOR

Our One Rep Max (1RM) calculator is very simple to use. Start by clicking on the 1RM calculator icon at <http://cathe.com/workout/>. (A video Tutorial is also available in the Workout Manager Tutorial section about this feature)

1. Select the exercise from the drop down lists that you tested as outlined in the previous step
2. If you used a pair of dumbbells for the exercise, just enter the weight of one dumbbell.
3. Enter the reps you did with proper form.
4. Click the calculate button.
5. Your 1RM for the exercise you just entered will be stored in the Workout Manager and will be used to calculate your weights for XTrain or any workout that uses this exercise.
6. If you have already done a one rep max test for STS or any other workout program in the Workout Manager you don't need to retest unless you have had a long layoff from lifting
7. One rep max testing is not accurate for exercises that primarily use body weight, require technique or use a rep pattern. For a list of recommended exercises to test for XTrain, see the following four pages.

WORKOUT MANAGER TIP: ADJUSTING YOUR 1RM MADE EASY!












We've made adjusting your 1RM very simple in our free Workout Manager. Just click on the Calendar tab in the Workout Manager and then select the XTrain workout that contains the exercise you want to adjust the 1RM for. Then click on "show Details" in the right sidebar and then select the "Edit Workout" button. Now scroll down in the workout card and find the exercise you want to adjust your 1RM for. Then click on the "1RM" icon on the right and you will see the following message: "Would you like to re-calculate your 1RM value for this exercise. Yes or No?". Click on yes and then you will be asked to enter the weight you would like to use from now on for this exercise. Your 1RM will automatically be re-calculated for all future workouts that use this exercise.

Following is a chart containing all of the exercises in XTrain that you may want to do a one rep max test for. This will help you to more accurately determine the correct weight to use for these exercises which in turn will help you to maximize your XTrain results. Space is provided in the one rep max chart so that you can record your testing results, but consider using our free online Workout Manager (<http://cathe.com/workout/>) to record this same information for greater flexibility in making changes as you progress, and to automatically create your XTrain workout cards.

ILLUSTRATION	WM #	EXERCISE NAME	BODY PART	WEIGHT	REPS	1RM
	113	Double Arm Row	Back			
	134	One Arm Row	Back			
	177	Alternating Standing Curls	Biceps			
	193	Seated Hammer Curls on Stability Ball	Biceps			
	196	Hammer Curl Double Arms	Biceps			
	204	Incline Curls on Stability Ball (Dumbbells)	Biceps			
	224	Preacher Curl on Stability Ball One Arm (Dumbbell)	Biceps			
	237	Seated Concentration Curls	Biceps			
	252	Standing Dumbbell Curl	Biceps			

ONE REP MAX CHART

ILLUSTRATION	WM #	EXERCISE NAME	BODY PART	WEIGHT	REPS	1RM
	297	Chest Fly	Chest			
	298	Chest Fly on Stability Ball	Chest			
	307	Dumbbell Bench Press	Chest			
	309	Dumbbell Chest Press Incline	Chest			
	316	Dumbbell Pullover on Stability Ball	Chest			
	679	Seated Rear Delts	Shoulders			
	694	Standing Overhead Press Both Arms	Shoulders			
	712	Cross Body Kickbacks	Triceps			
	717	Flat Bench Tricep Extensions	Triceps			
	721	Kickback One Arm	Triceps			
	738	Seated Overhead Extensions One Arm (Dumbbell)	Triceps			

ILLUSTRATION	WM #	EXERCISE NAME	BODY PART	WEIGHT	REPS	1RM
	739	Side Leaning One Arm Overhead Extensions on Ball	Triceps			
	1059	One Arm Rotational Row	Back			
	1060	Side Leaning Lateral Raise	Shoulders			
	1061	Dumbbell Press on Ball	Chest			
	1065	"T" Prone on Ball	Back			
	1066	Seated Alternating Dumbbell Overhead Press	Shoulders			
	1068	Bent Over Rear Delts	Shoulders			
	1069	Lower Chest Incline Fly on Ball	Chest			
	1070	Double Arm Upright Row	Shoulders			
	1071	Incline Dumbbell Press on Stability Ball	Chest			
	1072	Back Fly on Stability Ball	Back			

ONE REP MAX CHART

ILLUSTRATION	WM #	EXERCISE NAME	BODY PART	WEIGHT	REPS	1RM
	1073	Dumbbell "W" Press on Ball	Shoulders			
	1074	Three Way Chest Fly	Chest			
	1075	Simultaneous Incline Hammer Front Raise on Ball	Shoulders			
	1077	Lateral Raise with 10 to 20 Degree Tilt	Shoulders			
	1079	Single Arm Lateral Raise	Shoulders			
	1080	Single Arm Rear Delt Fly	Shoulders			
	1082	Simultaneous Rotational Curl	Biceps			
	1088	Incline Reverse Curls (Dumbbell)	Biceps			
	1089	One Arm Plank Kickbacks	Triceps			
	1090	Standing Overhead Extensions Double Arm	Triceps			

EQUIPMENT NEEDED

XTrain has been designed to be done in your home with minimal equipment. The only equipment needed for XTrain is a bench or a step with five risers per side, dumbbells, firewalker loop, medium resistance tubing, Slide N Glide Discs, stability ball and Dixie Cups. This is not a lot of equipment when you consider that the main XTrain program has nine videos and even more

workouts. The dumbbell weights Cathe uses for every exercise in the XTrain series are included in the workout section of this user guide (pages 32-79).

*A Barbell and Barbell Pad are also used in some of the optional 100 Rep Challenges. A Heavy Bag is used in some of the optional *Hard Strikes* premixes.

EQUIPMENT USED IN THE MAIN XTRAIN WORKOUT PROGRAMS

Dumbbells



Step with Five Risers per Side



Stability Ball



Slide N Glide Discs



Medium Resistance Tubing



Dixie Cups



Firewalker Loops

Green Loop



Boxing Gloves



STEP #1

Select the XTrain workout program on the following pages that best fits your needs. Each XTrain workout program is divided into weekly workout sections. Each of these weekly workout sections will tell you which XTrain workout or premix to do each day and the DVD the workout can be found on. Each daily workout will also list the page in this book that the workout details can be found on and will also list the premix number so that you can easily find the premix in this book.

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 XTrain video listed in the workout section of this user guide as well as on each DVD.

STEP #3

Select the proper weights for each exercise. Selecting a weight that is too light or too heavy will greatly diminish the results you can expect from the XTrain program. We recommend using our one rep max test to help you determine the correct weight for each upper body workout, but this is totally optional (see pages 15–20). We don't recommend using one rep max testing for XTrain's *SuperCuts*, *Cardio Leg Blast*, *Legs*, *Hard Strikes*, *Tabatacise* and *All Out Low Impact HiiT*.

The weight(s) Cathe uses for every exercise is listed in the workout section of this user guide as well as at the beginning of every weight exercise in the XTrain video. However, you should always use a weight that is appropriate for your fitness level. You can record your weight selections in this book or in our free online Workout Manager (<http://cathe.com/workout/>).

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. If you're using our online Workout Manager you should also print your workout card before every workout. If you've done your one rep max testing your workout card will list the weight you should use for every applicable XTrain exercise.

STEP #5

Don't forget to use the optional XTrain bonus workouts and 100 Rep Challenges to add a little extra punch to your XTrain workout schedule or to focus on muscles you feel need special attention and work. Just add these to the end of any workout you like.

On the following pages, you will find the official XTrain workout program as well as three other optional XTrain workout programs. Two of the optional programs use only XTrain workouts, while the third combines workouts from our Low Impact series with workouts from XTrain. This is a great option for exercisers seeking a totally low-impact workout routine that can still blast away calories and fat!

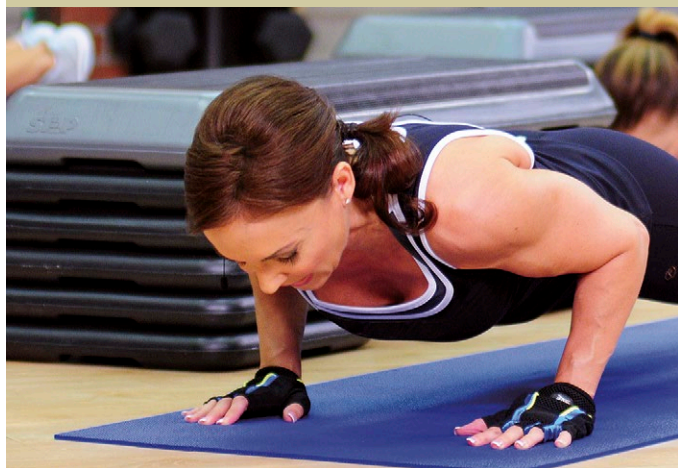
The nice thing about the way XTrain is designed is that it is very easy to substitute and use workouts from our other videos as well as the more than 100 premixes included with XTrain.

ABOUT THE FOUR XTRAIN ROTATIONS**90 Day Undulating Workout Program**

This is the official XTrain workout program. We've designed this undulating total conditioning XTrain workout schedule to constantly keep your muscles and metabolism challenged in different ways so that that you never get bored and your progress never plateaus. Combined with a diet where you eliminate as many processed foods as possible, this workout schedule will help you to crush some serious calories and get you into the best shape of your life.

Optional 90 Day XTrain + Low Impact Series Workout Program

This optional low-impact 90-day workout program includes workouts from both our Low Impact Series and XTrain. Cathe designed this rotation for the exercisers who want a low impact alternative that doesn't sacrifice intensity and fun. When you combine XTrain with our Low Impact series you get the toughest and best calorie blasting and muscle conditioning low impact workout available on video!



Optional 30 Day Cardio + Strength Combined Workout Program

This optional 30-day workout program is designed for the exerciser who wants to get both their cardio and strength training done during the same workout. This rotation is patterned after our *Cross Train Xpress* workout that we released many years ago. Just as you did in *Cross Train Xpress*, you will do a cardio routine each day followed by a single body part muscle conditioning workout. This allows you to get both your cardio and strength training done at the same time in about an hour. You can also split your daily exercise sessions into two separate workouts. The first session you could do the cardio routine and later in the day finish with the single body part muscle conditioning workout which takes only about 15 minutes.

Optional 30 Day Undulating + Ride Workout Program

This optional 30-day workout program includes our *Ride* cycle workout which is not included in the regular XTrain series, but can be purchased separately or as part of our XTrain deluxe set. Like all indoor cycle workouts, *Ride* provides you with a high-intensity zero-impact alternative for your cardio workouts. This workout program is perfect for the person who has just finished the regular 90-day XTrain program or who doesn't want to commit to a three month schedule.

You will find these four rotations in our Workout Manager and on the following pages in this book. Each of these four rotations will tell you which workout to do each day. You just need to select the workout program that best fits your personal schedule and fitness goals.

ADDING AN XTRAIN ROTATION INTO YOUR WORKOUT MANAGER CALENDAR

Before you print an XTrain workout card you will need to put an XTrain rotation into your calendar. We currently offer five official XTrain rotations. To add an XTrain rotation, go to the Calendar at <http://cathe.com/workout/>, click "Add Workout" then select "XTrain Rotation" from the drop-down list. Select the rotation you want, then click Save. The entire XTrain workout program will then be downloaded into your calendar. Simple, right? The following is a list of our five official Rotations:

1. 90 Day Undulating Workout Program
2. Optional 90 Day XTrain + Low Impact Series Workout Program
3. Optional 30 Day Cardio + Strength Combined Workout Program
4. Optional 30 Day Undulating + Ride Workout Program
5. Optional 30 Day Upper Body Strength Workout Program (only available online in our Workout Manager)

PRINT AN XTRAIN WORKOUT CARD

After you have downloaded an XTrain rotation it's simple to print a workout card. Here is all you need to do:

1. After clicking on the calendar icon, click on the date in the calendar of your scheduled XTrain workout.
2. On the right sidebar click on "Show Details"
3. Now click on the "Edit Workout" button and your workout card will load.
4. Make any Changes to your workout card you want to, then click the "Print and Save" button at the bottom.
5. Make sure to have "Print Background Colors and Images" enabled in your browser.
6. Click "Print" on the next screen showing your workout card and in your printer's options box just follow the steps you normally do to print a document.



90 DAY UNDULATING WORKOUT PROGRAM

WEEK 1	DISC	WORKOUT	PAGE	TIME
Monday	1	Chest, Back & Shoulders	32	53:51
Tuesday	6	Cardio Leg Blast	58	56:18
Wednesday	8	Hard Strikes: Premix 16 • Timesaver (No Conditioning)	68	34:40
Thursday	2	Bi's & Tri's: Premix 2 • Bi's & Tri's + Core #2	37	58:05
Friday	5	Legs: Premix 3 • Legs All Sections (Standing + Barre + Ball & Chair + Floor) + Rear Delts	53	80:45
Saturday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Sunday	Day Off			

WEEK 2	DISC	WORKOUT	PAGE	TIME
Monday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Tuesday	6	Cardio Leg Blast: Premix 1 • Cardio Leg Blast + Core #2	58	68:11
Wednesday	3	Burn Sets: Bi's & Tri's	41	37:15
Thursday	5	Legs: Premix 3 • Legs All Sections (Standing + Barre + Ball & Chair + Floor) + Rear Delts	53	80:45
Friday	8	Hard Strikes: Premix 16 • Timesaver (No Conditioning)	68	34:40
Saturday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Sunday	Day Off			

WEEK 3	DISC	WORKOUT	PAGE	TIME
Monday	6	Cardio Leg Blast: Premix 1 • Cardio Leg Blast + Core #2	58	68:11
Tuesday	8	Hard Strikes: Premix 16 • Timesaver (No Conditioning)	68	34:40
Wednesday	1	Chest, Back & Shoulders	32	53:51
Thursday	5	Legs: Premix 2 • Legs All Sections (Standing + Barre + Ball & Chair + Floor)	53	67:10
Friday	3	Burn Sets: Bi's & Tri's	41	37:15
Saturday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Sunday	Day Off			

WEEK 4	DISC	WORKOUT	PAGE	TIME
Monday	5	Legs: Premix 1 • Legs (Standing + Ball & Chair + Floor) + Rear Delts	53	65:20
Tuesday	3	Burn Sets: Bi's & Tri's	41	37:15
Wednesday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Thursday	8	Hard Strikes: Premix 16 • Timesaver (No Conditioning)	68	34:40
Friday	1	Chest, Back & Shoulders	32	53:51
Saturday	6	Cardio Leg Blast: Premix 1 • Cardio Leg Blast + Core #2	58	68:11
Sunday	Day Off			

XTRAIN

WEEK 5	DISC	WORKOUT	PAGE	TIME
Monday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Tuesday	6	Cardio Leg Blast	58	56:18
Wednesday	2	Bi's & Tri's	37	45:34
Thursday	9	Tabatacise: Your choice of Premix 12, 13, 14 or 15	71	Varies
Friday	8	Hard Strikes: Premix 16 • Timesaver (No Conditioning)	68	34:40
Saturday	4	Super Cuts: Premix 2 • Super Cuts + Core #2	48	58:25
Sunday	Day Off			

