

Equipment needed: PowerStands, Dumbbells or Resistance Band, pull-up bar, mat, and Results and Recovery Formula or water. Use the spaces provided for each exercise to record the number of reps you performed and the weight you lifted. If using a Resistance Band, indicate the color used.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 5	WEEK 6	WEEK 7	WEEK 9	WEEK 10	WEEK 11	WEEK 12
01 O Crunch Push-Ups	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
02 Pull-Up Crunch	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
03 Dead Lift Curl Press	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
04 Step Kick Back Chair Position	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
05 Sumo Chair	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
06 Chuck-Ups	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
Position 1	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
Position 2	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
Position 3	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
07 Clink On Run	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
08 Lunge Press Bella Twist	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
09 Balance Curls	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
10 Running Man	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
11 Hindu Pike Push-Ups	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
12 Lunge Squat Lunge	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
13 Mr. Moon	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
14 Kid Play	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
15 3 & 3	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
16 ½ Dervish	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
17 Weighted Warrior	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
18 1 & 1	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
19 Lara Lunge Crunch	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
20 Spiderman Jumps	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
BONUS Plyo Push-Ups	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____

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	WEEK 1	WEEK 2	WEEK 3	WEEK 5	WEEK 6	WEEK 7	WEEK 9	WEEK 10	WEEK 11	WEEK 12
01 Double Double Dip'll Do Ya	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
02 Dead Leg Switch Pull-Up	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
03 2-Direction Circle Flies	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 Lunge Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 Hammer Kick	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
06 Frog Push-Ups	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
07 "L" Chin-Ups	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
08 Fly Blaster	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Lean Back Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
10 1-Legged Bridge Dips	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____

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	WEEK 1	WEEK 2	WEEK 3	WEEK 5	WEEK 6	WEEK 7	WEEK 9	WEEK 10	WEEK 11	WEEK 12
11 Spiderman Push-Ups	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
12 7-Point Pull-Ups	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
13 Warrior Swim	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
14 Pumper Curls	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
15 Side Hammer Kick	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
16 Iso Climber Push-Ups	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
17 Clean to Negative	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
18 Shoulder Everything	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
19 Bicep Everything	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
20 Combat Push-Ups	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____

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01 Hanging Toe Tap Knee Raises	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
02 Tip Toe O Crunch	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
03 Scorpion Plank	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
04 Banana Cannonball	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
05 Hanging Up & Overs	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
06 Discus Throwers	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
	R ___ W ___	R ___ W ___	R ___ W ___		R ___ W ___	R ___ W ___	R ___ W ___		R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
07 Warrior Bow	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
08 Scissor Climbers	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
09 Hanging Knee Kicks	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
10 Wood Chopper	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___
	R ___ W ___	R ___ W ___	R ___ W ___		R ___ W ___	R ___ W ___	R ___ W ___		R ___ W ___	R ___ W ___	R ___ W ___	R ___ W ___

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11 Down Dog Crunch	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
12 Banana Mason	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
13 Mixed Bike	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____
	Time _____	Time _____	Time _____		Time _____	Time _____	Time _____		Time _____	Time _____	Time _____	Time _____
14 X Crunch	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
15 Plank Sphinx with Plange	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
16 Seated Backstroke	R ___ W _____	R ___ W _____	R ___ W _____	R ___ W _____	R ___ W _____	R ___ W _____	R ___ W _____	R ___ W _____	R ___ W _____	R ___ W _____	R ___ W _____	R ___ W _____
	R ___ W _____	R ___ W _____	R ___ W _____		R ___ W _____	R ___ W _____	R ___ W _____		R ___ W _____	R ___ W _____	R ___ W _____	R ___ W _____
17 Hanging Pelvic Tilt	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
18 Straight Leg X Crunch	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
19 360 Chataranga Run	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____
	Time _____	Time _____	Time _____		Time _____	Time _____	Time _____		Time _____	Time _____	Time _____	Time _____
20 Cherry Bomb	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____