



1+5x5				
10 Mins				
DATE / WEEK				
1	Jump Rope	S _____	S _____	S _____
2	Burpees	R _____	R _____	R _____
3	Jump Rope	S _____	S _____	S _____
4	Burpees	R _____	R _____	R _____
5	Jump Rope	S _____	S _____	S _____
6	Burpees	R _____	R _____	R _____
7	Jump Rope	S _____	S _____	S _____
8	Burpees	R _____	R _____	R _____
9	Jump Rope	S _____	S _____	S _____
10	Burpees	R _____	R _____	R _____
11	Penalty Push-Up	R _____	R _____	R _____

1+5x5				
10 Mins				
DATE / WEEK				
1	Jump Rope	S _____	S _____	S _____
2	Burpees	R _____	R _____	R _____
3	Jump Rope	S _____	S _____	S _____
4	Burpees	R _____	R _____	R _____
5	Jump Rope	S _____	S _____	S _____
6	Burpees	R _____	R _____	R _____
7	Jump Rope	S _____	S _____	S _____
8	Burpees	R _____	R _____	R _____
9	Jump Rope	S _____	S _____	S _____
10	Burpees	R _____	R _____	R _____
11	Penalty Push-Up	R _____	R _____	R _____

**Required Equipment:** None  
**Recommended Equipment:** Jump Rope



Arms & Abs											
41 Mins											
DATE / WEEK											
Warm-Up											
Round 1	1	Curcles	In	W	R	W	R	W	R	W	R
			Out	W	R	W	R	W	R	W	R
	2	Alternating Supinating Hammers	W	R	W	R	W	R	W	R	
	3	Triceps Extension Press Combo	W	R	W	R	W	R	W	R	
	4	Yogi Bicycle	R	R	R	R	R	R	R	R	
5	Wide Crunch	R	R	R	R	R	R	R	R		
Round 2	6	Goblet Curls	W	R	W	R	W	R	W	R	
	7	Elbow Kickback Curls	W	R	W	R	W	R	W	R	
	8	Triple Kickers	W	R	W	R	W	R	W	R	
	9	Eccentric Back Fist Kickers	W	R	W	R	W	R	W	R	
	10	Jack Knife Crunches	R	R	R	R	R	R	R	R	
	11	Calf Clappers	R	R	R	R	R	R	R	R	
STOP OPTION											
Round 3	12	High & Tight Curls	W	R	W	R	W	R	W	R	
	13	Heavy Curls	W	R	W	R	W	R	W	R	
	14	Shoulder Kickers	W	R	W	R	W	R	W	R	
	15	Wrist Flickers	W	R	W	R	W	R	W	R	
	16	The Rachel Two Step Dream Crunch	R	R	R	R	R	R	R	R	
STOP OPTION											
Burnout	17	5 Hammer Curls / 5 Reg. Curls	W	R	W	R	W	R	W	R	
	18	Triceps Dips	R	R	R	R	R	R	R	R	
	19	Ginger Scissor Burnout	R	R	R	R	R	R	R	R	
Cool Down											

**Required Equipment:** Dumbbells / Bands, Bench / Sturdy Chair / Yoga Block

**Recommended Equipment:** Mat, Power Stands



Attack & Defend									
48 Mins									
DATE / WEEK									
Warm-Up									
				Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
Round 1	1	Low Block / Cross / Hook	L	R _____	R _____	R _____	R _____	R _____	R _____
			R	R _____	R _____	R _____	R _____	R _____	R _____
	2	Low Back Kick / Hook / Uppercut	L	R _____	R _____	R _____	R _____	R _____	R _____
			R	R _____	R _____	R _____	R _____	R _____	R _____
	3	Jab / Front Knee / Downstrike	L	R _____	R _____	R _____	R _____	R _____	R _____
			R	R _____	R _____	R _____	R _____	R _____	R _____
	4	Shuffle / Chamber / Uppercut	L	R _____	R _____	R _____	R _____	R _____	R _____
			R	R _____	R _____	R _____	R _____	R _____	R _____
Round 2	5	Hook Elbow / Downstrike / Sprawl	L	R _____	R _____	R _____	R _____	R _____	R _____
			R	R _____	R _____	R _____	R _____	R _____	R _____
	6	Back Knee / Back Kick / Vertical Punch	L	R _____	R _____	R _____	R _____	R _____	R _____
			R	R _____	R _____	R _____	R _____	R _____	R _____
	7	Front Push Kick / Superman Punch	L	R _____	R _____	R _____	R _____	R _____	R _____
			R	R _____	R _____	R _____	R _____	R _____	R _____
	8	Back Kick / High Block / Cross	L	R _____	R _____	R _____	R _____	R _____	R _____
			R	R _____	R _____	R _____	R _____	R _____	R _____
Round 3	9	Over the Top Elbow / Back Knee / Low Block	L	R _____	R _____	R _____	R _____	R _____	R _____
			R	R _____	R _____	R _____	R _____	R _____	R _____
	10	Horse Stance Body Blows	L	R _____	R _____	R _____	R _____	R _____	R _____
			R	R _____	R _____	R _____	R _____	R _____	R _____
	11	Roundhouse Kicks	L	R _____	R _____	R _____	R _____	R _____	R _____
			R	R _____	R _____	R _____	R _____	R _____	R _____
12	Jab / Cross / Hook Elbow / Uppercut	L	R _____	R _____	R _____	R _____	R _____	R _____	
		R	R _____	R _____	R _____	R _____	R _____	R _____	
Cool Down									



Cardio 24							
25 Minutes							
DATE / WEEK							
<b>Warm-Up</b>							
<b>Round 1</b>	1	Jump Rope	R	R	R	R	
	2	Alternating Step Back Lunges	R	R	R	R	
	3	Mountain Climbers	R	R	R	R	
	4	A Skips	L	R	R	R	R
			R	R	R	R	R
	5	Front Kick / Back Kick	L	R	R	R	R
R			R	R	R	R	
6	Sun Salutation	R	R	R	R		
<b>Round 2</b>	7	Jab / Cross	L	R	R	R	
			R	R	R	R	
	8	March / Jog / Run Callout	S	S	S	S	
	9	Shuffle / Jab Callout	R	R	R	R	
	10	Butt Kicker Flies	R	R	R	R	
	11	Cross Climbers	R	R	R	R	
12	Sun Salutation	R	R	R	R		
<b>Round 3</b>	13	Body Blows	R	R	R	R	
	14	Hop Over the Line	R	R	R	R	
	15	Fast Feet Shuffle Callout	R	R	R	R	
	16	Twist & Pivot / Elbow / Uppercut	S	S	S	S	
	17	Lunge Punches	W	R	W	R	
	18	Sun Salutation	R	R	R	R	
<b>Round 4</b>	19	Hook / Elbow / Downstrike	L	R	R	R	
			R	R	R	R	
	20	Tinman Clappers	R	R	R	R	
	21	Jump Shot Step Side to Side	R	R	R	R	
	22	Shoulder / Knee Tappers	R	R	R	R	
	23	Burpees	R	R	R	R	
24	Sun Salutation	R	R	R	R		
<b>Cool Down</b>							