WEEK 6	DISC	WORKOUT	PAGE	TIME
Monday	5	Legs: Premix 2 • Legs All Sections (Standing + Barre + Ball & Chair + Floor)	53	67:10
Tuesday	1	Chest, Back & Shoulders	32	53:51
Wednesday	9	Tabatacise: Your choice of Premix 12, 13, 14 or 15	71	Varies
Thursday	3	Burn Sets: Bi's & Tri's	41	37:15
Friday	8	Hard Strikes: Premix 16 • Timesaver (No Conditioning)	68	34:40
Saturday	4	Super Cuts: Premix 1 • Super Cuts + Core #1	48	56:21
Sunday	Day Off			

WEEK 7	DISC	WORKOUT	PAGE	TIME
Monday	2	Bi's & Tri's: Premix 2 • Bi's & Tri's + Core #2	37	58:05
Tuesday	5	Legs: Premix 3 • Legs All Sections (Standing + Barre + Ball & Chair + Floor) + Rear Delts	53	80:45
Wednesday	8	Hard Strikes: Premix 16 • Timesaver (No Conditioning)	68	34:40
Thursday	1	Chest, Back & Shoulders: Premix 1 • Chest/Back/Shoulders + Core #1	32	61:43
Friday	9	Tabatacise: Your choice of Premix 12, 13, 14 or 15	71	Varies
Saturday	4	Super Cuts	48	45:55
Sunday	Day Off			

WEEK 8	DISC	WORKOUT	PAGE	TIME
Monday	3	Burn Sets: Premix 2 • Bi's & Tri's + Core #1	41	47:40
Tuesday	5	Legs: Premix 3 • Legs All Sections (Standing + Barre + Ball & Chair + Floor) + Rear Delts	53	80:45
Wednesday	7	All Out Low Impact HiIT	63	38:56
Thursday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Friday	9	Tabatacise: Your choice of Premix 12, 13, 14 or 15	71	Varies
Saturday	4	Super Cuts	48	45:55
Sunday	Day Off			

90 DAY UNDULATING WORKOUT PROGRAM

WEEK 9	DISC	WORKOUT	PAGE	TIME
Monday	1	Chest, Back & Shoulders	32	53:51
Tuesday	6	Cardio Leg Blast: Premix 1 • Cardio Leg Blast + Core #2	58	68:11
Wednesday	3	Burn Sets: Bi's & Tri's	41	37:15
Thursday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Friday	8	Hard Strikes: Premix 16 • Timesaver (No Conditioning)	68	34:40
Saturday	4	Super Cuts	48	45:55
Sunday	Day Off			

WEEK 10	DISC	WORKOUT	PAGE	TIME
Monday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Tuesday	5	Legs: Premix 2 • Legs All Sections (Standing + Barre + Ball & Chair + Floor)	53	67:10
Wednesday	2	Bi's & Tri's: Premix 2 • Bi's & Tri's + Core #2	37	58:05
Thursday	6	Cardio Leg Blast	58	56:18
Friday	8	Hard Strikes: Premix 17 • Timesaver (No Conditioning) + Core #1	68	45:06
Saturday	4	Super Cuts	48	45:55
Sunday	Day Off			

WEEK 11	DISC	WORKOUT	PAGE	TIME
Monday	1	Chest, Back & Shoulders	32	53:51
Tuesday	9	Tabatacise: Your choice of Premix 12, 13, 14 or 15	71	Varies
Wednesday	8	Hard Strikes: Premix 16 • Timesaver (No Conditioning)	68	34:40
Thursday	3	Burn Sets: Bi's & Tri's	41	37:15
Friday	5	Legs	53	51:42
Saturday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Sunday	Day Off			

WEEK 12	DISC	WORKOUT	PAGE	TIME
Monday	4	Super Cuts: Premix 2 • Super Cuts + Core #2	48	58:25
Tuesday	7	All Out Low Impact HiiT	63	38:56
Wednesday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Thursday	6	Cardio Leg Blast	58	56:18
Friday	2	Bi's & Tri's	37	45:34
Saturday	8	Hard Strikes: Premix 17 • Timesaver (No Conditioning) + Core #1	68	45:06
Sunday	Day Off			

90 DAY XTRAIN + LOW IMPACT SERIES WORKOUT PROGRAM

WEEK 1	DISC	WORKOUT	PAGE	TIME
Monday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Tuesday	—	Cardio Supersets	—	41:30
Wednesday	—	Total Body Trisets: Lower Body	—	39:00
Thursday	2	Bi's & Tri's	37	45:34
Friday	—	Low Impact Challenge	—	50:30
Saturday	—	Slide & Glide	—	52:00
Sunday	—	Yoga Relax or Day Off	—	52:00

WEEK 2	DISC	WORKOUT	PAGE	TIME
Monday	1	Chest, Back & Shoulders	32	53:51
Tuesday	—	Turbo Barre	—	74:00
Wednesday	—	Low Impact Challenge	—	50:30
Thursday	3	Burn Sets: Premix 2 • Bi's & Tri's + Core #1	41	47:40
Friday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Saturday	—	AfterBurn	—	54:00
Sunday	—	Yoga Max or Day Off	—	48:00

WEEK 3	DISC	WORKOUT	PAGE	TIME
Monday	—	Total Body Trisets: Upper Body	—	56:00
Tuesday	5	Legs: Premix 2 • Legs All Sections (Standing + Barre + Ball & Chair + Floor)	53	67:10
Wednesday	—	Slide & Glide	—	52:00
Thursday	—	AfterBurn	—	54:00
Friday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Saturday	4	Super Cuts	48	45:55
Sunday	—	Yoga Relax or Day Off	—	52:00

WEEK 4	DISC	WORKOUT	PAGE	TIME
Monday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Tuesday	—	Low Impact Challenge	—	50:30
Wednesday	3	Burn Sets: Premix 2 • Bi's & Tri's + Core #1	41	47:40
Thursday	—	Turbo Barre	—	74:00
Friday	—	Cardio Supersets	—	41:30
Saturday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Sunday	—	Yoga Max or Day Off	—	48:00

90 DAY XTRAIN + LOW IMPACT SERIES WORKOUT PROGRAM

WEEK 5	DISC	WORKOUT	PAGE	TIME
Monday	1	Chest, Back & Shoulders	32	53:51
Tuesday	—	Slide & Glide	—	52:00
Wednesday	2	Bi's & Tri's: Premix 2 • Bi's & Tri's + Core #2	37	58:05
Thursday	5	Legs: Premix 3 • Legs All Sections (Standing + Barre + Ball & Chair + Floor) + Rear Delts	53	80:45
Friday	—	Athletic Training	—	56:00
Saturday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Sunday	—	Yoga Relax or Day Off	—	52:00

WEEK 6	DISC	WORKOUT	PAGE	TIME
Monday	3	Burn Sets: Premix 2 • Bi's & Tri's + Core #1	41	47:40
Tuesday	—	Cardio Supersets	—	41:30
Wednesday	—	Turbo Barre	—	74:00
Thursday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Friday	—	Low Impact Challenge	—	50:30
Saturday	—	Slide & Glide	—	52:00
Sunday	—	Yoga Max or Day Off	—	48:00

WEEK 7	DISC	WORKOUT	PAGE	TIME
Monday	5	Legs: Premix 3 • Legs All Sections (Standing + Barre + Ball & Chair + Floor) + Rear Delts	53	80:45
Tuesday	—	AfterBurn	—	54:00
Wednesday	—	Turbo Barre	—	74:00
Thursday	4	Super Cuts	48	45:55
Friday	—	Total Body Trisets: Upper Body	—	56:00
Saturday	—	Cardio Supersets	—	41:30
Sunday	—	Yoga Relax or Day Off	—	52:00

WEEK 8	DISC	WORKOUT	PAGE	TIME
Monday	1	Chest, Back & Shoulders	32	53:51
Tuesday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Wednesday	—	Total Body Trisets: Lower Body	—	39:00
Thursday	2	Bi's & Tri's: Premix 2 • Bi's & Tri's + Core #2	37	58:05
Friday	—	Low Impact Challenge	—	50:30
Saturday	—	Slide & Glide	—	52:00
Sunday	—	Yoga Max or Day Off	—	48:00

XTRAIN

WEEK 9	DISC	WORKOUT	PAGE	TIME
Monday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Tuesday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Wednesday	—	Athletic Training	—	56:00
Thursday	3	Burn Sets: Bi's & Tri's	41	37:15
Friday	5	Legs: Premix 3 • Legs All Sections (Standing + Barre + Ball & Chair + Floor) + Rear Delts	53	80:45
Saturday	—	AfterBurn	—	54:00
Sunday	—	Yoga Relax or Day Off	—	52:00

WEEK 10	DISC	WORKOUT	PAGE	TIME
Monday	—	Total Body Trisets: Upper Body	—	56:00
Tuesday	—	Slide & Glide	—	52:00
Wednesday	—	Total Body Trisets: Lower Body	—	39:00
Thursday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Friday	4	Super Cuts: Premix 2 • Super Cuts + Core #2	48	58:25
Saturday	—	Athletic Training	—	56:00
Sunday	—	Yoga Max or Day Off	—	48:00

WEEK 11	DISC	WORKOUT	PAGE	TIME
Monday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Tuesday	—	Turbo Barre	—	74:00
Wednesday	2	Bi's & Tri's: Premix 2 • Bi's & Tri's + Core #2	37	58:05
Thursday	—	Low Impact Challenge	—	50:30
Friday	—	Cardio Supersets	—	41:30
Saturday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Sunday	—	Yoga Relax or Day Off	—	52:00

WEEK 12	DISC	WORKOUT	PAGE	TIME
Monday	1	Chest, Back & Shoulders	32	53:51
Tuesday	—	Total Body Trisets: Lower Body	—	39:00
Wednesday	2	Bi's & Tri's: Premix 2 • Bi's & Tri's + Core #2	37	58:05
Thursday	—	Slide & Glide	—	52:00
Friday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Saturday	4	Super Cuts	48	45:55
Sunday	—	Yoga Max or Day Off	—	48:00

30 DAY CARDIO + STRENGTH COMBINED WORKOUT PROGRAM

WEEK 1	DISC	WORKOUT	PAGE	TIME
Monday	7	All Out Low Impact HiiT: Premix 2 • Low Impact HiiT + Burn Set Chest	63	53:06
Tuesday	5	Legs: Premix 1 • Legs (Standing + Ball & Chair + Floor) + Rear Delts	53	65:20
Wednesday	9	Tabatacise: Your choice of Premix 12, 13, 14 or 15	71	Varies
Thursday	7	All Out Low Impact HiiT: Premix 4 • Low Impact HiiT + Burn Set Shoulders	63	53:15
Friday	8	Hard Strikes: Premix 3 • Hard Strikes + Burn Set Tri's + Core #1	68	70:59
Saturday	6	Cardio Leg Blast: Premix 2 • Cardio Leg Blast + Burn Set Bi's	58	69:54
Sunday	Day Off			

WEEK 2	DISC	WORKOUT	PAGE	TIME
Monday	9	Tabatacise: Your choice of Premix 12, 13, 14 or 15	71	Varies
Tuesday	7	All Out Low Impact HiiT: Premix 2 • Low Impact HiiT + Burn Set Chest	63	53:06
Wednesday	5	Legs: Premix 1 • Legs (Standing + Ball & Chair + Floor) + Rear Delts	53	65:20
Thursday	8	Hard Strikes: Premix 3 • Hard Strikes + Burn Set Tri's + Core #1	68	70:59
Friday	6	Cardio Leg Blast: Premix 2 • Cardio Leg Blast + Burn Set Bi's	58	69:54
Saturday	7	All Out Low Impact HiiT: Premix 5 • Low Impact HiiT + Burn Set Shoulders + Core #1	63	63:40
Sunday	Day Off			

WEEK 3	DISC	WORKOUT	PAGE	TIME
Monday	7	All Out Low Impact HiiT: Premix 2 • Low Impact HiiT + Burn Set Chest	63	53:06
Tuesday	5	Legs: Premix 1 • Legs (Standing + Ball & Chair + Floor) + Rear Delts	53	65:20
Wednesday	9	Tabatacise: Your choice of Premix 12, 13, 14 or 15	71	Varies
Thursday	7	All Out Low Impact HiiT: Premix 4 • Low Impact HiiT + Burn Set Shoulders	63	53:15
Friday	8	Hard Strikes: Premix 3 • Hard Strikes + Burn Set Tri's + Core #1	68	70:59
Saturday	6	Cardio Leg Blast: Premix 2 • Cardio Leg Blast + Burn Set Bi's	58	69:54
Sunday	Day Off			

WEEK 4	DISC	WORKOUT	PAGE	TIME
Monday	9	Tabatacise: Your choice of Premix 12, 13, 14 or 15	71	Varies
Tuesday	7	All Out Low Impact HiiT: Premix 2 • Low Impact HiiT + Burn Set Chest	63	53:06
Wednesday	5	Legs: Premix 1 • Legs (Standing + Ball & Chair + Floor) + Rear Delts	53	65:20
Thursday	8	Hard Strikes: Premix 3 • Hard Strikes + Burn Set Tri's + Core #1	68	70:59
Friday	6	Cardio Leg Blast: Premix 2 • Cardio Leg Blast + Burn Set Bi's	58	69:54
Saturday	7	All Out Low Impact HiiT: Premix 5 • Low Impact HiiT + Burn Set Shoulders + Core #1	63	63:40
Sunday	Day Off			

30 DAY UNDULATING + RIDE WORKOUT PROGRAM

WEEK 1	DISC	WORKOUT	PAGE	TIME
Monday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Tuesday	6	Cardio Leg Blast	58	56:18
Wednesday	3	Burn Sets: Premix 2 • Bi's & Tri's + Core #1	41	47:40
Thursday	10	Ride	78	56:37
Friday	8	Hard Strikes: Premix 16 • Timesaver (No Conditioning)	68	34:40
Saturday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Sunday	Day Off			

WEEK 2	DISC	WORKOUT	PAGE	TIME
Monday	1	Chest, Back & Shoulders	32	53:51
Tuesday	10	Ride	78	56:37
Wednesday	4	Super Cuts	48	45:55
Thursday	8	Hard Strikes: Premix 17 • Timesaver (No Conditioning) + Core #1	68	45:06
Friday	2	Bi's & Tri's	37	45:34
Saturday	6	Cardio Leg Blast: Premix 1 • Cardio Leg Blast + Core #2	58	68:11
Sunday	Day Off			

WEEK 3	DISC	WORKOUT	PAGE	TIME
Monday	3	Burn Sets: Chest, Back & Shoulders	41	50:43
Tuesday	7	All Out Low Impact HiiT: Premix 1 • Low Impact HiiT + Core #1	63	49:22
Wednesday	2	Bi's & Tri's	37	45:34
Thursday	5	Legs: Premix 3 • Legs All Sections (Standing + Barre + Ball & Chair + Floor) + Rear Delts	53	80:45
Friday	10	Ride	78	56:37
Saturday	9	Tabatacise: Your choice of Premix 12, 13, 14 or 15	71	Varies
Sunday	Day Off			

WEEK 4	DISC	WORKOUT	PAGE	TIME
Monday	1	Chest, Back & Shoulders	32	53:51
Tuesday	8	Hard Strikes: Premix 17 • Timesaver (No Conditioning) + Core #1	68	45:06
Wednesday	6	Cardio Leg Blast	58	56:18
Thursday	10	Ride	78	56:37
Friday	3	Burn Sets: Bi's & Tri's	41	37:15
Saturday	9	Tabatacise: Your choice of Premix 12, 13, 14 or 15	71	Varies
Sunday	Day Off			



DISC 1

CHEST, BACK & SHOULDERS

TOTAL TIME **51:16**

SUMMARY

I've designed this intense upper body strength workout to focus on exhausting your chest, back and shoulder muscle groups with very little rest between exercises. In order to effectively reduce the rest needed between exercises, we will be working in eight rounds. Each round consists of one set for chest, followed by one set for back, and finishes up with one set for shoulders. You will continue to repeat this sequence throughout your workout but use a different exercise each time you hit your chest, back and shoulders. By not repeating any exercise throughout the program, you eliminate boredom and increase mental awareness. You'll also see us taking notes to record our selected weight(s) throughout the workout and I encourage you to do the same. This way, the next time you do the workout you can make it even *more* effective!