**Required Equipment:** Medicine Ball / Dumbbell

**Recommended Equipment:** None



Chest & Back Round Robin								
54 Mins								
DATE / WEEK								
<b>Warm-Up</b>								
<b>Round 1</b>	1	Standard Push-Ups	R	Version	R	Version	R	Version
	2	Standard Pull-Ups	R	Version	R	Version	R	Version
	3	Standard Push-Ups	R	Version	R	Version	R	Version
	4	Standard Pull-Ups	R	Version	R	Version	R	Version
	5	Standard Push-Ups	R	Version	R	Version	R	Version
	6	Standard Pull-Ups	R	Version	R	Version	R	Version
<b>Round 2</b>	7	Military Push-Ups	R	Version	R	Version	R	Version
	8	Chin-Ups	R	Version	R	Version	R	Version
	9	Military Push-Ups	R	Version	R	Version	R	Version
	10	Chin-Ups	R	Version	R	Version	R	Version
	11	Military Push-Ups	R	Version	R	Version	R	Version
	12	Chin-Ups	R	Version	R	Version	R	Version
<b>STOP OPTION</b>								
<b>Round 3</b>	13	Staggered Push-Ups	R	Version	R	Version	R	Version
	14	Vaulter Pull-Ups	R	Version	R	Version	R	Version
	15	Staggered Push-Ups	R	Version	R	Version	R	Version
	16	Vaulter Pull-Ups	R	Version	R	Version	R	Version
	17	Staggered Push-Ups	R	Version	R	Version	R	Version
	18	Vaulter Pull-Ups	R	Version	R	Version	R	Version
<b>STOP OPTION</b>								
<b>Round 4</b>	19	Diamond Push-Ups	R	Version	R	Version	R	Version
	20	Isometric Pull-Ups	R	Version	R	Version	R	Version
	21	Diamond Push-Ups	R	Version	R	Version	R	Version
	22	Isometric Pull-Ups	R	Version	R	Version	R	Version
	23	Diamond Push-Ups	R	Version	R	Version	R	Version
	24	Isometric Pull-Ups	R	Version	R	Version	R	Version
<b>Cool Down</b>								

**Required Equipment:** Pull-up Bar / Bands

**Recommended Equipment:** Power Stands, Medicine Ball(s), Mat, Plyo Box / Sturdy Chair

**All Rounds Push-Up Options:** Hands on the Floor, Hands on Push-Up Stand Feet Elevated, Hands on Medicine Ball(s)

**Round 1 Pull-Up Options:** Pull-up Bar, Band Overhand Lat Pulldown, Dumbbell Rows Palms Back

**Round 2 Pull-Up Options:** Pull-up Bar, Band Underhand Narrow Lat Pulldown, Dumbbell Reverse Grip Rows

**Round 3 Pull-Up Options:** Pull-up Bar, Band Alternating Grip Lat Pulldowns, Dumbbell Lawnmowers Left then Right

**Round 4 Pull-Up Options:** Pull-up Bar, Band Three Pulse Lat Pulldown, Dumbbell Heavy Pants



Crunchtown					
20 Mins					
DATE / WEEK					
1	Boat Pumpers	R _____	R _____	R _____	R _____
2	Alternating Jackknife Crunch	R _____	R _____	R _____	R _____
3	Scissor Crunch	R _____	R _____	R _____	R _____
4	Banana X Crunch	R _____	R _____	R _____	R _____
5	Leg Circles	R _____	R _____	R _____	R _____
6	Figure 4 Crunch Twist	R R _____	R _____	R _____	R _____
		L R _____	R _____	R _____	R _____
7	Split Leg Reach	R _____	R _____	R _____	R _____
8	Torso Twister / Straight Leg Crunch	R _____	R _____	R _____	R _____
9	Swiss Twist	R _____	R _____	R _____	R _____
10	Hip Raisers	R _____	R _____	R _____	R _____
11	4 Punch Crunch	R _____	R _____	R _____	R _____

Crunchtown					
20 Mins					
DATE / WEEK					
1	Boat Pumpers	R _____	R _____	R _____	R _____
2	Alternating Jackknife Crunch	R _____	R _____	R _____	R _____
3	Scissor Crunch	R _____	R _____	R _____	R _____
4	Banana X Crunch	R _____	R _____	R _____	R _____
5	Leg Circles	R _____	R _____	R _____	R _____
6	Figure 4 Crunch Twist	R R _____	R _____	R _____	R _____
		L R _____	R _____	R _____	R _____
7	Split Leg Reach	R _____	R _____	R _____	R _____
8	Torso Twister / Straight Leg Crunch	R _____	R _____	R _____	R _____
9	Swiss Twist	R _____	R _____	R _____	R _____
10	Hip Raisers	R _____	R _____	R _____	R _____
11	4 Punch Crunch	R _____	R _____	R _____	R _____

**Required Equipment:** Mat / Soft Surface

**Recommended Equipment:** None



**Don't Skip Yoga**  
66 Mins

**In this Yoga routine, there is nothing to track. Set your intentions, be present, let your body flow through the poses. We provide the sequences here for your information only and so that you can take notes.**

1	Deep Breaths	25	Downdog - Right Leg Up	<b>STOP OPTION</b>	51	Sun Salutation - Vinyasa	73	L Hand Down R Reach Up,
2	Neck Rolls	26	Warrior 1 Hold, Pulse 5x		52	Downdog - Right Leg Up	74	Straighten Front Leg 3x
3	Shoulder Rolls Back / Forward	27	Vinyasa 1 Pushup - Downdog		53	Warrior 1 - Vinyasa	75	Vinyasa - DD - Left Leg Up
4	Upper Back / Chest Stretch	28	Left Leg Up		54	Downdog - Left Leg Up	76	W1 - W2 - Reverse Warrior - Straighten Front Leg - Triangle Pose - W2 - Right Angle Pose to Wrap - W2 - Half Moon - Rev. Half Moon - Lunge
5	Clasped Hand Upper Back Str.	29	Warrior 1 Hold, Pulse 5x		55	Warrior 1 - Vinyasa		
6	Clasped Hand Chest Stretch	30	Vinyasa 1 Push-Up Downdog		56	Downdog - Reverse Swan		
7	Wide Feet Forward Fold - Rock	31	Right L. Up, Knee to Nose, Up		57	Sun Salutation - Vinyasa		
8	Side Lunge - Runner's Lunge - R	32	W1 - W2 - W1		58	Downdog - Right Leg Up	77	R Hand Down L Reach Up, Straighten Front Leg 3x
9	Front Leg Straightens x4	33	Vinyasa 1 Push-Up Downdog		59	Warrior 1 - Vinyasa		
10	Side Lunge - Runner's Lunge - R	34	Left L. Up, Knee to Nose, Up		60	Downdog - Left Leg Up	78	Vinyasa - Push-Up - Hold Chaturanga, DD - Child's P.
11	Front Leg Straightens x4	35	W1 - W2 - W1		61	Warrior 1 - Vinyasa		
12	Forward Fold to Flat Back	36	Vinyasa 1 Push-Up Downdog		62	Downdog - Right Leg Up	79	Slow Boat Pumpers x20
13	Step to Plank - Downdog Pedal	37	Right L Up, Wild Thing		63	Warrior 1 - Vinyasa	80	Scissor Crunch 5 on Each Side 15x
14	Bend Knees Walk Feet to Hands	38	Leg Back in the Air		64	Downdog - Left Leg Up		
15	Flat Back to Ragdoll Up	39	R Knee to L Elbow		65	Warrior 1 - Vinyasa	81	Up - Open - Close Callout x19 - 10 count lower for 20
16	Vinyasa end in Downdog	40	R Knee to R Elbow		66	Downdog - Reverse Swan		
17	Right Leg Up in Air to Warrior 1	41	W1 - W2 - W1		67	Repeat Same Sequence 3x	82	Slow Bridge Up - Down
18	Pulse 4x Hold Last One	42	Left L Up, Wild Thing		68	Cat-to-Cow to Downdog	83	Supine Knee Circles In&Out
19	Vinyasa end in Downdog	43	Leg Back in the Air		69	Step Feet in, Ragdoll Up	84	Rollers Crossed Leg 3x jump to Chaturanga - DD
18	Left Leg Up in Air to Warrior 1	44	L Knee to R Elbow		70	Sun Salutation - Vinyasa		
19	Pulse 4x Hold Last One	45	L Knee to L Elbow		71	Downdog - Right Leg Up	85	R Leg Up, Pidgeon - Quad Stretch - DD - Repeat on L Sit - L Knee Bent - R Leg
20	Vinyasa end in Downdog	46	W1 - W2 - W1		72	W1 - W2 - Reverse Warrior - Straighten Front Leg - Triangle Pose - W2 - Right Angle Pose to Wrap - W2 - Half Moon - Rev.		
21	Feet to Hands - Flat Back	47	Vinyasa 1 Push-Up Downdog				86	Straight Twist to R, Reach to Right Foot, Cross Hands, Repeat on Left Side
22	Ragdoll Up	48	Bend Knees Jump to Hands					
23	Vinyasa 1 Push-Up Updog	49	Chair Pose Hold					
24	Look Left - Center - Right	50	Stand Up Arch Back					

Savasana - Deep Breaths - Roll to Right Side - Come up to Lotus - One Big Ohm

**NOTES**

**Required Equipment:** Mat

**Recommended Equipment:** Yoga Block



Drop, Pulse and Hold																	
70 Mins																	
DATE / WEEK		Round 1				Round 2				Round 1				Round 2			
Warm-Up																	
1	Plie Squats	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
2	Lunge Pumpers - Right	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
	Lunge Pumpers - Left	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
3	Lincoln Squats - Right	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
	Lincoln Squats - Left	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
4	Frog Bridge	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
5	Butterfly Squats	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
6	Deadlift Reach - Right	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
	Deadlift Reach - Left	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
7	Alt. Rock-n-Roll Lunge	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
	Rock-n-Roll Lunge - Right	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
Rock-n-Roll Lunge - Left	Drop	W	R	W	R	W	R	W	R	W	R	W	R				
	Pulse	W	R	W	R	W	R	W	R	W	R	W	R				
	Hold	W	S	W	S	W	S	W	S	W	S	W	S				
8	Lean Backs	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
9	Curtsy Lunge - Right	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
	Curtsy Lunge - Left	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
10	Ballet Squats	Drop	W	R	W	R	W	R	W	R	W	R	W	R			
		Pulse	W	R	W	R	W	R	W	R	W	R	W	R			
		Hold	W	S	W	S	W	S	W	S	W	S	W	S			
Cool Down																	

**Required Equipment:** Dumbbells

**Recommended Equipment:** Mat



## Flash Card-IO

46 Mins

**This is a cardio routine - the goal is to keep the heart rate elevated. Each exercise is done for approximately 20 seconds, with no breaks in between exercises (don't worry, every 15 exercises you get to rest). We provide the exercise sequences in this sheet so that you know the order; however, we purposefully did not provide room to track: stop to take breaks as needed, but if you can, follow along with the crew, going from one exercise to the next without stopping to write down what you did. You can always take notes at the bottom of the sheet.**

### Warm Up

BLOCK 1				BLOCK 2			
Round 1		Round 2		Round 1		Round 2	
1	Fast Feet Floor Taps	16	Long Jump Back Pedal	31	Jump Rope	46	Soccer Drills
2	A Skips R (10s) then L (10s)	17	Alternating Front Kicks	32	Step / Hop Overs	47	Alt. Jump Shots
3	Mountain Climbers	18	Alt. R + L Shuffle Callout	33	Mountain Climbers	48	T Jacks
4	Alternating Downstrike	19	Step / Hop Overs	34	Fighter Shuffle R + L	49	10 & 2 Pivot Punches
5	Jab Cross R (10s) then L (10s)	20	Uppercut Run	35	Johnny Jumps	50	Fast Feet Floor Taps
6	Alt. Jump Shots	21	Groucho Walk	36	Jab / Cross R + L	51	Lateral Shuffle
7	Jog / Run	22	Press Jacks	37	Alternating Downstrike	52	Twister
8	Shuffle/Chamber/Jab R then L	23	Hook/Uppercut/ B. Knee	38	Skaters	53	Shuffle / Chamber / Jab
9	Lateral Shuffle	24	Cross Climbers	39	Cross Climbers	54	Jog / Run
10	T Jacks	25	Johnny Jumps	40	Hook / Uppercut / B. Knee	55	Alt. Front Kicks
11	Hook Elbow/Downstrike R + L	26	Alt. Step Back Lunges	41	Press Jacks	56	Long Jump Back Pedal
12	Alt. Side Lunge Jumps	27	Soccer Drills	42	Step Back Lunges	57	A Skips R + L
13	Mr. Bumps	28	Twister	43	Hook Elbow / Downstrike	58	Twist&Pivot High Punch
14	Jump Rope	29	10 & 2 Pivot Punches	44	Groucho Walk	59	Mr. Bumps
15	Twist & Pivot	30	Skaters	45	Uppercut Run	60	Alt. Side Lunge Jumps