Here is how the program works. You'll need to use heavy weight(s) in this XTrain workout and do between 10 and 16 reps for each exercise. I suggest first trying a weight that is about 70% of your one rep max and make adjustments as needed. Keep in mind if you can easily do 16 reps for any exercise you should select a higher weight the next time you do this workout. Likewise, if you can't do at least eight reps you should consider lowering your weight. Finally, (and I can't stress this enough), in order for this workout to be effective, you need to select a weight and resistance tube that challenges you for *each and every* exercise while still maintaining good form.

WORKOUT DETAILS

Warm Up.....	5:16
Workout.....	42:22
Stretch.....	3:38
Total.....	51:16
Bonus Core #1.....	10:26
100 Rep Challenge Lateral Raises.....	7:35

EQUIPMENT NEEDED

This equipment is required for the main workouts. Equipment for Bonuses is listed with the Bonuses.

- Dumbbells
- Stability Ball
- Medium Resistance Tubing

CHAPTER 1 WARM UP

ROUND ONE

TEMPO PUSH UP

CHAPTER 2	WM #1058	Chest	Equipment: None	
	1RM NA	24 Reps	Cathe's Weight BW	My Weight

ONE ARM ROTATIONAL ROW

CHAPTER 3	WM #1059	Back	Equipment: Dumbbell	
	1RM 70%	16 Reps	Cathe's Weight 30 lbs	My Weight

SIDE LEANING LATERAL RAISE

CHAPTER 4	WM #1060	Shoulders	Equipment: Dumbbell	
	1RM 70%	16 Reps	Cathe's Weight 8 lbs	My Weight

ROUND TWO

DUMBBELL PRESS ON BALL

CHAPTER 5	WM #1061	Chest	Equipment: Dumbbells, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 25 lbs	My Weight

“T” BAND PULL

CHAPTER 6	WM #1062	Back	Equipment: Medium Resistance Tubing	
	1RM NA	16 Slow, 10 Fast	Cathe's Resistance Medium	My Resistance

SHOULDER CIRCLE

CHAPTER 7	WM #1063	Shoulders	Equipment: Dumbbells	
	1RM NA	48 Reps	Cathe's Weight 5 lbs	My Weight

ROUND THREE

REACH TAP PUSH UP

CHAPTER 8	WM #1064	Chest	Equipment: None	
	1RM NA	24 Reps	Cathe's Weight BW	My Weight

“T” PRONE ON BALL

CHAPTER 9	WM #1065	Back	Equipment: Dumbbells, Stability Ball	
	1RM 70%	12 Reps	Cathe's Weight 15 lbs	My Weight

SEATED ALTERNATING DUMBBELL OVERHEAD PRESS

CHAPTER 10	WM #1066	Shoulders	Equipment: Dumbbells, Stability Ball	
	1RM 70%	12 Reps	Cathe's Weight 15 lbs	My Weight

ROUND FOUR

CHEST FLY ON STABILITY BALL

CHAPTER 11	WM #298	Chest	Equipment: Dumbbells, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 20 lbs	My Weight

ONE ARM ROW WITH TUBING

CHAPTER 12	WM #1067	Back	Equipment: Medium Resistance Tubing	
	1RM NA	32 Reps	Cathe's Resistance Medium	My Resistance

BENT OVER REAR DELT DROP SETS

CHAPTER 13	WM #1068	Shoulders	Equipment: Dumbbells	
	1RM 70%	16, 12, 8 Reps	Cathe's Weight 10 lbs	My Weight

ROUND FIVE

LOWER CHEST INCLINE FLY ON BALL

CHAPTER 14	WM #1069	Chest	Equipment: Dumbbells, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 10 lbs	My Weight

DUMBBELL PULLOVER ON STABILITY BALL

CHAPTER 15	WM #316	Back	Equipment: Dumbbell, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 30 lbs	My Weight

DOUBLE ARM UPRIGHT ROW

CHAPTER 16	WM #1070	Shoulders	Equipment: Dumbbells	
	1RM 70%	16 Reps	Cathe's Weight 15 lbs	My Weight

ROUND SIX

INCLINE DUMBBELL PRESS ON STABILITY BALL

CHAPTER 17	WM #1071	Chest	Equipment: Dumbbells, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 30 lbs	My Weight

BACK FLY ON STABILITY BALL

CHAPTER 18	WM #1072	Back	Equipment: Dumbbells, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 12 lbs	My Weight

DUMBBELL "W" PRESS ON BALL

CHAPTER 19	WM #1073	Shoulders	Equipment: Dumbbells, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 12 lbs	My Weight

DISC 1

ROUND SEVEN

THREE WAY CHEST FLY

CHAPTER 20	WM #1074	Chest	Equipment: Dumbbells, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 20 lbs	My Weight

ONE ARM ROW

CHAPTER 21	WM #134	Back	Equipment: Dumbbell	
	1RM 70%	16 Reps	Cathe's Weight 25 lbs	My Weight

SIMULTANEOUS INCLINE HAMMER FRONT RAISE ON BALL

CHAPTER 22	WM #1075	Shoulders	Equipment: Dumbbells, Stability Ball	
	1RM 70%	12+ Reps	Cathe's Weight 8 lbs	My Weight

ROUND EIGHT

PUSH UP

CHAPTER 23	WM #281	Chest	Equipment: None	
	1RM NA	12, 10, 8 Reps	Cathe's Weight BW	My Weight

SUPERMAN "Y" ON BALL

CHAPTER 24	WM #1076	Back	Equipment: Stability Ball	
	1RM NA	32 Reps	Cathe's Weight BW	My Weight

LATERAL RAISE WITH 10-20 DEGREE TILT DROPSET

CHAPTER 25	WM #1077	Shoulders	Equipment: Dumbbells	
	1RM 70%	12, 10, 8 Reps	Cathe's Weight 8 lbs	My Weight

CHAPTER 26 STRETCH

PREMIXES • CHEST, BACK & SHOULDERS

DISC 1

Premix 01	Chest/Back/Shoulders + Core #1	Chapters 1-25, Core #1, 26	61:43
Premix 02	Chest/Back/Shoulders (No Resistance Tubing)	Chapters 1-5, 18, 7-11, 21, 13-26	48:53
Premix 03	Timesaver (Rounds 1-4)	Chapters 1-13, 26	32:14
Premix 04	Timesaver (Rounds 1-4) + Core #1	Chapters 1-13, Core #1, 26	42:40
Premix 05	Timesaver (Rounds 1-5)	Chapters 1-16, 26	36:30
Premix 06	Timesaver (Rounds 1-5) + Core #1	Chapters 1-16, Core #1, 26	46:56
Premix 07	Timesaver (Rounds 1-6)	Chapters 1-19, 26	40:35
Premix 08	Timesaver (Rounds 1-6) + Core #1	Chapters 1-19, Core #1, 26	51:01
Premix 09	Timesaver (Rounds 1-7)	Chapters 1-22, 26	45:38
Premix 10	Timesaver (Rounds 1-7) + Core #1	Chapters 1-22, Core #1, 26	56:04
Premix 11	Extreme (Rounds 1-8) + (Rounds 1-3) + Core #1	Chapters 1-25, 2-10, Core #1, 26	77:54
Premix 12	Double Trouble	Chapters 1-7, 2-7, 8-13, 8-13, 14-19, 14-19, 20-25, 20-25, 26	93:38

BONUSES • CHEST, BACK & SHOULDERS

Core #1	Equipment: None	10:26
100 Rep Challenge Lateral Raises (10 to 20 Degree Tilt)	Equipment: Dumbbells	7:35





DISC 2

BI'S & TRI'S

TOTAL TIME **45:34**

SUMMARY

Bi's & Tri's is an intense upper body strength workout that focuses on exhausting your biceps and triceps muscle groups with very little rest between exercises. In order to effectively reduce the rest needed between exercises you'll be working nine rounds. Each round consists of one set for biceps followed by one set for triceps, and you'll continue to repeat this sequence throughout your workout using a different exercise for every round. By not repeating any exercise throughout the program we eliminate boredom, increase mental awareness and stimulate muscle fiber recruitment from a surplus of angles.

To get maximum benefits from this XTrain arm program you'll need to use heavy weights and do between 10 and 16 reps for each exercise. I suggest first trying a weight that is about 70% of your one rep max, and make adjustments as needed. If you can easily do 16 reps for any exercise you should select a higher weight the next time you do this workout. Likewise, if you can't do at least eight reps you should consider lowering your weight. Remember, in order for this workout to be fully effective, you need to select a weight and resistance tube that challenges you for every exercise while still maintaining good form. You'll see us taking notes to record our weights and I encourage you to do the same. This way, the next time you do the workout you can make it even *more* effective!

WORKOUT DETAILS

Warm Up.....	5:03
Workout.....	36:14
Stretch.....	4:17
Total	45:34
Bonus Core #1	10:26
Bonus Core #2	12:30
100 Rep Challenge Bicep Curls.....	6:50
100 Rep Challenge Flat Bench Tricep Extensions.....	7:15

EQUIPMENT NEEDED

This equipment is required for the main workouts. Equipment for Bonuses is listed with the Bonuses.

- Dumbbells
- Stability Ball
- Medium Resistance Tubing

CHAPTER 1 **WARM UP**

ROUND ONE

ALTERNATING STANDING CURLS

CHAPTER 2	WM #177	Biceps	Equipment: Dumbbells	
	1RM 70%	12 Reps	Cathe's Weight 20 lbs	My Weight

STANDING OVERHEAD EXTENSIONS DOUBLE ARM (DUMBBELL)

CHAPTER 3	WM #1090	Triceps	Equipment: Dumbbell	
	1RM 70%	16 Reps	Cathe's Weight 35 lbs	My Weight

ROUND TWO

INCLINE CURLS ON STABILITY BALL (DUMBBELLS)

CHAPTER 4	WM #204	Biceps	Equipment: Dumbbells, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 12 lbs	My Weight

FLAT BENCH TRICEP EXTENSION

CHAPTER 5	WM #717	Triceps	Equipment: Dumbbells	
	1RM 70%	16 Reps	Cathe's Weight 12 lbs	My Weight

ROUND THREE

SEATED CONCENTRATION CURLS

CHAPTER 6	WM #237	Biceps	Equipment: Dumbbell, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 15 lbs	My Weight

ONE ARM KICK BACKS WITH TUBING AND DUMBBELL

CHAPTER 7	WM #1085	Triceps	Equipment: Dumbbell, Medium Resistance Tubing	
	1RM NA	16 Reps	Cathe's Weight 5 lbs	My Weight

ROUND FOUR

STANDING "W" CURLS WITH DUMBBELLS AND TUBING

CHAPTER 8	WM #1086	Biceps	Equipment: Dumbbells, Medium Resistance Tubing	
	1RM NA	16 Reps	Cathe's Weight 5 lbs	My Weight

SEESAW PUSH UPS ON BALL

CHAPTER 9	WM #736	Triceps	Equipment: Stability Ball	
	1RM NA	12 Reps	Cathe's Weight NA	

DISC 2

ROUND FIVE

SEATED HAMMER CURLS ON STABILITY BALL

CHAPTER 10	WM #193	Biceps	Equipment: Dumbbells, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 12 lbs	My Weight

SEATED OVERHEAD EXTENSIONS ONE ARM (DUMBBELL)

CHAPTER 11	WM #738	Triceps	Equipment: Dumbbell, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 12 lbs	My Weight

ROUND SIX

PREACHER CURL ON STABILITY BALL ONE ARM

CHAPTER 12	WM #224	Biceps	Equipment: Dumbbell, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 15 lbs	My Weight

SIDE LEANING ONE ARM OVERHEAD EXTENSIONS ON BALL

CHAPTER 13	WM #739	Triceps	Equipment: Dumbbell, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 12 lbs	My Weight

ROUND SEVEN

SLOW MO ECCENTRIC CURLS WITH TUBING

CHAPTER 14	WM #1087	Biceps	Equipment: Dumbbells, Medium Resistance Tubing	
	1RM NA	16 Reps	Cathe's Weight 5 lbs	My Weight

CROSS BODY KICKBACKS

CHAPTER 15	WM #712	Triceps	Equipment: Dumbbell	
	1RM 70%	16 Reps	Cathe's Weight 12 lbs	My Weight

ROUND EIGHT

INCLINE REVERSE CURLS ON BALL (DUMBBELL)

CHAPTER 16	WM #1088	Biceps	Equipment: Dumbbells, Stability Ball	
	1RM 70%	16 Reps	Cathe's Weight 12 lbs	My Weight

ONE ARM PLANK KICKBACKS

CHAPTER 17	WM #1089	Triceps	Equipment: Dumbbell	
	1RM 70%	16 Reps	Cathe's Weight 12 lbs	My Weight

DISC 2

ROUND NINE

HAMMER CURL DOUBLE ARM CRAZY 8'S

CHAPTER 18	WM #196	Biceps	Equipment: Dumbbells	
	1RM 70%	24 Reps	Cathe's Weight 12 lbs	My Weight

CRAZY DIPS

CHAPTER 19	WM #1090	Triceps	Equipment: None	
	1RM NA	16,16,8,8,8,8Reps	Cathe's Weight BW	My Weight