STOP OPTION

### Cool Down

### NOTES

**Required Equipment:** None

**Recommended Equipment:** Dumbbells



**Flash Card Plyo**  
41 Mins

DATE / WEEK

**Warm-Up**

<b>Round 1</b>	1	Shuffle Jump	S _____	S _____	S _____	S _____
	2	Alternating A Skips	R _____	R _____	R _____	R _____
	3	Long Jumps	R _____	R _____	R _____	R _____
	4	Lunges & Squats	R _____	R _____	R _____	R _____
	5	Jump Rope	S _____	S _____	S _____	S _____
	6	Mountain Squats	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
	7	Plank Pops	R _____	R _____	R _____	R _____
	8	Skater Freeze	R _____	R _____	R _____	R _____
	9	90 / 10 Jump Squats	L R _____	R _____	R _____	R _____
			R R _____	R _____	R _____	R _____
	10	Plie Squats	R _____	R _____	R _____	R _____
	11	The Juanidrew Lunges	R _____	R _____	R _____	R _____
12	Ride Your Pony	R _____	R _____	R _____	R _____	

**STOP OPTION**

<b>Round 2</b>	13	Jump Rope	S _____	S _____	S _____	S _____
	14	Plie Squats	R _____	R _____	R _____	R _____
	15	Plank Pops	R _____	R _____	R _____	R _____
	16	Ride Your Pony	R _____	R _____	R _____	R _____
	17	Mountain Squats	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
	18	90 / 10 Jump Squats	L R _____	R _____	R _____	R _____
			R R _____	R _____	R _____	R _____
	19	The Juanidrew Lunges	R _____	R _____	R _____	R _____
	20	Alternating A Skips	R _____	R _____	R _____	R _____
	21	Long Jumps	R _____	R _____	R _____	R _____
	22	Shuffle Jump	R _____	R _____	R _____	R _____
	23	Skater Freeze	R _____	R _____	R _____	R _____
24	Lunges & Squats	R _____	R _____	R _____	R _____	

**Cool Down**

**Required Equipment:** None

**Recommended Equipment:** Dumbbell



Head to Toe						
55 Mins						
DATE / WEEK						
Warm-Up						
Round 1	1	Two Dog Push-Ups	R _____	R _____	R _____	R _____
	2	Rope / Jack / Run Callout	S _____	S _____	S _____	S _____
	3	Down Dog Cross Crunch	R _____	R _____	R _____	R _____
	4	Rocket Hop Squats	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
Round 2	5	Circle Push-Ups	R _____	R _____	R _____	R _____
	6	Speed Skater	R _____	R _____	R _____	R _____
	7	Row Your Boat Backwards	R _____	R _____	R _____	R _____
	8	Alt. High / Low Fighter Jumps	R _____	R _____	R _____	R _____
Round 3	9	Dolphin Push-Ups	R _____	R _____	R _____	R _____
	10	Fast Feet Jacks Callout	S _____	S _____	S _____	S _____
	11	Oblique Roll Crunch	R _____	R _____	R _____	R _____
	12	Mountain Squat Jumps	R _____	R _____	R _____	R _____
STOP OPTION						
Round 4	13	Bear Push-Ups	R _____	R _____	R _____	R _____
	14	3 Direction Pivot Punches	R _____	R _____	R _____	R _____
	15	Leg Climbers	L R _____	R _____	R _____	R _____
			R R _____	R _____	R _____	R _____
16	Hop Squat Lunge	R _____	R _____	R _____	R _____	
STOP OPTION						
Round 5	17	50 / 40 / 30 Push Ups	R _____	R _____	R _____	R _____
	18	Shuffle / Chamber / Jab	L R _____	R _____	R _____	R _____
			R R _____	R _____	R _____	R _____
	19	Up / Down / Open / Close	R _____	R _____	R _____	R _____
20	Bear Crawl Burpee Squats	R _____	R _____	R _____	R _____	
Cool Down						

**Required Equipment:** Mat / Soft Surface

**Recommended Equipment:** Medicine Ball



## Heart, Lungs and Legs

56 Mins

DATE / WEEK										
Warm-Up										
<b>Round 1</b>	1	Crescent Chair	R _____	R _____	R _____	R _____				
	2	Press Jacks	W ____ R ____	W ____ R ____	W ____ R ____	W ____ R ____				
	3	Alt. One Leg Jump Squats	R _____	R _____	R _____	R _____				
<b>Round 2</b>	4	5 Rep Rocking Lunges	R _____	R _____	R _____	R _____				
	5	2 Speed A Skips	L R _____	R _____	R _____	R _____				
			R R _____	R _____	R _____	R _____				
6	Rolk Pop Squats	R _____	R _____	R _____	R _____					
<b>Round 3</b>	7	ScoMo Screamer Lunges (Callout)	L R _____	R _____	R _____	R _____				
			R R _____	R _____	R _____	R _____				
	8	Jump Rope/Fast Feet Callout	S _____	S _____	S _____	S _____				
9	Alt. Side Lunge Jump Shot	R _____	R _____	R _____	R _____					
STOP OPTION										
<b>Round 4</b>	10	Gorilla Crawls	R _____	R _____	R _____	R _____				
	11	Step / Hop Overs	S _____	S _____	S _____	S _____				
	12	Spiderman Squats Callout	R _____	R _____	R _____	R _____				
<b>Round 5</b>	13	Alt. Mountain Squat Crunch	W ____ R ____	W ____ R ____	W ____ R ____	W ____ R ____				
	14	Jog / Sprint	S _____	S _____	S _____	S _____				
	15	3 Direction Jump Squat	R _____	R _____	R _____	R _____				
STOP OPTION										
<b>Round 6</b>	16	One Leg Seat Drop Squats	L R _____	R _____	R _____	R _____				
			R R _____	R _____	R _____	R _____				
	17	Shayla Shuffle	R _____	R _____	R _____	R _____				
18	Plyo Frog Squat Reach	R _____	R _____	R _____	R _____					
<b>Round 7</b>	19	Hell's Chair	R _____	R _____	R _____	R _____				
	20	Knees & Heels	S _____	S _____	S _____	S _____				
	21	Long Jump	R _____	R _____	R _____	R _____				
Cool Down										