CHAPTER 20 STRETCH

PREMIXES • **BI'S & TRI'S**

Premix 01	Bi's & Tri's + Core #1	Chapters 1-19, Core #1, 20	56:01
Premix 02	Bi's & Tri's + Core #2	Chapters 1-19, Core #2, 20	58:05
Premix 03	Timesaver (Rounds 1-5)	Chapters 1-11, 20	26:52
Premix 04	Timesaver (Rounds 1-5) + Core #1	Chapters 1-11, Core #1, 20	37:18
Premix 05	Timesaver (Rounds 1-5) + Core #2	Chapters 1-11, Core #2, 20	39:22
Premix 06	Timesaver (Rounds 1-6)	Chapters 1-13, 20	32:28
Premix 07	Timesaver (Rounds 1-6) + Core #1	Chapters 1-13, Core #1, 20	42:55
Premix 08	Timesaver (Rounds 1-6) + Core #2	Chapters 1-13, Core #2, 20	44:59
Premix 09	Timesaver (Rounds 1-7)	Chapters 1-15, 20	37:16
Premix 10	Timesaver (Rounds 1-7) + Core #1	Chapters 1-15, Core #1, 20	47:42
Premix 11	Timesaver (Rounds 1-7) + Core #2	Chapters 1-15, Core #2, 20	49:46
Premix 12	Timesaver (Rounds 4-9)	Chapters 1, 8-20	35:28
Premix 13	Timesaver (Rounds 4-9) + Core #1	Chapters 1, 8-19, Core #1, 20	45:55
Premix 14	Timesaver (Rounds 4-9) + Core #2	Chapters 1, 8-19, Core #2, 20	47:58

BONUSES • **BI'S & TRI'S**

Core #1	Equipment: None	10:26
Core #2	Equipment: None	12:30
100 Rep Challenge Bicep Curls	Equipment: Barbell	6:50
100 Rep Challenge Flat Bench Tricep Extensions	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	7:15

DISC 3

BURN SETS

TOTAL TIMES **50:43/37:15**

SUMMARY

This XTrain workout consists of two traditional upper body heavy weight workouts: Chest, Back & Shoulders and Bi's & Tri's. This workout also contains options for working individual muscle groups for those of you that want and need a shorter workout. In **Burn Sets**, you'll work each muscle group in its entirety before moving on to the next muscle group. You'll usually do three sets for each exercise with a goal of around 10 reps for your first and second sets. On your third set you'll always lift to failure. After your third set you'll do a Burn Set Finisher to really feel the muscles heat up.

You'll need to use heavy weights in this XTrain workout and I suggest trying a weight that is about 75 to 80% of your one rep max. If your selected weight is too heavy or too light during your first or second set simply grab a more appropriate weight for any remaining sets, making sure that you lift to failure on your third set. Lifting to failure is perhaps the most important requirement for developing strong and toned muscles.

WORKOUT DETAILS

Chest, Back & Shoulders

Warm Up.....	4:27
Workout.....	41:39
Stretch.....	4:37
Total.....	50:43

Bi's & Tri's

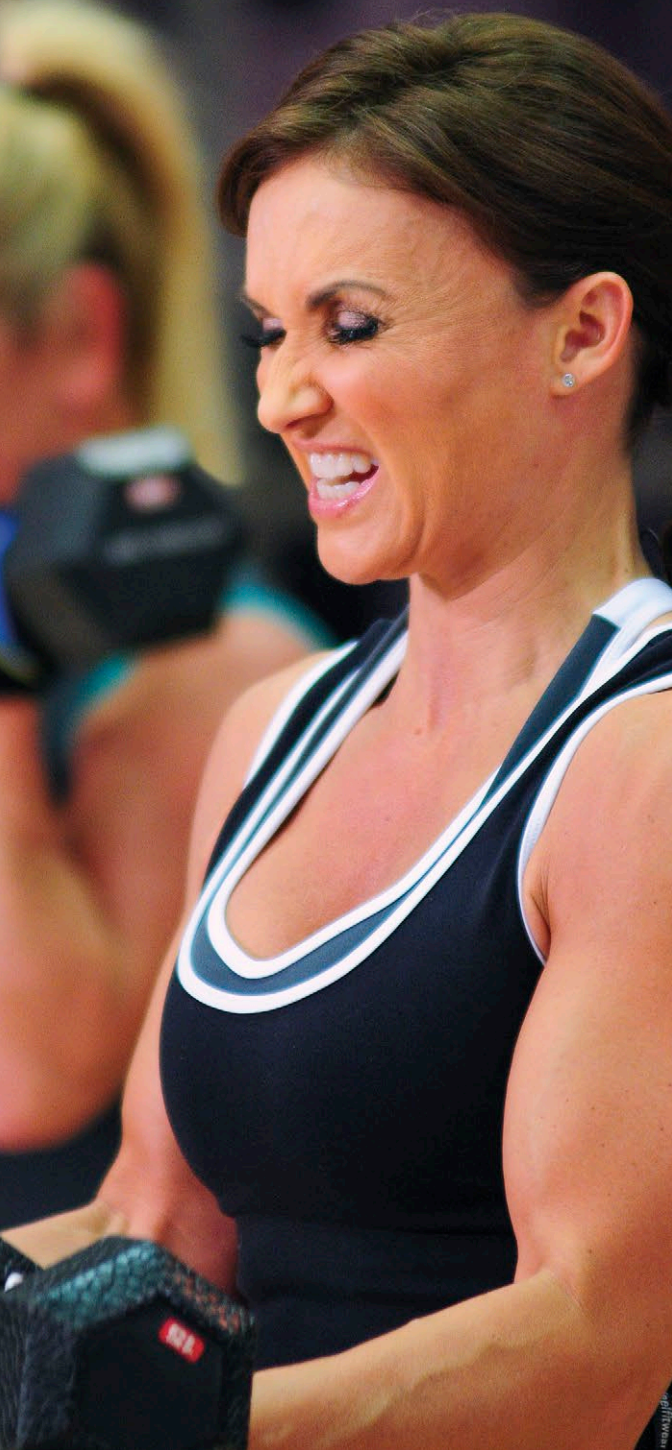
Warm Up.....	4:27
Workout.....	28:11
Stretch.....	4:37
Total.....	37:15

Bonus Core #1 10:26

EQUIPMENT NEEDED

This equipment is required for the main workouts. Equipment for Bonuses is listed with the Bonuses.

- Dumbbells
- Bench or Step with Five Risers per Side
- Incline Bench or Step with Two Risers on the Front and Five Risers on the Back
- Firewalker Loop
- Medium Resistance Tubing



CHEST, BACK & SHOULDERS

CHAPTER 1 WARM UP

CHEST

DUMBBELL BENCH PRESS • SET 1

CHAPTER 2	WM #307	Chest	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 35 lbs	My Weight

DUMBBELL BENCH PRESS • SET 2

CHAPTER 3	WM #307	Chest	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 30 lbs	My Weight

DUMBBELL BENCH PRESS • SET 3

CHAPTER 4	WM #307	Chest	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	To Failure	Cathe's Weight 30 lbs	My Weight

CHEST FLY • SET 1

CHAPTER 5	WM #297	Chest	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 30 lbs	My Weight

CHEST FLY • SET 2

CHAPTER 6	WM #297	Chest	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 30 lbs	My Weight

CHEST FLY • SET 3

CHAPTER 7	WM #297	Chest	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	To Failure	Cathe's Weight 30 lbs	My Weight

DUMBBELL CHEST PRESS INCLINE • SET 1

CHAPTER 8	WM #309	Chest	Equipment: Dumbbells, Incline Bench or Step w/ 2 Risers Front & 5 Risers Back	
	1RM 75%	10 Reps	Cathe's Weight 30 lbs	My Weight

DUMBBELL CHEST PRESS INCLINE • SET 2

CHAPTER 9	WM #309	Chest	Equipment: Dumbbells, Incline Bench or Step w/ 2 Risers Front & 5 Risers Back	
	1RM 75%	10 Reps	Cathe's Weight 30 lbs	My Weight

DUMBBELL CHEST PRESS INCLINE • SET 3

CHAPTER 10	WM #309	Chest	Equipment: Dumbbells, Incline Bench or Step w/ 2 Risers Front & 5 Risers Back	
	1RM 75%	To Failure	Cathe's Weight 30 lbs	My Weight

BURN SET • PUSH UP

CHAPTER 11	WM #281	Chest	Equipment: None	
	1RM NA	16 Reps	Cathe's Weight BW	My Weight

DISC 3

BACK

ONE ARM ROW • SET 1

CHAPTER 12	WM #134	Back	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 35 lbs	My Weight

ONE ARM ROW • SET 2

CHAPTER 13	WM #134	Back	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 35 lbs	My Weight

ONE ARM ROW • SET 3

CHAPTER 14	WM #134	Back	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	To Failure	Cathe's Weight 35 lbs	My Weight

DOUBLE ARM ROW • SET 1

CHAPTER 15	WM #113	Back	Equipment: Dumbbells	
	1RM 75%	10 Reps	Cathe's Weight 20 lbs	My Weight

DOUBLE ARM ROW • SET 2

CHAPTER 16	WM #113	Back	Equipment: Dumbbells	
	1RM 75%	10 Reps	Cathe's Weight 20 lbs	My Weight

DOUBLE ARM ROW • SET 3

CHAPTER 17	WM #113	Back	Equipment: Dumbbells	
	1RM 75%	To Failure	Cathe's Weight 20 lbs	My Weight

SEATED REAR DELTS • SET 1

CHAPTER 18	WM #679	Back	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 12 lbs	My Weight

SEATED REAR DELTS • SET 2

CHAPTER 19	WM #679	Back	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 10 lbs	My Weight

SEATED REAR DELTS • SET 3

CHAPTER 20	WM #679	Back	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	To Failure	Cathe's Weight 10 lbs	My Weight

BURN SET • SUPERMAN

CHAPTER 21	WM #1078	Back	Equipment: Firewalker Loop, Medium Resistance Tubing	
	1RM NA	24 Reps	Cathe's Resistance Medium	My Resistance

SHOULDERS

STANDING OVERHEAD PRESS BOTH ARMS • SET 1

CHAPTER 22	WM #694	Shoulders	Equipment: Dumbbells	
	1RM 75%	10 Reps	Cathe's Weight 20 lbs	My Weight

STANDING OVERHEAD PRESS BOTH ARMS • SET 2

CHAPTER 23	WM #694	Shoulders	Equipment: Dumbbells	
	1RM 75%	10 Reps	Cathe's Weight 20 lbs	My Weight

STANDING OVERHEAD PRESS BOTH ARMS • SET 3

CHAPTER 24	WM #694	Shoulders	Equipment: Dumbbells	
	1RM 75%	To Failure	Cathe's Weight 20 lbs	My Weight

SINGLE ARM LATERAL RAISE • SET 1

CHAPTER 25	WM #1079	Shoulders	Equipment: Dumbbell	
	1RM 75%	10 Reps	Cathe's Weight 8 lbs	My Weight

SINGLE ARM LATERAL RAISE • SET 2

CHAPTER 26	WM #1079	Shoulders	Equipment: Dumbbell	
	1RM 75%	10 Reps	Cathe's Weight 8 lbs	My Weight

SINGLE ARM LATERAL RAISE • SET 3

CHAPTER 27	WM #1079	Shoulders	Equipment: Dumbbell	
	1RM 75%	To Failure	Cathe's Weight 8 lbs	My Weight

SINGLE ARM REAR DELT FLY • SET 1

CHAPTER 28	WM #1080	Shoulders	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 8 lbs	My Weight

SINGLE ARM REAR DELT FLY • SET 2

CHAPTER 29	WM #1080	Shoulders	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 8 lbs	My Weight

SINGLE ARM REAR DELT FLY • SET 3

CHAPTER 30	WM #1080	Shoulders	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	To Failure	Cathe's Weight 8 lbs	My Weight

BURN SET • FORWARD LUNGING SCARECROW

CHAPTER 31	WM #1081	Shoulders	Equipment: Medium Resistance Tubing	
	1RM NA	11 Reps	Cathe's Resistance Medium	My Resistance

CHAPTER 32 STRETCH

DISC 3

BI'S & TRI'S

CHAPTER 1 WARM UP

BICEPS

STANDING DUMBBELL CURL • SET 1

CHAPTER 33	WM #252	Biceps	Equipment: Dumbbells	
	1RM 75%	10 Reps	Cathe's Weight 20 lbs	My Weight

STANDING DUMBBELL CURL • SET 2

CHAPTER 34	WM #252	Biceps	Equipment: Dumbbells	
	1RM 75%	10 Reps	Cathe's Weight 20 lbs	My Weight

STANDING DUMBBELL CURL • SET 3

CHAPTER 35	WM #252	Biceps	Equipment: Dumbbells	
	1RM 75%	To Failure	Cathe's Weight 20 lbs	My Weight

SIMULTANEOUS ROTATIONAL CURL • SET 1

CHAPTER 36	WM #1082	Biceps	Equipment: Dumbbells	
	1RM 75%	10 Reps	Cathe's Weight 20 lbs	My Weight

SIMULTANEOUS ROTATIONAL CURL • SET 2

CHAPTER 37	WM #1082	Biceps	Equipment: Dumbbells	
	1RM 75%	10 Reps	Cathe's Weight 20 lbs	My Weight

SIMULTANEOUS ROTATIONAL CURL • SET 3

CHAPTER 38	WM #1082	Biceps	Equipment: Dumbbells	
	1RM 75%	To Failure	Cathe's Weight 20 lbs	My Weight

SEATED CONCENTRATION CURL • SET 1

CHAPTER 39	WM #237	Biceps	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 20 lbs	My Weight

SEATED CONCENTRATION CURL • SET 2

CHAPTER 40	WM #237	Biceps	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 20 lbs	My Weight

SEATED CONCENTRATION CURL • SET 3

CHAPTER 41	WM #237	Biceps	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	To Failure	Cathe's Weight 20 lbs	My Weight

BURN SET • HAMMER CURL DOUBLE ARM CRAZY 8'S

CHAPTER 42	WM #196	Biceps	Equipment: Dumbbells	
	1RM 70%	24 Reps	Cathe's Weight 12 lbs	My Weight

TRICEPS

TRICEP PUSH UP • SET 1

CHAPTER 43	WM #1083	Triceps	Equipment: None	
	1RM NA	Reps NA	Cathe's Weight BW	My Weight

TRICEP PUSH UP • SET 2

CHAPTER 44	WM #1083	Triceps	Equipment: None	
	1RM NA	Reps NA	Cathe's Weight BW	My Weight

TRICEP PUSH UP • SET 3

CHAPTER 45	WM #1083	Triceps	Equipment: None	
	1RM NA	Reps NA	Cathe's Weight BW	My Weight

FLAT BENCH TRICEP EXTENSION • SET 1

CHAPTER 46	WM #717	Triceps	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 12 lbs	My Weight

FLAT BENCH TRICEP EXTENSION • SET 2

CHAPTER 47	WM #717	Triceps	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 12 lbs	My Weight

FLAT BENCH TRICEP EXTENSION • SET 3

CHAPTER 48	WM #717	Triceps	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	
	1RM 75%	To Failure	Cathe's Weight 12 lbs	My Weight

KICKBACK ONE ARM • SET 1

CHAPTER 49	WM #721	Triceps	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 12 lbs	My Weight

KICKBACK ONE ARM • SET 2

CHAPTER 50	WM #721	Triceps	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	10 Reps	Cathe's Weight 12 lbs	My Weight

KICKBACK ONE ARM • SET 3

CHAPTER 51	WM #721	Triceps	Equipment: Dumbbell, Bench or Step w/ 5 Risers/Side	
	1RM 75%	To Failure	Cathe's Weight 12 lbs	My Weight

BURN SET DOUBLE ARM OVERHEAD TRICEP EXTENSION WITH TUBING

CHAPTER 52	WM #1091	Triceps	Equipment: Medium Resistance Tubing	
	1RM NA	14+ Pulses	Cathe's Resistance Medium	My Resistance

CHAPTER 32 STRETCH

PREMIXES • **BURN SETS**

DISC 3

Premix 01	Chest, Back & Shoulders + Core #1	Chapters 1-31, Core #1, 32	61:08
Premix 02	Bi's & Tri's + Core #1	Chapters 1, 33-52, Core #1, 32	47:40
Premix 03	Chest Only	Chapters 2-11	14:09
Premix 04	Back Only	Chapters 12-21	13:12
Premix 05	Shoulders Only	Chapters 22-31	14:18
Premix 06	Biceps Only	Chapters 33-42	14:15
Premix 07	Triceps Only	Chapters 43-52	13:56
Premix 08	Upper Body	Chapters 1-31, 33-52, 32	78:54
Premix 09	Upper Body + Core #1	Chapters 1-31, 33-52, Core #1, 32	89:19
Premix 10	Chest + Shoulders + Triceps	Chapters 1-11, 22-31, 43-52, 32	51:27
Premix 11	Chest + Shoulders + Triceps + Core #1	Chapters 1-11, 22-31, 43-52, Core #1, 32	61:50
Premix 12	Chest + Back	Chapters 1-21, 32	36:25
Premix 13	Chest + Back + Core #1	Chapters 1-21, Core #1, 32	46:50
Premix 14	Back + Biceps	Chapters 1, 12-21, 33-42, 32	36:31
Premix 15	Back + Biceps + Core #1	Chapters 1, 12-21, 33-42, Core #1, 32	46:56

BONUSES • **BURN SETS**

Core #1	Equipment: None	10:26
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DISC 4

SUPER CUTS

TOTAL TIME **45:55**

SUMMARY

With the growing popularity of metabolic workouts, I've designed **Super Cuts** to provide you with a unique low impact metabolic circuit workout that mixes functional training with compound exercises, dynamic movement, variation of exercise sequences, angles, movement patterns, rep speeds and equipment use. You'll keep moving from exercise to exercise in a unique undulating approach with very little breaks in between. The sequencing keeps the heart rate fired up while shedding body fat and shaping muscles. A light and moderate set of hand weights, resistance tubing, firewalker and discs will get you *super cut* in no time.

WORKOUT DETAILS

Warm Up.....	4:13
Workout.....	36:10
Cool Down/Stretch	5:32
Total	45:55
Bonus Core #1	10:26
Bonus Core #2	12:30
100 Rep Challenge Hip Thrusts.....	6:09

EQUIPMENT NEEDED

This equipment is required for the main workouts. Equipment for Bonuses is listed with the Bonuses.

- Dumbbells
- Slide N Glide Discs
- Dixie Cups
- Firewalker Loop
- Medium Resistance Tubing

CHAPTER 1 WARM UP

SQUAT PRESS

CHAPTER 2	Lower Body	Equipment: Dumbbells
	Cathe's Weight 8 lbs	My Weight

LATERAL (SUMO) WALK

CHAPTER 3	Lower Body	Equipment: Dumbbells
	Cathe's Weight 8 lbs	My Weight

SQUAT PRESS WITH ALTERNATE LEG ABDUCTION

CHAPTER 4	Lower Body	Equipment: Dumbbells
	Cathe's Weight 8 lbs	My Weight

LATERAL CURL N PRESS SQUAT WITH FIREWALKER BAND

CHAPTER 5	Lower Body/Shoulders	Equipment: Dumbbells, Firewalker Loop
	Cathe's Weight 8 lbs	My Weight

FUNCTIONAL CORE ROTATION

CHAPTER 6	Core	Equipment: Medium Resistance Tubing
	Cathe's Resistance Medium	My Resistance

RIGHT SIDE • SQUAT KICK SQUAT LUNGE COMBO

CHAPTER 7	Lower Body	Equipment: None
	Cathe's Weight NA	

LONG LEVER LATERAL RAISE

CHAPTER 8	Shoulders	Equipment: Dumbbells
	Cathe's Weight 5 lbs	My Weight

LEFT SIDE • SQUAT KICK SQUAT LUNGE COMBO

CHAPTER 9	Lower Body	Equipment: None
	Cathe's Weight NA	

REAR DELTS FLY

CHAPTER 10	Shoulders	Equipment: Dumbbells
	Cathe's Weight 8 lbs	My Weight

BURBEE/TWO SLIDING JACK COMBO

CHAPTER 11	Upper Body/Core	Equipment: Slide N Glide Discs
	Cathe's Weight NA	

ALTERNATING FORWARD LEANING DIXIE CUP LUNGE

CHAPTER 12	Lower Body	Equipment: Dixie Cups
	Cathe's Weight NA	

STANDING CHEST FLY

CHAPTER 13	Chest	Equipment: Medium Resistance Tubing
	Cathe's Resistance Medium	My Resistance

RIGHT SIDE • ROW AND ARROW

CHAPTER 14	Lower Body/Shoulders	Equipment: Dumbbell
	Cathe's Weight 5 lbs	My Weight

ALTERNATING SIT OUT

CHAPTER 15	Core	Equipment: None
	Cathe's Weight NA	

LEFT SIDE • ROW AND ARROW

CHAPTER 16	Lower Body/Shoulders	Equipment: Dumbbell
	Cathe's Weight 5 lbs	My Weight

ALTERNATING SIT OUT

CHAPTER 17	Core	Equipment: None
	Cathe's Weight NA	

RIGHT SIDE • SPRINT SHOOT

CHAPTER 18	Lower Body	Equipment: None
	Cathe's Weight NA	

LEFT SIDE • SPRINT SHOOT

CHAPTER 19	Lower Body	Equipment: None
	Cathe's Weight NA	

FUNCTIONAL WOOD CHOP SWING

CHAPTER 20	Lower Body/Back/Core	Equipment: Dumbbell
	Cathe's Weight 8 lbs	My Weight

RIGHT SIDE • STANDING WINDMILL

CHAPTER 21	Lower Body/Core	Equipment: Dumbbells
	Cathe's Weight 5 lbs	My Weight

LEFT SIDE • STANDING WINDMILL

CHAPTER 22	Lower Body/Core	Equipment: Dumbbells
	Cathe's Weight 5 lbs	My Weight

DISC 4

CROSS BACK LUNGE WITH DISCS

CHAPTER 23	Lower Body	Equipment: Slide N Glide Discs
	Cathe's Weight NA	

RIGHT SIDE • SINGLE LEG SLIDING DISC LUNGE WITH BICEP CURL

CHAPTER 24	Lower Body/Biceps	Equipment: Dumbbell, Slide N Glide Disc
	Cathe's Weight 8 lbs	My Weight

LEFT SIDE • SINGLE LEG SLIDING DISC LUNGE WITH BICEP CURL

CHAPTER 25	Lower Body/Biceps	Equipment: Dumbbell, Slide N Glide Disc
	Cathe's Weight 8 lbs	My Weight

RIGHT SIDE • SINGLE LEG DEADLIFT

CHAPTER 26	Lower Body	Equipment: Dumbbells
	Cathe's Weight 8 lbs	My Weight

LEFT SIDE • SINGLE LEG DEADLIFT

CHAPTER 27	Lower Body	Equipment: Dumbbells
	Cathe's Weight 8 lbs	My Weight

TRICEP OVERHEAD EXTENSION

CHAPTER 28	Triceps	Equipment: Medium Resistance Tubing
	Cathe's Resistance Medium	My Resistance

REAR DELT/BACK/CORE COMBO

CHAPTER 29	Shoulders/Back/Core	Equipment: Medium Resistance Tubing
	Cathe's Resistance Medium	My Resistance

PRONE TOTAL BODY COMPLEX

CHAPTER 30	Lower Body/Shoulders/Core	Equipment: Dumbbell
	Cathe's Weight 5 lbs	My Weight

SIT UP/PUSH UP COMBO

CHAPTER 31	Upper Body/Core	Equipment: None
	Cathe's Weight NA	

CHAPTER 32 COOL DOWN/STRETCH

PREMIXES • **SUPER CUTS**

DISC 4

Premix 01	Super Cuts + Core #1	Chapters 1-31, Core #1, 32	56:24
Premix 02	Super Cuts + Core #2	Chapters 1-31, Core #2, 32	58:29
Premix 03	Super Cuts (No Sit Up/Push Up Combo) + Core #1	Chapters 1-30, Core #1, 32	52:00
Premix 04	Super Cuts (No Sit Up/Push Up Combo) + Core #2	Chapters 1-30, Core #2, 32	54:05
Premix 05	Super Cuts Extreme	Chapters 1-28, 2-19, 31-32	60:54
Premix 06	Super Cuts Extreme + Core #1	Chapters 1-28, 2-19, 31, Core #1, 32	71:20
Premix 07	Super Cuts Extreme + Core #2	Chapters 1-28, 2-19, 31, Core #2, 32	73:24
Premix 08	Timesaver First Part	Chapters 1-19, 32	28:13
Premix 09	Timesaver Second Part	Chapters 1, 20-32	27:34
Premix 10	Timesaver First Part + Core #1	Chapters 1-19, Core #1, 32	38:38
Premix 11	Timesaver First Part + Core #2	Chapters 1-19, Core #2, 32	40:43
Premix 12	Timesaver Second Part + Core #1	Chapters 1, 20-31, Core #1, 32	38:00
Premix 13	Timesaver Second Part + Core #2	Chapters 1, 20-31, Core #2, 32	40:04

BONUSES • **SUPER CUTS**

Core #1	Equipment: None	10:26
Core #2	Equipment: None	12:30
100 Rep Challenge Hip Thrusts	Equipment: Barbell, Barbell Pad, Step w/ 3 Risers/Side	6:09





DISC 5

LEGS

TOTAL TIME **51:48**

SUMMARY

Legs includes new and traditional exercises scrambled in ways that will surely leave your lower body worked. This program has a great mix of standing leg work, stability ball work, barre and floorwork exercises, effectively sequenced to keep the fat burning and muscles responding. Your glutes and thighs will definitely be feeling this today and probably still talking to you tomorrow! Enjoy the workout in its entirety, or if you are short on time, select one of our shorter premisses to get the job done.

This workout also includes an optional Bonus Rear Delts workout so that you can put a little additional focus on your rear delts with a few different exercises. I've included this option because studies have shown that your posterior delt is usually the weakest of your delt muscles and this causes shoulder imbalance problems as well as joint and posture issues.

SPECIAL FEATURE

A 100 Rep Challenge is included on this video featuring the glute hip thruster. Believe it or not, research has shown the hip thruster to be one of the most effective glute exercises you can do, yet most people have never seen or done it. So get ready to experience the benefits of this exercise by paying close attention to my form pointers as I talk you through it.

WORKOUT DETAILS

Warm Up.....	5:31
Standing.....	18:38
Ball & Chair.....	9:40
Floor.....	12:16
Stretch.....	5:43
Total	51:48
Bonus Rear Delts.....	13:35
Bonus Barre.....	15:25
100 Rep Challenge Hip Thrusts.....	6:09

EQUIPMENT NEEDED

This equipment is required for the main workouts. Equipment for Bonuses is listed with the Bonuses.

- Dumbbells
- Stability Ball
- Slide N Glide Discs
- Dixie Cups
- Firewalker Loop
- Chair

CHAPTER 1 WARM UP

STANDING

WALKING LUNGES

CHAPTER 2	Lower Body	Equipment: Dumbbell
	Cathe's Weight 8 lbs	My Weight

FORWARD LEANING LUNGES (WITH CUPS)

CHAPTER 3	Lower Body	Equipment: Dixie Cups
	Cathe's Weight NA	

PLIÉ WALL SQUATS

CHAPTER 4	Lower Body	Equipment: Dumbbell, Stability Ball
	Cathe's Weight 10 lbs	My Weight

LOW PULSE LUNGES

CHAPTER 5	Lower Body	Equipment: Dumbbell
	Cathe's Weight 5 lbs	My Weight

SIDE LUNGE WITH DISC

CHAPTER 6	Lower Body	Equipment: Slide N Glide Discs
	Cathe's Weight NA	

WARRIOR LUNGE WITH DISC

CHAPTER 7	Lower Body	Equipment: Slide N Glide Discs
	Cathe's Weight NA	

SINGLE LEG DEADLIFT

CHAPTER 8	Lower Body	Equipment: Dumbbells
	Cathe's Weight 10 lbs	My Weight

FIREWALKERS

CHAPTER 9	Lower Body	Equipment: Firewalker Loop
	Cathe's Weight NA	

DISC 5

BONUS BARRE

STRAIGHT FRONT LEG LIFT (RIGHT LEG)

CHAPTER 10	Lower Body	Equipment: Chair
	Cathe's Weight NA	

HIGH & TIGHT (RIGHT LEG)

CHAPTER 11	Lower Body	Equipment: Chair
	Cathe's Weight NA	

LEG SIDE WITH HIGH HIP PULSE (RIGHT LEG)

CHAPTER 12	Lower Body	Equipment: Chair
	Cathe's Weight NA	

STRAIGHT LEG ANGLED RAISE (RIGHT LEG)

CHAPTER 13	Lower Body	Equipment: Chair
	Cathe's Weight NA	

CALVES

CHAPTER 14	Lower Body	Equipment: Chair
	Cathe's Weight NA	

STRAIGHT FRONT LEG LIFT (LEFT LEG)

CHAPTER 15	Lower Body	Equipment: Chair
	Cathe's Weight NA	

HIGH & TIGHT (LEFT LEG)

CHAPTER 16	Lower Body	Equipment: Chair
	Cathe's Weight NA	

LEG SIDE WITH HIGH HIP PULSE (LEFT LEG)

CHAPTER 17	Lower Body	Equipment: Chair
	Cathe's Weight NA	

STRAIGHT LEG ANGLED RAISE (LEFT LEG)