**Required Equipment:** None

**Recommended Equipment:** Dumbbells



## Kicking & Punching 65 Mins

Kicking & Punching 65 Mins										
DATE / WEEK										
			Set 1	Set 2	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
Warm-Up										
<b>Round 1</b>	1	Hook Elbow / Cross / Back Knee	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
	2	Lead Vert Punch / Over the Top Elbow /	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
	3	Back Knee / Front Kick / Cross	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
	4	Jab / Downstrike / Sprawl	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
<b>Round 2</b>	5	Front Push Kick / Back Snap Kick / Downstrike	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
	6	Back Knee / Front Kick / Low Back Kick	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
	7	Vertical Punch / Claw / Back Knee	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
	8	Cross / Jab / Downstrike / Sprawl	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
STOP OPTION										
<b>Round 3</b>	9	Over the Top Elbow / Up Elbow / Back Kick	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
	10	Front Uppercut / Downstrike / Sprawl	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
	11	Jab / Hook / Back Kick	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
	12	Low Block / High Block / Jab / Cross	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
STOP OPTION										
<b>Round 3</b>	13	Body Blows / Shuffle R + L	S	S	S	S	S	S	S	S
	14	Back Hook / Front Hook / Downstrike / Sprawl	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
	15	Shuffle / Duck / Uppercut / Jab	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
	16	Jab / Cross / Low Block / High Block	L	R	R	R	R	R	R	R
			R	R	R	R	R	R	R	R
<b>Titus Round</b>	17	Alt. Squat Outside Kick	R		R		R		R	
	18	Front Roundhouse / Back	R		R		R		R	
	19	Alternating Inside Axe Kick	R		R		R		R	
	20	Superman Kicks	R		R		R		R	
Cool Down										

**Required Equipment:** None

**Recommended Equipment:** Towel



## Morning Yoga

35 Mins

**In this Yoga routine, there is nothing to track. Set your intentions, be present, let your body flow through the poses. We provide the sequences here for your information only and so that you can take notes.**

1	Standing Breaths - Set Intentions	14	Runner's Lunge - R	32	Feet to Hands, Inhale Flat Back
2	R ear to R shoulder, L hand grabs R wrist, left elbow chicken wing, chin to chest, L ear to L shoulder, head rolls	15	Straighten front Leg x5	33	Reverse Swan Dive
		16	Runner's Lunge - L	34	Inhale Up, Hang Down, Inhale Halfway, Chaturanga, Downdog
		17	Straighten front Leg x5		
3	L ear to L shoulder, R hand grabs L wrist, left elbow chicken wing, chin to chest, R ear to R shoulder, head rolls	18	Back to Center Wide Legs	35	R Heel Up, Knee Bends, W1 - R
		19	Step Back to Plank	36	Chaturanga - Updog - Downdog
		20	Lower Down to Cobra	37	L Heel Up, Knee Bends, W1 - L
4	Pez Dispenser Stretch	21	Had on Mat Look to Right	38	Chaturanga - Updog - Downdog
5	Neutral Head - Shoulder Rolls	22	Cobra	39	R Heel Up, Knee Bends - W1 - R
6	Wide Legs Inhale Up Morning Stretch 3x	23	Had on Mat Look to Left	40	Chaturanga - Updog - Downdog
		24	Cobra	41	L Heel Up, Knee Bends - W1 - L
7	Gentle Side Stretch - R & L	25	Slow Cat & Cow	42	Ragdoll Up
8	Wide Legs Flat Back Hang Down	26	Feet Up Move R - L look back	43	Seated Hamstring Twist & Stretch - R & L
9	Hands to Knees - Hang Down	27	Child's Pose		
10	Rock-n-Roll	28	Hands to Right, Center, Left	44	Supine Bent Knee Circles
11	Come Up Flat Back	29	Chaturanga - Updog	45	Bridge
12	Hang Down	30	Look to R & L	46	Supine Bent Knee Spinal Twists
13	Lunge - R & L x2	31	Downdog - Pedal Feet	47	Savasana - Ohm Prep Breaths

### Seated Ohms

### NOTES

**Required Equipment:** Yoga Mat

**Recommended Equipment:** None



## Plyo 30 / 15

40 Mins

DATE / WEEK			
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### Warm-Up

<b>Round 1</b>	1	Jog / Sprint	S ____ / ____	S ____ / ____	S ____ / ____	S ____ / ____
	2	Little Jack / Big Jack	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	3	Skaters / Super Skaters	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	4	Alt. Skip Lunges / Plyo Lunges	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	5	A Steps / A Skips	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	6	Frog Squats / Frog Jumps	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	7	Pulse Chair / Chair Jump	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	8	Step Back Lunges / Hop Lunges	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	9	Squat Kicks / Squat Kick Jumps	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	10	Easy Feet / Fast Feet	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____

### STOP OPTION

<b>Round 2</b>	11	Squat Press / Squat Jump	W __ R __ / __	W __ R __ / __	W __ R __ / __	W __ R __ / __
	12	Lunge Squat Lunge / Rulk Squat Lunge	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	13	Long Jumps / Mega Jumps	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	14	Straddle Squat Hops / Jumps	W __ R __ / __	W __ R __ / __	W __ R __ / __	W __ R __ / __
	15	Lateral Steps / Hop Squats	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____

### STOP OPTION

<b>Round 3</b>	16	Alternating Lateral Lunge Knee Raise / Jump	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	17	Plank to Frog Squat / Jump	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	18	Alt. Run Lunge Squat / Jump	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____
	19	Alt. Mountain Squat / Jump	W __ R __ / __	W __ R __ / __	W __ R __ / __	W __ R __ / __
	20	Wide / Narrow Squat Hops / Fast	R ____ / ____	R ____ / ____	R ____ / ____	R ____ / ____

### Cool Down

**Required Equipment:** None

**Recommended Equipment:** Dumbbells



## Power & Strength Yoga

63 Mins

**In this Yoga routine, there is nothing to track. Set your intentions, be present, let your body flow through the poses. We provide the sequences here for your information only and so that you can take notes.**