CHAPTER 18	Lower Body	Equipment: Chair
	Cathe's Weight NA	

BALL & CHAIR

HAMSTRING ROLL-INS

CHAPTER 19	Lower Body	Equipment: Stability Ball
	Cathe's Weight NA	

PRONE FROG SQUEEZES

CHAPTER 20	Lower Body	Equipment: Stability Ball
	Cathe's Weight NA	

INNER THIGH SUPINE BALL SQUEEZE

CHAPTER 21	Lower Body	Equipment: Stability Ball
Cathe's Weight		NA

GLUTE BRIDGES

CHAPTER 22	Lower Body	Equipment: Chair
Cathe's Weight		NA

FLOOR

CLAMS

CHAPTER 23	Lower Body	Equipment: Mat
Cathe's Weight		NA

CLASSIC INNER THIGH LIFT

CHAPTER 24	Lower Body	Equipment: Mat
Cathe's Weight		NA

STRAIGHT LEG LIFTS (RIGHT SIDE)

CHAPTER 25	Lower Body	Equipment: Mat
Cathe's Weight		NA

DOWN ON ELBOWS • BENT LEG LIFTS (RIGHT SIDE)

CHAPTER 26	Lower Body	Equipment: Mat
Cathe's Weight		NA

WEIGHTED PIZZA PRESS (RIGHT SIDE)

CHAPTER 27	Lower Body	Equipment: Dumbbell
Cathe's Weight		5 lbs
		My Weight

STRAIGHT LEG LIFTS (LEFT SIDE)

CHAPTER 28	Lower Body	Equipment: Mat
Cathe's Weight		NA

DOWN ON ELBOWS • BENT LEG LIFTS (LEFT SIDE)

CHAPTER 29	Lower Body	Equipment: Mat
Cathe's Weight		NA

WEIGHTED PIZZA PRESS (LEFT SIDE)

CHAPTER 30	Lower Body	Equipment: Dumbbell
Cathe's Weight		5 lbs
		My Weight

CHAPTER 31 **STRETCH**

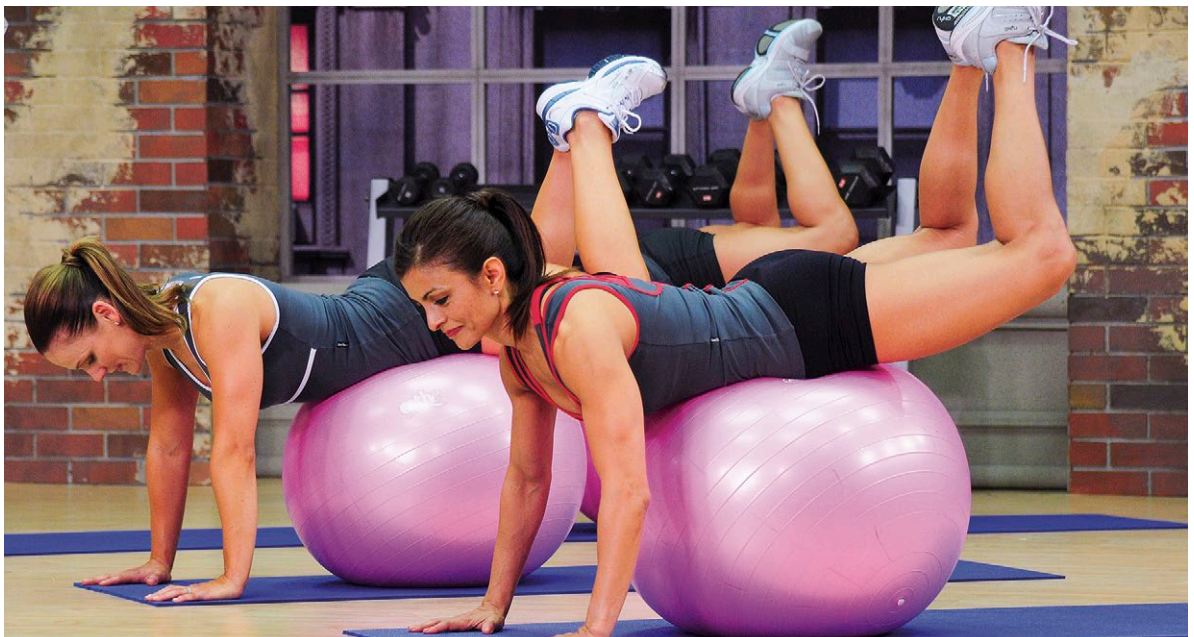
PREMIXES • LEGS

DISC 5

Premix 01	Legs (Standing + Ball & Chair + Floor) + Rear Delts	Chapters 1-9, 19-30, Rear Delts, 31	65:25
Premix 02	Legs All Sections (Standing + Barre + Ball & Chair + Floor)	Chapters 1-31	67:15
Premix 03	Legs All Sections (Standing + Barre + Ball & Chair + Floor) + Rear Delts	Chapters 1-30, Rear Delts, 31	80:52
Premix 04	Legs (Standing + Floor)	Chapters 1-9, 23-31	42:08
Premix 05	Legs (Standing + Floor) + Rear Delts	Chapters 1-9, 23-30, Rear Delts, 31	55:45
Premix 06	Legs (Barre + Ball & Chair + Floor)	Chapters 1, 10-31	48:37
Premix 07	Legs (Barre + Ball & Chair + Floor) + Rear Delts	Chapters 1, 10-30, Rear Delts, 31	62:14
Premix 08	Legs (Standing + Ball & Chair)	Chapters 1-9, 19-22, 31	39:32
Premix 09	Legs (Standing + Ball & Chair) + Rear Delts	Chapters 1-9, 19-22, Rear Delts, 31	53:10
Premix 10	Legs (Standing)	Chapters 1-9, 31	29:52
Premix 11	Legs (Standing) + Rear Delts	Chapters 1-9, Rear Delts, 31	43:30

BONUSES • LEGS

Rear Delts	Equipment: Dumbbells, Stability Ball, Medium Resistance Tubing	13:35
Barre	Equipment: Chair	15:25
100 Rep Challenge Hip Thrusts	Equipment: Barbell, Barbell Pad, Step w/ 3 Risers/Side	6:09



DISC 6

CARDIO LEG BLAST

TOTAL TIME **56:18**



SUMMARY

Cardio Leg Blast is super charged with both cardio and strength exercises that build lean muscle mass and burn body fat like an incinerator. It consists of traditional weighted exercises followed by plyometric exercises to develop power and explosive strength as well as tight and toned legs. The key to this workout is finding a moderately challenging weight for each of the strength exercises (versus a super heavy weight) so that your legs have the proper recovery time and ability to “jump right into” the next plyometric drill that follows it. The beauty of this powerful workout is that it revs up your metabolism for hours long after you’ve finished your workout. You’ll develop superior overall stamina in addition to lean muscle and shapely legs.

WORKOUT DETAILS

Warm Up.....	7:08
Workout.....	41:15
Stretch.....	7:55
Total	56:18
Bonus Core #2	12:30
Bonus Burn Set Bi’s.....	14:14
100 Rep Challenge Hip Thrusts.....	6:09
100 Rep Challenge Scarecrows.....	5:47

EQUIPMENT NEEDED

This equipment is required for the main workouts. Equipment for Bonuses is listed with the Bonuses.

- Dumbbells
- Step with Three Risers per Side
- Dixie Cups
- Firewalker Loop

CHAPTER 1 **WARM UP**

ROUND ONE

CARDIO LEG BLAST #1 • POP SQUATS/JUMP ROPES/PLYO JACKS

CHAPTER 2	Floor Cardio	Equipment: None
	Cathe's Weight NA	

STRENGTH #1 • ALTERNATING BACK LUNGES

CHAPTER 3	Lower Body	Equipment: Dumbbells
	Cathe's Weight 15 lbs	My Weight

ROUND TWO

CARDIO LEG BLAST #2 • TOUCH DOWN JACKS/SPLIT JUMPS

CHAPTER 4	Floor Cardio	Equipment: None
	Cathe's Weight NA	

STRENGTH #2 • PLIÉ SQUATS

CHAPTER 5	Lower Body	Equipment: Dumbbell
	Cathe's Weight 25 lbs	My Weight

ROUND THREE

CARDIO LEG BLAST #3 • SIDE EXPLOSIVE LUNGES

CHAPTER 6	Floor Cardio	Equipment: Dumbbell
	Cathe's Weight 8 lbs	My Weight

STRENGTH #3 • ELEVATED LUNGES

CHAPTER 7	Lower Body	Equipment: Dumbbell, Step w/ 3 Risers/Side
	Cathe's Weight 20 lbs	My Weight

ROUND FOUR

CARDIO LEG BLAST #4 • FROG JUMPS FORWARD/BACK/PLIÉ JACKS

CHAPTER 8	Floor Cardio	Equipment: Firewalker Loop
	Cathe's Weight NA	

STRENGTH #4 • WIDE STANCE DEADLIFTS

CHAPTER 9	Lower Body	Equipment: Dumbbells
	Cathe's Weight 20 lbs	My Weight

ROUND FIVE

CARDIO LEG BLAST #5 • PLYO JACKS/AIR JACKS

CHAPTER 10	Floor Cardio	Equipment: None
	Cathe's Weight NA	

STRENGTH #5 • SQUATS

CHAPTER 11	Lower Body	Equipment: Dumbbells
	Cathe's Weight 20 lbs	My Weight

ROUND SIX

CARDIO LEG BLAST #6 • DIXIE CUP LATERAL SKATES

CHAPTER 12	Floor Cardio	Equipment: Dixie Cups
	Cathe's Weight NA	

STRENGTH #6 • STEP UPS

CHAPTER 13	Lower Body	Equipment: Dumbbells, Step w/ 3 Risers/Side
	Cathe's Weight 20 lbs	My Weight

ROUND SEVEN

CARDIO LEG BLAST #7 • POWER 7/UP JACK DOWN JACK

CHAPTER 14	Step Cardio	Equipment: Step w/ 3 Risers/Side
	Cathe's Weight NA	

STRENGTH #7 • STATIC LUNGE

CHAPTER 15	Lower Body	Equipment: Dumbbells
	Cathe's Weight 20 lbs	My Weight

ROUND EIGHT

CARDIO LEG BLAST #8 • FAST FEET SHUFFLE/JUMP ROPE

CHAPTER 16	Step Cardio	Equipment: Step
	Cathe's Weight NA	

STRENGTH #8 • PLIÉ SQUAT

CHAPTER 17	Lower Body	Equipment: Dumbbell
	Cathe's Weight 25 lbs	My Weight

DISC 6

ROUND NINE

CARDIO LEG BLAST #9 (RIGHT LEAD ONLY) • JUMP UP ON STEP & STEP OFF/STRADDLE UP & STEP DOWN

CHAPTER 18	Step Cardio	Equipment: Step w/ 3 Risers/Side
	Cathe's Weight NA	

STRENGTH #9 • DEADLIFT

CHAPTER 19	Lower Body	Equipment: Dumbbells
	Cathe's Weight 20 lbs	My Weight

ROUND TEN

CARDIO LEG BLAST #10 (LEFT LEAD ONLY) • JUMP UP ON STEP & STEP OFF/STRADDLE UP & STEP DOWN

CHAPTER 20	Step Cardio	Equipment: Step w/ 3 Risers/Side
	Cathe's Weight NA	

STRENGTH #10 • SIDE LUNGES

CHAPTER 21	Lower Body	Equipment: Dumbbell
	Cathe's Weight 15 lbs	My Weight

ROUND ELEVEN

CARDIO LEG BLAST #11 • STEP KNEE TAP DOWN/STEP FREEZE

CHAPTER 22	Step Cardio	Equipment: Step w/ 3 Risers/Side
	Cathe's Weight NA	

STRENGTH #11 • SINGLE LEG DEAD LIFTS

CHAPTER 23	Lower Body	Equipment: Dumbbells
	Cathe's Weight 12 lbs	My Weight

ROUND TWELVE

CARDIO LEG BLAST #12 • L-STEP INTO OVER TOP OF STEP SIX TIMES AND EXIT

CHAPTER 24	Step Cardio	Equipment: Step w/ 3 Risers/Side
	Cathe's Weight NA	

STRENGTH #12 • ALTERNATING FRONT LUNGES

CHAPTER 25	Lower Body	Equipment: Dumbbells, Step w/ 3 Risers/Side
	Cathe's Weight 15 lbs	My Weight

CHAPTER 26 STRETCH

PREMIXES • **CARDIO LEG BLAST**

DISC 6

Premix 01	Cardio Leg Blast + Core #2	Chapters 1-25, Core #2, 26	68:11
Premix 02	Cardio Leg Blast + Burn Set Bi's	Chapters 1-25, Burn Set Bi's, 26	69:54
Premix 03	Timesaver • Rounds 1-6	Chapters 1-13, 26	33:45
Premix 04	Timesaver • Rounds 1-6 + Core #2	Chapters 1-13, Core #2, 26	46:16
Premix 05	Timesaver • Rounds 1-6 + Burn Set Bi's	Chapters 1-13, Burn Set Bi's, 26	47:59
Premix 06	Timesaver • Rounds 1-6 + Burn Set Bi's + Core #2	Chapters 1-13, Burn Set Bi's, Core #2, 26	60:30
Premix 07	Timesaver • Rounds 7-12	Chapters 1, 14-26	35:57
Premix 08	Timesaver • Rounds 7-12 + Core #2	Chapters 1, 14-25, Core #2, 26	48:27
Premix 09	Timesaver • Rounds 7-12 + Burn Set Bi's	Chapters 1, 14-25, Burn Set Bi's, 26	50:11
Premix 10	Timesaver • Rounds 7-12 + Burn Set Bi's + Core #2	Chapters 1, 14-25, Burn Set Bi's, Core #2, 26	62:42
Premix 11	Cardio Leg Blast Extreme (Rounds 1-12 + 1-6)	Chapters 1-25, 2-13, 26	75:00
Premix 12	Cardio Leg Blast Extreme (Rounds 1-12 + 1-6) + Burn Set Bi's	Chapters 1-25, 2-13, Burn Set Bi's, 26	89:14
Premix 13	Cardio Leg Blast Extreme (Rounds 1-12 + 1-6) + Core #2	Chapters 1-25, 2-13, Core #2, 26	87:31
Premix 14	Cardio Leg Blast Extreme (Rounds 1-12 + 1-6) + Burn Set Bi's + Core #2	Chapters 1-25, 2-13, Burn Set Bi's, Core #2, 26	101:45
Premix 15	Cardio Leg Blast Extreme (Rounds 1-12 + 7-12)	Chapters 1-25, 14-26	77:12
Premix 16	Cardio Leg Blast Extreme (Rounds 1-12 + 7-12) + Burn Set Bi's	Chapters 1-25, 14-25, Burn Set Bi's, 26	91:26
Premix 17	Cardio Leg Blast Extreme (Rounds 1-12 + 7-12) + Core #2	Chapters 1-25, 14-25, Core #2, 26	89:42
Premix 18	Cardio Leg Blast Extreme (Rounds 1-12 + 7-12) + Burn Set Bi's + Core #2	Chapters 1-25, 14-25, Burn Set Bi's, Core #2, 26	103:57
Premix 19	All Cardio Blast Routines	Chapters 1, 2, 4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26	33:06
Premix 20	All Strength Exercises	Chapters 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 26	36:36

BONUSES • **CARDIO LEG BLAST**

Core #2	Equipment: None	12:30
Burn Set Bi's	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	14:14
100 Rep Challenge Hip Thrusts	Equipment: Barbell, Barbell Pad, Step w/ 3 Risers/Side	6:09
100 Rep Challenge Scarecrows	Equipment: Dumbbells	5:47



DISC 7

ALL OUT LOW IMPACT HIIT

TOTAL TIME **38:53**

SUMMARY

All Out Low Impact HiIT utilizes one of the best cardio training methods for fat loss and muscle retention called HiIT. The HiIT method stands for High Intensity Interval Training and its known to be one of the best ways to burn fat and lose weight because it increases your body's metabolism long after your exercise session has ended, not just during it.

In **All Out Low Impact HiIT**, we'll be challenging you with a workout featuring two short—but super intense—low impact segments. This makes it very versatile because you can do both workouts back to back or choose to do just one or the other on days that you are really short on time.

The first low impact HiIT segment uses no equipment other than a set of light handweights. The second segment uses a step and gliding discs along with the set of light hand weights. Both workouts feature a high “fun factor” along with the perfect amount of intensity.

I'll tell you right now, you'll find yourself reaching for this low impact video time and time again!

WORKOUT DETAILS

Warm Up.....	4:53
Round One • Floor HiIT	13:48
Round Two • Step	11:00
Round Three • Disc.....	5:56
Stretch.....	3:16
Total	38:53
Bonus Core #1	10:26
Bonus Burn Set Chest	14:10
Bonus Burn Set Shoulders.....	14:19
100 Rep Challenge Scarecrows.....	5:47

EQUIPMENT NEEDED

This equipment is required for the main workouts. Equipment for Bonuses is listed with the Bonuses.

- Dumbbells
- Step
- Slide N Glide Discs

CHAPTER 1 WARM UP

ROUND ONE • FLOOR HIIT

SPRINT SHOOTERS

CHAPTER 2	Floor Cardio	Equipment: None	
	Cathe's Weight NA		

SQUAT KICK SQUAT LUNGES

CHAPTER 3	Lower Body	Equipment: Dumbbells	
	Cathe's Weight 5 lbs	My Weight	

WEIGHTED SUMO SQUATS

CHAPTER 4	Lower Body	Equipment: Dumbbell	
	Cathe's Weight 5 lbs	My Weight	

DOUBLE PULSE LUNGE

CHAPTER 5	Floor Cardio	Equipment: None	
	Cathe's Weight NA		

EXPLOSIVE SIDE TO SIDE LUNGES

CHAPTER 6	Lower Body	Equipment: Dumbbell	
	Cathe's Weight 5 lbs	My Weight	

HAMMER PUNCH INTO A FRONT KICK

CHAPTER 7	Floor Cardio	Equipment: None	
	Cathe's Weight NA		

CLIMB ROPE FOR THREE AND THEN ELBOW STRIKE

CHAPTER 8	Floor Cardio	Equipment: None	
	Cathe's Weight NA		

LONG REACH LUNGES

CHAPTER 9	Floor Cardio	Equipment: None	
	Cathe's Weight NA		

SHUFFLE SHUFFLE DROP DOWN

CHAPTER 10	Floor Cardio	Equipment: None	
	Cathe's Weight NA		

SWITCH KICK LUNGES

CHAPTER 11	Floor Cardio	Equipment: None	
	Cathe's Weight NA		

DISC 7

ROUND TWO • STEP

UNEVEN WEIGHTED SUMOS ON STEP

CHAPTER 12	Lower Body	Equipment: Dumbbells, Step
	Cathe's Weight 5 lbs	My Weight

SWIM LUNGES ON STEP

CHAPTER 13	Step Cardio	Equipment: Step
	Cathe's Weight NA	

DROP SQUATS INTO BOX STEP AND CHA CHA

CHAPTER 14	Step Cardio	Equipment: Step
	Cathe's Weight NA	

TAP ABDUCTIONS ON STEP WITH ARMS SWINGING OVERHEAD

CHAPTER 15	Step Cardio	Equipment: Step
	Cathe's Weight NA	

WINDMILL SIDE KICKS ON STEP

CHAPTER 16	Step Cardio	Equipment: Step
	Cathe's Weight NA	

STEP SLAMS ON STEP

CHAPTER 17	Step Cardio	Equipment: Step
	Cathe's Weight NA	

SUPER SONIC RUNNING MAN

CHAPTER 18	Step Cardio	Equipment: Step
	Cathe's Weight NA	

ROUND THREE • DISC

DISC MOUNTAIN CLIMBERS

CHAPTER 19	Disc Cardio	Equipment: Slide N Glide Discs
	Cathe's Weight NA	

DISC SWIM LUNGES

CHAPTER 20	Disc Cardio	Equipment: Slide N Glide Discs
	Cathe's Weight NA	

DISC SCISSORS

CHAPTER 21	Disc Cardio	Equipment: Slide N Glide Discs
	Cathe's Weight NA	

DISC JACKS

CHAPTER 22	Disc Cardio	Equipment: Slide N Glide Discs
	Cathe's Weight NA	

CHAPTER 23 STRETCH



DISC 7

PREMIXES • ALL OUT LOW IMPACT HIIT

Premix 01	Low Impact Hiit + Core #1	Chapters 1-22, Core #1, 23	49:22
Premix 02	Low Impact Hiit + Burn Set Chest	Chapters 1-22, Burn Set Chest, 23	53:06
Premix 03	Low Impact Hiit + Burn Set Chest + Core #1	Chapters 1-22, Burn Set Chest, Core #1, 23	63:32
Premix 04	Low Impact Hiit + Burn Set Shoulders	Chapters 1-22, Burn Set Shoulders, 23	53:15
Premix 05	Low Impact Hiit + Burn Set Shoulders + Core #1	Chapters 1-22, Burn Set Shoulders, Core #1, 23	63:40
Premix 06	Timesaver • Floor Cardio	Chapters 1-11, 23	22:00
Premix 07	Timesaver • Floor Cardio + Core #1	Chapters 1-11, Core #1, 23	32:25
Premix 08	Timesaver • Step and Disc Cardio	Chapters 1, 12-23	25:08
Premix 09	Timesaver • Step and Disc Cardio + Core #1	Chapters 1, 12-22, Core #1, 23	35:34
Premix 10	Timesaver • Floor and Step Cardio	Chapters 1-18, 23	32:59
Premix 11	Timesaver • Floor and Step Cardio + Core #1	Chapters 1-18, Core #1, 23	43:25
Premix 12	Timesaver • Floor and Disc Cardio + Core #1	Chapters 1-11, 19-22, Core #1, 23	37:41
Premix 13	Double Floor Cardio	Chapters 1-11, 2-11, 23	35:07
Premix 14	Double Step Cardio	Chapters 1, 12-18, 12-18, 23	30:11
Premix 15	Double Step and Disc Cardio	Chapters 1, 12-22, 12-23	42:04
Premix 16	All Out Extreme Cardio	Chapters 1-22, 2-11, 23	52:44

BONUSES • ALL OUT LOW IMPACT HIIT

Core #1	Equipment: None	10:26
Burn Set Chest	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	14:10
Burn Set Shoulders	Equipment: Dumbbells, Medium Resistance Tubing, Bench or Step w/ 5 Risers/Side	14:19
100 Rep Challenge Scarecrows	Equipment: Dumbbells	5:47



DISC 8

HARD STRIKES

TOTAL TIME **46:37**

SUMMARY

Hard Strikes is an outrageous boxing-infused cardio workout that mixes basic boxing combos with intense cardio work. The punching combos are fun and easy to learn, but *by no means* easy to do. Some kickboxing is included in this section but the primary focus is on boxing. Once the cardio segment is complete, you'll continue with boxing specific conditioning drills that will make you look and feel like a champ. A bonus heavy bag section is included with the premixes for this workout to enhance your boxing experience as well as give you the means to strike even harder and more effectively.

You'll see us wearing 12 ounce boxing gloves during the entire cardio boxing segment (in addition to the Bonus Heavy Bag section). While it is perfectly fine to do the cardio boxing segment without gloves, I strongly encourage you to wear them. You'll be amazed at how this ramps up your boxing efficiency and overall workout intensity.

As with any workout, you get out of it what you put into it so follow our lead and *strike hard!*

WORKOUT DETAILS

Warm Up/Cardio Boxing/Kickboxing.....	30:35
Conditioning.....	11:58
Cool Down/Stretch.....	4:06
Total.....	46:37
Bonus Core #1.....	10:26
Bonus Burn Set Tri's.....	13:55
Bonus Heavy Bag.....	12:56
100 Rep Challenge Bicep Curls.....	6:50

EQUIPMENT NEEDED

This equipment is required for the main workouts. Equipment for Bonuses is listed with the Bonuses.

- Dumbbells
- Optional Boxing Gloves

WARM UP/CARDIO BOXING/KICKBOXING

CHAPTER 1	Cardio	Equipment: Optional Boxing Gloves	
	Cathe's Weight NA		

BOXING CONDITIONING DRILLS

OVERHEAD DUMBBELL SHOULDER PRESS

CHAPTER 2	Shoulders	Equipment: Dumbbells	
	Cathe's Weight 8 lbs	My Weight	

BEAR CRAWL PRESS

CHAPTER 3	Shoulders/Core	Equipment: None	
	Cathe's Weight NA		

BICEP CURL BALANCE CHALLENGE

CHAPTER 4	Biceps	Equipment: Dumbbells	
	Cathe's Weight 8 lbs	My Weight	

HAMMER CURL BALANCE CHALLENGE

CHAPTER 5	Biceps/Core	Equipment: Dumbbells	
	Cathe's Weight 8 lbs	My Weight	

PLANK SHOULDER SNATCH

CHAPTER 6	Shoulders/Core	Equipment: Dumbbells	
	Cathe's Weight 8 lbs	My Weight	

TRICEP DIP

CHAPTER 7	Triceps	Equipment: None	
	Cathe's Weight NA		

SIT UP JAB & STRIKE

CHAPTER 8	Core	Equipment: None	
	Cathe's Weight NA		

SIT UP SPEED BAG ARMS

CHAPTER 9	Core	Equipment: None	
	Cathe's Weight NA		

SIT UP/PUSH UP COMBO

CHAPTER 10	Upper Body/Core	Equipment: None	
	Cathe's Weight NA		

CHAPTER 11 **COOL DOWN/STRETCH**

PREMIXES • **HARD STRIKES**

DISC 8

Premix 01	Hard Strikes + Burn Set Tri's	Chapters 1-10, Burn Set Tri's, 11	60:38
Premix 02	Hard Strikes + Core #1	Chapters 1-10, Core #1, 11	57:06
Premix 03	Hard Strikes + Burn Set Tri's + Core #1	Chapters 1-10, Burn Set Tri's, Core #1, 11	71:04
Premix 04	Hard Strikes + Heavy Bag (1 Tabata)	Chapters 1-10, Heavy Bag Tabata 1, 11	51:14
Premix 05	Hard Strikes + Heavy Bag (1 Tabata) + Core #1	Chapters 1-10, Heavy Bag Tabata 1, Core #1, 11	61:39
Premix 06	Hard Strikes + Heavy Bag (1 Tabata) + Burn Set Tri's	Chapters 1-10, Heavy Bag Tabata 1, Burn Set Tri's, 11	65:11
Premix 07	Hard Strikes + Heavy Bag (1 Tabata) + Burn Set Tri's + Core #1	Chapters 1-10, Heavy Bag Tabata 1, Burn Set Tri's, Core #1, 11	75:37
Premix 08	Hard Strikes + Heavy Bag (2 Tabatas)	Chapters 1-10, Heavy Bag Tabatas 1-2, 11	55:25
Premix 09	Hard Strikes + Heavy Bag (2 Tabatas) + Core #1	Chapters 1-10, Heavy Bag Tabatas 1-2, Core #1, 11	65:50
Premix 10	Hard Strikes + Heavy Bag (2 Tabatas) + Burn Set Tri's	Chapters 1-10, Heavy Bag Tabatas 1-2, Burn Set Tri's, 11	69:22
Premix 11	Hard Strikes + Heavy Bag (2 Tabatas) + Burn Set Tri's + Core #1	Chapters 1-10, Heavy Bag Tabatas 1-2, Burn Set Tri's, Core #1, 11	79:48
Premix 12	Hard Strikes + Heavy Bag (3 Tabatas)	Chapters 1-10, Heavy Bag Tabatas 1-3, 11	59:38
Premix 13	Hard Strikes + Heavy Bag (3 Tabatas) + Core #1	Chapters 1-10, Heavy Bag Tabatas 1-3, Core #1, 11	70:04
Premix 14	Hard Strikes + Heavy Bag (3 Tabatas) + Burn Set Tri's	Chapters 1-10, Heavy Bag Tabatas 1-3, Burn Set Tri's, 11	73:35
Premix 15	Hard Strikes + Heavy Bag (3 Tabatas) + Burn Set Tri's + Core #1	Chapters 1-10, Heavy Bag Tabatas 1-3, Burn Set Tri's, Core #1, 11	84:01
Premix 16	Timesaver (No Conditioning)	Chapters 1, 11	34:43
Premix 17	Timesaver (No Conditioning) + Core #1	Chapters 1, Core #1, 11	45:08
Premix 18	Timesaver (No Conditioning) + Burn Set Tri's	Chapters 1, Burn Set Tri's, 11	48:40
Premix 19	Timesaver (No Conditioning) + Burn Set Tri's + Core #1	Chapters 1, Burn Set Tri's, Core #1, 11	59:06
Premix 20	Heavy Bag Tabatas #1-3 Only	Heavy Bag Tabatas 1-3	12:57
Premix 21	Heavy Bag Tabata #1 Only	Heavy Bag Tabata 1	4:33
Premix 22	Heavy Bag Tabata #2 Only	Heavy Bag Tabata 2	4:11
Premix 23	Heavy Bag Tabata #3 Only	Heavy Bag Tabata 3	4:13

BONUSES • **HARD STRIKES**

Core #1	Equipment: None	10:26
Burn Set Tri's	Equipment: Dumbbells, Medium Resistance Tubing, Bench or Step w/ 5 Risers/Side	13:55
Heavy Bag	Equipment: Heavy Bag, Boxing Gloves	12:56
100 Rep Challenge Bicep Curls	Equipment: Barbell	6:50



DISC 9

TABATACISE

TOTAL TIME **44:42**

SUMMARY

What if I told you that you could get into fantastic cardio shape by doing as little as four minutes of exercise? Sound too good to be true? Not when it comes to Tabata training. Tabata training has been around for a very long time but has recently been gaining more and more popularity in the fitness industry. Tabata training is a short but very intense type of training workout that improves your aerobic capacity as well as your ability to burn fat long after you have finished your workout. It generally consists of eight high-intensity 20-second intervals, each followed by a 10-second recovery. This may sound easy on paper but trust me it is *not!*

I have created **Tabatacise** to reflect this type of Tabata training. The workout consists of five different four-minute Tabata workouts. Each of the five Tabata workouts is followed by a step recovery blast. Since your maximum heart rate will often exceed 90%, I have included these recovery blasts to help bring your heart rate down in a more controlled manner. But beware, there is just a teeny, tiny blast hidden in those recovery periods. Because **Tabatacise** is so tough, I suggest you gradually work up to doing it in stages or levels. With each new level you attempt, you'll add one new additional Tabata to your routine—working up to a total of five Tabatas. By the way, you may choose to never do **Tabatacise** in its entirety which is totally fine, too. Another bonus is that it can be used as an add-on to any of your other workouts when you're looking for a quick, intense bonus challenge to take a workout to a new height.