1	Shoulder Rolls both Ways	37	R leg in the air	72	Downdog - R leg up	101	W1, W2, Rev. W, Extend, Triangle, W2, Extended R Angle, Wrap, W2 - Left
2	Wide Legs Side Stretch R & L	38	R leg to chin L elbow R elbow	73	Warrior 1 - R		
3	Feet Closer Hands Clasp	39	Wild Thing - R	74	Warrior 2 - R	102	Vinyasa - 1 Pushup
	Side Stretch R & L	40	Knee to Chest	75	Reverse Warrior - R		
4	Swan Dive to Hang Down	41	Crescent Pose to Straight Legs 3x	76	Extended Rev. Warrior - R	103	Downdog - R leg up
5	Inhale to Flat Back			77	Warrior 2 - R		
6	Hang Down	42	Vinyasa	78	Vinyasa - 1 Pushup	104	W1, W2, Rev. W, Ext, Triangle, W2, Ext. R Angle, Wrap, W2, Half Moon, Rev. Half Moon, Runner's Lunge
7	Inhale to Flat Back	43	L leg in the air	79	Downdog - L leg up		
8	Hang Down	44	L leg to chin R elbow L elbow	80	Warrior 1 - L		
9	Reverse Swan Dive	45	Wild Thing - L	81	Warrior 2 - L		
10	Wide Legs Hang Down	46	Knee to Chest	82	Reverse Warrior - L	105	Twist, Front Leg Straighten 3x - RIGHT
11	Side Lunge Right	47	Crescent Pose to Straight Legs 3x	83	Extended Rev. Warrior - R		
12	Turn to Runner's Lunge			84	Warrior 2 - L	106	Downdog - L leg up
13	Straighten Front Leg 4x	48	Vinyasa	85	Vinyasa - 1 Pushup	107	W1, W2, Rev. W, Ext, Triangle, W2, Ext. R Angle, Wrap, W2, Half Moon, Rev. Half Moon, Runner's Lunge
14	Side Lunge Left	49	Feet to Hands	86	Downdog - R leg up		
15	Turn to Runner's Lunge	50	Chair Pose - Chair Twist R	87	W1, W2, Rev. W, Extend, Triangle, W2 -		
16	Straighten Front Leg 4x	51	Chair Pose - Chair Twist L				
17	Turn to Center Step to Plank	52	Hang Down - Inhale Up	88	Vinyasa - 2 Pushups	108	Twist, Front Leg Straighten 3x - LEFT
18	Downdog - Pedal Feet	53	Swan dive down	89	W1, W2, Rev. W, Extend, Triangle, W2 -		
19	Reach R hand to L Calf	54	Chair Pose	90	Vinyasa - 1 Pushup	109	5 Pushups - Side Arm Balance R & L - 5 Pushups
20	Reach L hand to R Calf	55	Hang Down, Chaturanga				
21	Chaturanga - Updog	56	Updog	91	Downdog - R leg up	110	Child's Pose
22	Look to R, Forward, L	57	Downdog	92	W1, W2, Rev. W, Extend, Triangle, W2, Right Ang., R hand	111	Boat Hold
23	Push-up to Chaturanga	58	R leg in the air				
24	Walk Feet to Hands	59	Warrior 1 - R	93	Vinyasa - 3 Pushups	112	Supine Knee Circles
25	Chair Pose	60	Vinyasa - 1 Pushup				
26	Exhale Hang Down	61	L Leg in the air	94	Downdog - L leg up	113	Supine Rock 3x - Cross Knees - Come to Plank
27	Inhale Half Way	62	Warrior 1 - L	95	W1, W2, Rev. W, Extend, Triangle, W2, Right Angle, L hand	114	DD - R leg up - Pigeon
28	Exhale Hang Down	63	Vinyasa - 2 Pushups			115	DD - L leg up - Pigeon
29	Reverse Swan Dive	64	Downdog - R leg up			116	Cat - Cow
30	Vinyasa	65	Warrior 1 - R			117	R leg out Hamstr. Stretch
31	R leg in the air, bend R leg	66	Warrior 2 - R	96	Vinyasa - 1 Pushup	118	L Leg ut Hamstr. Stretch
32	Warrior 1 - R	67	Vinyasa - 2 Pushups	97	Downdog - R leg up	98	W1, W2, Rev. W, Extend, Triangle, W2, Extended R Angle,
33	Chaturanga Updog Downd.	68	Downdog - L leg up				
34	L leg in the air - bend L leg	69	Warrior 1 - L	99	Vinyasa - 1 Pushup	119	Supine L knee in R knee in
35	Warrior 1 - L	70	Warrior 2 - L	100	Downdog - L leg up	120	Spinal Twist R & L
36	Chaturanga Updog Downd.	71	Vinyasa - 3 Pushups	101	Downdog - L leg up	121	Savasana
						122	Turn to R Side - Sit Up
						123	3 Ohm Prep Breaths
							Big Ohm

**Required Equipment:** Mat  
**Recommended Equipment:** Yoga Block



Power of Core					
21 Mins					
DATE / WEEK					
1	VW Crunches	R	R	R	R
2	Calf Clappers	R	R	R	R
3	Straddle Circles	In	R	R	R
		Out	R	R	R
4	J-Kicks	R	R	R	R
5	Side Plank Kicks	L	R	R	R
		R	R	R	R
6	2 Plank Toe Tappers	R	R	R	R
7	Banana Twist	R	R	R	R
8	Abrinome Plus	R	R	R	R
9	Banana Hook Crunch	R	R	R	R
10	Low Plank Hip Drops	R	R	R	R
11	Plank Dancing	R	R	R	R
12	Shoulders Knees and Toes	R	R	R	R
<b>Cool Down</b>					

Power of Core					
21 Mins					
DATE / WEEK					
1	VW Crunches	R	R	R	R
2	Calf Clappers	R	R	R	R
3	Straddle Circles	In	R	R	R
		Out	R	R	R
4	J-Kicks	R	R	R	R
5	Side Plank Kicks	L	R	R	R
		R	R	R	R
6	2 Plank Toe Tappers	R	R	R	R
7	Banana Twist	R	R	R	R
8	Abrinome Plus	R	R	R	R
9	Banana Hook Crunch	R	R	R	R
10	Low Plank Hip Drops	R	R	R	R
11	Plank Dancing	R	R	R	R
12	Shoulders Knees and Toes	R	R	R	R
<b>Cool Down</b>					

**Required Equipment:** Mat / Soft Surface  
**Recommended Equipment:** None



Primal Flow						
55 Mins						
DATE / WEEK						
<b>Warm-Up</b>						
<b>Warmup</b>	1	Four Direction Beast Crawl	R _____	R _____	R _____	R _____
	2	Swimmers / Superman	R _____	R _____	R _____	R _____
	3	Lateral Lunge Jump - Right	R _____	R _____	R _____	R _____
	4	Cobbler's Bridge Crunch	R _____	R _____	R _____	R _____
	5	Four Direction Beast Crawl	R _____	R _____	R _____	R _____
	6	Swimmers / Superman	R _____	R _____	R _____	R _____
	7	Lateral Lunge Jump - Left	R _____	R _____	R _____	R _____
	8	Cobbler's Bridge Crunch	R _____	R _____	R _____	R _____
<b>Round 1</b>	9	Beast Side Kick Through	R _____	R _____	R _____	R _____
	10	Atomic Push-Up	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
	11	Beast to Crab Reach	R _____	R _____	R _____	R _____
	12	Burpee Jacks	R _____	R _____	R _____	R _____
	13	Beast Side Kick Through	R _____	R _____	R _____	R _____
	14	Atomic Push-Up	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
	15	Beast to Crab Reach	R _____	R _____	R _____	R _____
	16	Burpee Jacks	R _____	R _____	R _____	R _____
<b>STOP OPTION</b>						
<b>Round 2</b>	17	Beast Front Kick Through	R _____	R _____	R _____	R _____
	18	Reverse Plank Leg Lifts	R _____	R _____	R _____	R _____
	19	Pike Press / Dolphin Push-Up	R _____	R _____	R _____	R _____
	20	Squat Pop Kicks	R _____	R _____	R _____	R _____
	21	Beast Front Kick Through	R _____	R _____	R _____	R _____
	22	Reverse Plank Leg Lifts	R _____	R _____	R _____	R _____
	23	Pike Press / Dolphin Push-Up	R _____	R _____	R _____	R _____
	24	Squat Pop Kicks	R _____	R _____	R _____	R _____
<b>STOP OPTION</b>						
<b>Bonus Burnout</b>	25	Mountain Frogs	R _____	R _____	R _____	R _____
	26	Rulk Pop Squats Callout	R _____	R _____	R _____	R _____
	27	Burpee Shuffle	R _____	R _____	R _____	R _____
	28	Fast Feet 3 Way Callout	R _____	R _____	R _____	R _____
	29	Bear in a Square	R _____	R _____	R _____	R _____
	30	High Knees & Butt Kickers	R _____	R _____	R _____	R _____
31	Squat Jumps	R _____	R _____	R _____	R _____	
<b>Cool Down</b>						

**Required Equipment:** None

**Recommended Equipment:** Mat, Dumbbell / Med Ball



**Pure Stretch**  
46 Mins

**In this Stretch routine, there is nothing to track. Set your intentions, be present, let your body flow through the poses. We provide the sequences here for your information only and so that you can take notes.**

1	Standing Breathwork	18	R hand on R thigh look up, R arm up	34	Pulse over Front Leg x3	52	Child's Pose, Hands to R & L
2	Standing Shoulder Rolls			35	Runner's Lunge Roll R ankle	53	Seated Spinal Twist R & L
3	Shoulder Stretch in Front, Clasp Behind	19	L hand on L thigh look up, L arm up	36	Down on Forearms	54	Seated Hamstring Stretch, Twist, Stretch - R
				37	Back Knee Drops		
4	Clasp in Front, Reach Out	20	Hang Down, Hands on Knees	38	Lean Forward, Reach Up	55	Seated Hamstring Stretch, Twist, Stretch - L
5	Clasp in Back, Pull Arms Behind	21	Turn to Runner's Stretch - R	39	Windshield Wiper Front Leg		
6	Wide Legs Head Rolls	22	Front Leg Straightens x3	40	Pulse over Front Leg 3x	56	Butterfly Rock-n-Roll
7	Wide Legs Inhale Up	23	Pulse over Front Leg x3	41	Cat Cow to Downdog	57	Hinge Forward Butterfly
8	Side Stretch - R	24	Runner's Lunge Roll R ankle	42	Pedal Feet	58	Straddle Stretch - R & L
9	Arms Up Stretch Back	25	Down on Forearms	43	Plank to Hands & Knees	59	Supine Knee Circles In/Out
10	Side Stretch - L	26	Back Knee Drops	44	Sit on Heels	60	Figure 4 - R & L
11	Goal Post Stretch 10x	27	Lean Forward, Reach Up	45	Hnds & Knees to Downdog	61	Glute Bridge
12	Knuckles at Temple Stretch 10x	28	Windshield Wiper Front Leg	46	R Leg Up	62	Savasana
13	Wide Feet Inhale Up Hang Down	29	Pulse over Front Leg 3x	47	Runner's Lunge - R	63	Diaphragmatic Breathing
14	Rock-n-Roll	30	Cat Cow	48	World's Greatest Stretch x2	64	Turn to Right Side, Sit Up
15	Flat Back Fingertips Down	31	Hang Down, Hands on Knees	49	Downdog, Shake Legs Out	65	Ohm Prep Breaths
16	Hang Down	32	Turn to Runner's Stretch - L	50	Runner's Lunge - L	66	Big Ohm
17	Flat Back Fingertips Down	33	Front Leg Straightens x3	51	World's Greatest Stretch x2		

**NOTES**

**Required Equipment:** Mat / Soft Surface

**Recommended Equipment:** Yoga Block



Push											
55 Mins											
DATE / WEEK											
<b>Warm-Up</b>											
<b>Round 1</b>	1	Shoulder Tap Push Ups	R _____		R _____		R _____		R _____		
	2	Arc Row Shoulder Fly	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	3	Triceps Kick Outs 45°	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	4	Military Rocker Push Ups	R _____		R _____		R _____		R _____		
	5	The Hail Caesar Row	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	6	Tri-Flipper Smasher	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	7	Chaturanga Leg Lift Push Up	R _____		R _____		R _____		R _____		
	8	21's Shoulder Press	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	9	21's Triceps Kickback	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
<b>STOP OPTION</b>											
<b>Round 2</b>	10	Beta 1 Charlie Bear Push Ups	R _____		R _____		R _____		R _____		
	11	Squat / Curl / Corkscrew Press	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	12	Elevated Side Tri Rise	L	R _____		R _____		R _____		R _____	
			R	R _____		R _____		R _____		R _____	
	13	Elevated Eccentric Push Ups	R _____		R _____		R _____		R _____		
	14	Open & Shut Shoulder Fly	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
15	Supine Throwers	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___		
<b>STOP OPTION</b>											
<b>Round 3</b>	16	Close Grip Press (Stability Ball)	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	17	Eccentric Hammer Flys	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	18	Triple Kickers	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	19	Marine Corps Push Ups	R _____		R _____		R _____		R _____		
	20	Punch Presses	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	21	Cheater Dolphin Push Ups	R _____		R _____		R _____		R _____		
<b>Cool Down</b>											