And remember—as with any workout—it is important that you listen to your body at all times and stop whenever you feel light headed or too winded to continue.

LEVELS

Tabatacise includes five levels to accommodate different abilities which include the following tabatas:

LEVEL ONE

Tabata One.....18:39

LEVEL TWO

Tabatas One + Two24:53

LEVEL THREE

Tabatas One + Two + Three31:00

LEVEL FOUR

Tabatas One + Two + Three + Four.....37:34

LEVEL FIVE

Tabatas One + Two + Three + Four + Five44:42

WORKOUT DETAILS

Warm Up.....	7:36
Tabata One.....	6:14
Tabata Two.....	6:14
Tabata Three.....	6:47
Tabata Four.....	6:34
Tabata Five.....	6:28
Cool Down/Stretch.....	4:48
Total	44:42
Bonus Core #1.....	10:26
Bonus Core #2.....	12:30
Bonus Burn Set Back.....	13:13
100 Rep Challenge Flat Bench	
Tricep Extensions.....	7:15
100 Rep Challenge Bicep Curls.....	6:50

EQUIPMENT NEEDED

This equipment is required for the main workouts. Equipment for Bonuses is listed with the Bonuses.

- Step with Two Risers per Side

CHAPTER 1 WARM UP

TABATA ONE

PLIÉ JACKS HANDS IN HIPS

CHAPTER 2	Floor Cardio	Equipment: None
	Cathe's Weight NA	

FROG JUMPS FORWARD BACK

CHAPTER 3	Floor Cardio	Equipment: None
	Cathe's Weight NA	

THREE JACKS & ONE TUCK JUMP

CHAPTER 4	Floor Cardio	Equipment: None
	Cathe's Weight NA	

FROG JUMPS FORWARD BACK

CHAPTER 5	Floor Cardio	Equipment: None
	Cathe's Weight NA	

PLIÉ JACKS HANDS IN HIPS

CHAPTER 6	Floor Cardio	Equipment: None
	Cathe's Weight NA	

FROG JUMPS FORWARD BACK

CHAPTER 7	Floor Cardio	Equipment: None
	Cathe's Weight NA	

THREE JACKS & ONE TUCK JUMP

CHAPTER 8	Floor Cardio	Equipment: None
	Cathe's Weight NA	

FROG JUMPS FORWARD BACK

CHAPTER 9	Floor Cardio	Equipment: None
	Cathe's Weight NA	

STEP RECOVERY/BLAST 1

CHAPTER 10	Step Cardio	Equipment: Step w/ 2 Risers/Side
	Cathe's Weight NA	

DISC 9

TABATA TWO

SQUAT DIGS

CHAPTER 11	Floor Cardio	Equipment: None
	Cathe's Weight NA	

AIR JACKS

CHAPTER 12	Floor Cardio	Equipment: None
	Cathe's Weight NA	

SPRINT SHOOTERS ON RIGHT LEAD

CHAPTER 13	Floor Cardio	Equipment: None
	Cathe's Weight NA	

SPRINT SHOOTERS ON LEFT LEAD

CHAPTER 14	Floor Cardio	Equipment: None
	Cathe's Weight NA	

SQUAT DIGS

CHAPTER 15	Floor Cardio	Equipment: None
	Cathe's Weight NA	

AIR JACKS

CHAPTER 16	Floor Cardio	Equipment: None
	Cathe's Weight NA	

SPRINT SHOOTERS ON RIGHT LEAD

CHAPTER 17	Floor Cardio	Equipment: None
	Cathe's Weight NA	

SPRINT SHOOTERS ON LEFT LEAD

CHAPTER 18	Floor Cardio	Equipment: None
	Cathe's Weight NA	

STEP RECOVERY/BLAST 2

CHAPTER 19	Step Cardio	Equipment: Step w/ 2 Risers/Side
	Cathe's Weight NA	

TABATA THREE

SWOOP UNDER IMAGINARY ROPE & TUCK JUMP

CHAPTER 20	Floor Cardio	Equipment: None
	Cathe's Weight NA	

POWER SCISSORS

CHAPTER 21	Floor Cardio	Equipment: None
	Cathe's Weight NA	

AIR JUMPS

CHAPTER 22	Floor Cardio	Equipment: None
	Cathe's Weight NA	

LATERAL HOPS

CHAPTER 23	Floor Cardio	Equipment: None
	Cathe's Weight NA	

SWOOP UNDER IMAGINARY ROPE & TUCK JUMP

CHAPTER 24	Floor Cardio	Equipment: None
	Cathe's Weight NA	

POWER SCISSORS

CHAPTER 25	Floor Cardio	Equipment: None
	Cathe's Weight NA	

AIR JUMPS

CHAPTER 26	Floor Cardio	Equipment: None
	Cathe's Weight NA	

LATERAL HOPS

CHAPTER 27	Floor Cardio	Equipment: None
	Cathe's Weight NA	

STEP RECOVERY/BLAST 3

CHAPTER 28	Step Cardio	Equipment: Step w/ 2 Risers/Side
	Cathe's Weight NA	

DISC 9

TABATA FOUR

ICE BREAKERS

CHAPTER 29	Floor Cardio	Equipment: None
	Cathe's Weight NA	

SCISSOR SCISSOR WIDE TUCK

CHAPTER 30	Floor Cardio	Equipment: None
	Cathe's Weight NA	

POWER TURNING LUNGES

CHAPTER 31	Floor Cardio	Equipment: None
	Cathe's Weight NA	

THREE JUMPS & TURN

CHAPTER 32	Floor Cardio	Equipment: None
	Cathe's Weight NA	

ICE BREAKERS

CHAPTER 33	Floor Cardio	Equipment: None
	Cathe's Weight NA	

SCISSOR SCISSOR WIDE TUCK

CHAPTER 34	Floor Cardio	Equipment: None
	Cathe's Weight NA	

POWER TURNING LUNGES

CHAPTER 35	Floor Cardio	Equipment: None
	Cathe's Weight NA	

THREE JUMPS & TURN

CHAPTER 36	Floor Cardio	Equipment: None
	Cathe's Weight NA	

STEP RECOVERY/BLAST 4

CHAPTER 37	Step Cardio	Equipment: Step w/ 2 Risers/Side
	Cathe's Weight NA	

TABATA FIVE

POP SQUATS

CHAPTER 38	Floor Cardio	Equipment: None
	Cathe's Weight NA	

APPLE PICKER LATERAL JUMPS

CHAPTER 39	Floor Cardio	Equipment: None
	Cathe's Weight NA	

HIGH KNEE JOGS

CHAPTER 40	Floor Cardio	Equipment: None
	Cathe's Weight NA	

ALTERNATING TOUCH DOWN PLIÉ JUMPS

CHAPTER 41	Floor Cardio	Equipment: None
	Cathe's Weight NA	

POP SQUATS

CHAPTER 42	Floor Cardio	Equipment: None
	Cathe's Weight NA	

APPLE PICKER LATERAL JUMPS

CHAPTER 43	Floor Cardio	Equipment: None
	Cathe's Weight NA	

HIGH KNEE JOGS

CHAPTER 44	Floor Cardio	Equipment: None
	Cathe's Weight NA	

ALTERNATING TOUCH DOWN PLIÉ JUMPS

CHAPTER 45	Floor Cardio	Equipment: None
	Cathe's Weight NA	

STEP RECOVERY/BLAST 5

CHAPTER 46	Step Cardio	Equipment: Step w/ 2 Risers/Side
	Cathe's Weight NA	

CHAPTER 47 COOL DOWN/STRETCH

PREMIXES • **TABATACISE**

DISC 9

Premix 01	Tabata 1 + Core #1	Chapters 1-10, Core #1, 47	29:05
Premix 02	Tabatas 1-2 + Core #2	Chapters 1-19, Core #2, 47	37:23
Premix 03	Tabatas 1-3 + Core #1	Chapters 1-28, Core #1, 47	42:06
Premix 04	Tabatas 1-4 + Core #2	Chapters 1-37, Core #2, 47	50:44
Premix 05	Tabatas 1-5 + Core #1	Chapters 1-46, Core #1, 47	55:08
Premix 06	Tabata 1 + Burn Set Back	Chapters 1-10, Burn Set Back, 47	31:52
Premix 07	Tabatas 1-2 + Burn Set Back	Chapters 1-19, Burn Set Back, 47	38:06
Premix 08	Tabatas 1-3 + Burn Set Back	Chapters 1-28, Burn Set Back, 47	44:53
Premix 09	Tabatas 1-4 + Burn Set Back	Chapters 1-37, Burn Set Back, 47	51:27
Premix 10	Tabatas 1-5 + Burn Set Back	Chapters 1-46, Burn Set Back, 47	57:56
Premix 11	Tabata 1 + Burn Set Back + Core #2	Chapters 1-10, Burn Set Back, Core #2, 47	44:22
Premix 12	Tabatas 1-2 + Burn Set Back + Core #1	Chapters 1-19, Burn Set Back, Core #1, 47	48:32
Premix 13	Tabatas 1-3 + Burn Set Back + Core #2	Chapters 1-28, Burn Set Back, Core #2, 47	57:23
Premix 14	Tabatas 1-4 + Burn Set Back + Core #1	Chapters 1-37, Burn Set Back, Core #1, 47	61:53
Premix 15	Tabatas 1-5 + Burn Set Back + Core #2	Chapters 1-46, Burn Set Back, Core #2, 47	70:26
Premix 16	Step Blasts Only	Chapters 10, 19, 28, 37, 46	7:10

BONUSES • **TABATACISE**

Core #1	Equipment: None	10:26
Core #2	Equipment: None	12:30
Burn Set Back	Equipment: Dumbbells, Medium Resistance Tubing, Firewalker Loops, Bench or Step w/ 5 Risers/Side	13:13
100 Rep Challenge Flat Bench Tricep Extensions	Equipment: Dumbbells, Bench or Step w/ 5 Risers/Side	7:15
100 Rep Challenge Bicep Curls	Equipment: Barbell	6:50

DISC 10

RIDE

TOTAL TIME **56:17**

SUMMARY

Ride is the ultimate zero-impact, fat-burning indoor cycle workout. It consists of eleven motivating songs that each take you through a specific riding profile. You'll start with a warm up, and then depending on the song, you'll stand, sit and hover your way through various hills, flats, jumps and sprints. You'll conclude the workout with a relaxing recovery ride before you begin your stretch. **Ride** burns an unbelievable amount of calories while additionally conditioning your core and lower body. Be sure to have water and a towel handy for this workout. You *will* need it!

I want to remind you to review your bike's owner's manual to make sure you know how to adjust your bike so that your ride is more comfortable. I'll of course be giving form pointers along the way, but it's still important that you understand the basic safety rules for your specific bike before attempting this workout.

WORKOUT DETAILS

Warm Up.....	4:53
Workout.....	45:54
Recovery Ride/Stretch	5:30
Total	56:17

EQUIPMENT NEEDED

- Spin Bike



SONG ONE • WARM UP

CHAPTER 1	Equipment: Spin Bike

SONG TWO • LIGHT STANDING HILL CLIMB WITH SURGES

CHAPTER 2	Equipment: Spin Bike

SONG THREE • MODERATE HILL CLIMB WITH SURGES

CHAPTER 3	Equipment: Spin Bike

SONG FOUR • SEATED AND STANDING SPRINTS

CHAPTER 4	Equipment: Spin Bike

SONG FIVE • SEATED AND STANDING MODERATE TO HEAVY HILL CLIMB

CHAPTER 5	Equipment: Spin Bike

SONG SIX • LIGHT HILL CLIMB WITH HOVERS

CHAPTER 6	Equipment: Spin Bike

SONG SEVEN • JUMPS WITH SEATED LIGHT-TO-MODERATE CLIMB

CHAPTER 7	Equipment: Spin Bike

**SONG EIGHT • LIGHT SEATED/LIGHT STANDING/
MODERATE STANDING TEMPO RIDE**

CHAPTER 8	Equipment: Spin Bike

SONG NINE • SLOW HEAVY HILL CLIMB

CHAPTER 9	Equipment: Spin Bike

SONG TEN • FLAT AND FAST SEATED-TO-STANDING TEMPO RIDE

CHAPTER 10	Equipment: Spin Bike

SONG ELEVEN • RECOVERY RIDE AND STRETCH

CHAPTER 11	Equipment: Spin Bike

DISC 10

Premix 01	Express Ride #1	Chapters 1-6, 11	36:06
Premix 02	Express Ride #2	Chapters 1, 6-11	35:11
Premix 03	Express Ride #3	Chapters 1-3, 6, 9-11	34:55
Premix 04	Express Ride #4	Chapters 1-2, 6, 8, 4, 11	31:05
Premix 05	Extreme Ride	Chapters 1-10, 6-11	81:05



MEET THE AMAZING XTRAIN CREW

Talk about team effort! I can't thank each and every one of these super-fit cast members enough for their unfaltering dedication. A series of this nature and size requires long hours of prep time, not only during filming, but before filming too. There are many puzzle pieces that have to be ironed out in order for it to come together seamlessly and this cast nailed it!



Jai Avichal



Amanda Blancett



Mercedes Boylan



Brenda Frambes



Greg Mickles



Marlo Picciotti



Al Ragozzino



CAST OF RIDE

(left to right)

Marlo Picciotti
 Amanda Blancett
 Cindy Landolf
 Cathe Friedrich
 Donna Rhoades
 Kristin Tallodi
 Brenda Frambes
 Jenn Arnott
 Sue Weir
 Jai Avichal
 Christine Snyder

XTRAIN



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