**Required Equipment:** Dumbbells / Bands, Yoga Block (or similar), Plyo Box / Sturdy Chair

**Recommended Equipment:** Mat, Power Stands, Stability Ball



## Shoulders & Arms Recharge

40 Mins

DATE / WEEK

### Warm-Up

<b>Round 1</b>	1	Standing Military Press	W___	R___	W___	R___	W___	R___	W___	R___
	2	Standing Biceps Curl	W___	R___	W___	R___	W___	R___	W___	R___
	3	Supine Triceps Extension	W___	R___	W___	R___	W___	R___	W___	R___
	4	Standing Military Press	W___	R___	W___	R___	W___	R___	W___	R___
	5	Standing Biceps Curl	W___	R___	W___	R___	W___	R___	W___	R___
	6	Supine Triceps Extension	W___	R___	W___	R___	W___	R___	W___	R___
<b>Round 2</b>	7	Swimmer's Press	W___	R___	W___	R___	W___	R___	W___	R___
	8	21's	W___	R___	W___	R___	W___	R___	W___	R___
	9	Dolphin Push Ups	R_____		R_____		R_____		R_____	
	10	Swimmer's Press	W___	R___	W___	R___	W___	R___	W___	R___
	11	21's	W___	R___	W___	R___	W___	R___	W___	R___
	12	Dolphin Push Ups	R_____		R_____		R_____		R_____	

### STOP OPTION

<b>Round 3</b>	13	Arc Rows	W___	R___	W___	R___	W___	R___	W___	R___
	14	Hammer Curls	W___	R___	W___	R___	W___	R___	W___	R___
	15	Standing Kickbacks	W___	R___	W___	R___	W___	R___	W___	R___
	16	Arc Rows	W___	R___	W___	R___	W___	R___	W___	R___
	17	Hammer Curls	W___	R___	W___	R___	W___	R___	W___	R___
	18	Standing Kickbacks	W___	R___	W___	R___	W___	R___	W___	R___

### STOP OPTION

<b>Round 4</b>	19	Punch Presses	W___	R___	W___	R___	W___	R___	W___	R___
	20	Drag Curls	W___	R___	W___	R___	W___	R___	W___	R___
	21	Tri Pumpers	W___	R___	W___	R___	W___	R___	W___	R___
	22	Punch Presses	W___	R___	W___	R___	W___	R___	W___	R___
	23	Drag Curls	W___	R___	W___	R___	W___	R___	W___	R___
	24	Tri Pumpers	W___	R___	W___	R___	W___	R___	W___	R___

### Cool Down

**Required Equipment:** Dumbbells / Bands

**Recommended Equipment:** Mat / Soft Surface



Triple Trouble Challenge						
67 Mins						
DATE / WEEK						
<b>Warm-Up</b>						
<b>Round 1</b>	1	Standard Push-Ups	R _____	R _____	R _____	R _____
	2	Standard Push-Ups	R _____	R _____	R _____	R _____
	3	Standard Push-Ups	R _____	R _____	R _____	R _____
	4	Standard Pull-Ups	R _____	R _____	R _____	R _____
	5	Standard Pull-Ups	R _____	R _____	R _____	R _____
	6	Standard Pull-Ups	R _____	R _____	R _____	R _____
<b>Round 2</b>	7	Military Push-Ups	R _____	R _____	R _____	R _____
	8	Military Push-Ups	R _____	R _____	R _____	R _____
	9	Military Push-Ups	R _____	R _____	R _____	R _____
	10	Chin-Ups	R _____	R _____	R _____	R _____
	11	Chin-Ups	R _____	R _____	R _____	R _____
	12	Chin-Ups	R _____	R _____	R _____	R _____
<b>STOP OPTION</b>						
<b>Round 3</b>	13	Staggered Push-Ups	R _____	R _____	R _____	R _____
	14	Staggered Push-Ups	R _____	R _____	R _____	R _____
	15	Staggered Push-Ups	R _____	R _____	R _____	R _____
	16	Vaulter Pull-Ups	R _____	R _____	R _____	R _____
	17	Vaulter Pull-Ups	R _____	R _____	R _____	R _____
	18	Vaulter Pull-Ups	R _____	R _____	R _____	R _____
<b>STOP OPTION</b>						
<b>Round 4</b>	19	Wide Fly Push-Ups	R _____	R _____	R _____	R _____
	20	Wide Fly Push-Ups	R _____	R _____	R _____	R _____
	21	Wide Fly Push-Ups	R _____	R _____	R _____	R _____
	22	Narrow Grip Pull-Ups	R _____	R _____	R _____	R _____
	23	Narrow Grip Pull-Ups	R _____	R _____	R _____	R _____
	24	Narrow Grip Pull-Ups	R _____	R _____	R _____	R _____
<b>Cool Down</b>						

**Required Equipment:** Pull-Up Bar / Bands

**Recommended Equipment:** Power Stands



## Who's Got Your Back

52 Mins

Who's Got Your Back											
52 Mins											
DATE / WEEK											
Warm-Up											
Round 1	1	Switch Grip Pull-Up	R _____		R _____		R _____		R _____		
	2	Heavy Pants	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	3	Bent Over Flys	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	4	Switch Grip Pull-Up	R _____		R _____		R _____		R _____		
	5	Heavy Pants	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	6	Bent Over Flys	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
Round 2	7	Chin-Up	R _____		R _____		R _____		R _____		
	8	Lawnmower	L	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___
			R	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___
	9	Straight Arm Bent Over Flys	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	10	Chin-Up	R _____		R _____		R _____		R _____		
	11	Lawnmower	L	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___
R			W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
12	Straight Arm Bent Over Flys	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___		
STOP OPTION											
Round 3	13	Zip Kip Pull-Up	R _____		R _____		R _____		R _____		
	14	Alternating Heavy Pants	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	15	Arc Rows	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	16	Zip Kip Pull-Up	R _____		R _____		R _____		R _____		
	17	Alternating Heavy Pants	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	18	Arc Rows	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
STOP OPTION											
Round 4	19	V Pull-Up	R _____		R _____		R _____		R _____		
	20	Seated Combo Row	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	21	Seated V-Flys	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	22	V Pull-Up	R _____		R _____		R _____		R _____		
	23	Seated Combo Row	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
	24	Seated V-Flys	W ___	R ___	W ___	R ___	W ___	R ___	W ___	R ___	
Cool Down											

**Required Equipment:** Dumbbells / Bands, Pull-Up Bar, Bench / Sturdy Chair

**Recommended Equipment:** None