

LIFT - LOWER BODY

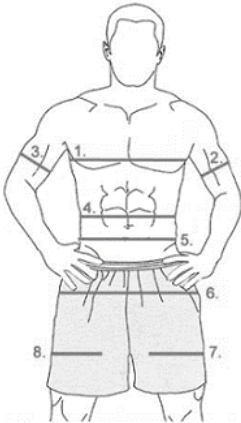


	WEEK 1 LOS ANGELES			WEEK 2 LAS VEGAS			WEEK 3 DALLAS	WEEK 4 MIAMI			WEEK 5 BROOKLYN			WEEK 6 PHILADELPHIA		
	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3
Looped Burnout																
Goblet Squat																
Reverse Lunges																
Deadlift																
Hanging Sidesway																
Bridge																
Front Lunge Twist																
Goblet Sumo																
Static Lunge																
Alt. Front Lunge																

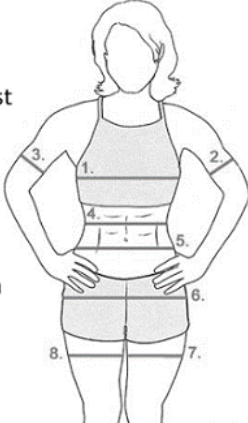
CHAD PINK | ZILLAFITNESS.COM | ACCOUNTABILITY GROUPS FORMING NOW | TEXT ME: (813) 602-5162

For looped exercises enter the color of the loop.

MALE



FEMALE



- 1. Chest / Bust
- 2. Left Arm
- 3. Right Arm
- 4. Abdomen
- 5. Waist
- 6. Hips
- 7. Left Thigh
- 8. Right Thigh

	START	FINISH
WEIGHT		
CHEST		
LEFT ARM		
RIGHT ARM		
WAIST		
HIPS		
LEFT THIGH		
RIGHT THIGH		

LIFT – UPPER BODY



		WEEK 1 LOS ANGELES			WEEK 2 LAS VEGAS			WEEK 3 DALLAS	WEEK 4 MIAMI			WEEK 5 BROOKLYN			WEEK 6 PHILLY
		SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1
CHEST	Single Chest Press														
	Rotating Press														
	Decline Press														
	Chest Press														
	Chest Fly														
	Looped Chest Fly														
	Looped Chest Press														
BACK	One Arm Row														
	Wide Row														
	Dumbbell Rows														
	Reverse Fly														
	Loop Lat Pulldown														
SHOULDERS	Single Lateral Raise														
	Lateral Raise														
	Rear Delt Raise														
	Front Raise														
	Overhead Press														
BICEPS	Single Upright Row														
	Single Hammer Curl														
	Wide Curl														
	Double Hammer Curl														
	Bicep Full Curl														
	Rotating Curl														
	Looped Bicep Curl														
TRICEPS	Single Side Crusher														
	Skull Crusher														
	Tricep Kickbacks														
	Overhead Extension														
	Kneeling Kickback														
	Looped Tricep Extension														
	Looped Burnout														

CHAD PINK | ZILLAFITNESS.COM | BUSINESS OPPORTUNITIES AVAILABLE | TEXT ME: (813) 602-5162

For looped exercises enter the color of the loop.

10 ROUNDS™

CALENDAR

Step into the ring for 6 weeks, 5 workouts a week. You can do them any day of the week, as long as you do them in the order they appear on the calendar. Also, be sure to rest two days a week. Check the box as you go to keep track of your progress.

WEEK
1
LOS ANGELES

WEEK
2
LAS VEGAS

WEEK
3
DALLAS

WEEK
4
MIAMI

WEEK
5
BROOKLYN

WEEK
6
PHILADELPHIA

Day 1	Day 2	Day 3	Day 4	Day 5
Boxing Power Jabs & Crosses (1s, 2s) <input type="checkbox"/>	Lift Lower Body <input type="checkbox"/>	Boxing Speed & Hooks (3s, 4s) <input type="checkbox"/>	Lift Upper Body <input type="checkbox"/>	Boxing Power Uppercuts (5s, 6s) <input type="checkbox"/>
Boxing Core Defensive Slips <input type="checkbox"/>	Lift Upper Body <input type="checkbox"/>	Boxing Core Defensive Rolls <input type="checkbox"/>	Lift Lower Body <input type="checkbox"/>	Boxing Defensive Shred (Slips & Rolls) <input type="checkbox"/>
Boxing Cardio Footwork <input type="checkbox"/>	Lift Lower Body <input type="checkbox"/>	Boxing Footwork Agility <input type="checkbox"/>	Lift Upper Body <input type="checkbox"/>	Boxing Endurance Footwork <input type="checkbox"/>
Boxing Combinations: Body-Shot Crusher <input type="checkbox"/>	Lift Upper Body <input type="checkbox"/>	Boxing Combinations: Full Body Conditioning <input type="checkbox"/>	Lift Lower Body <input type="checkbox"/>	Boxing Combinations: Full Body Burnout <input type="checkbox"/>
Boxing Combinations: Sparring Pivots <input type="checkbox"/>	Lift Lower Body <input type="checkbox"/>	Boxing Combinations: Speed & Agility Pivots <input type="checkbox"/>	Lift Upper Body <input type="checkbox"/>	Boxing Combinations: Pivots & Power <input type="checkbox"/>
Boxing Advanced Combos: Into the Ring <input type="checkbox"/>	Lift Upper Body <input type="checkbox"/>	Boxing Advanced Combos: Total Body Knockout <input type="checkbox"/>	Lift Lower Body <input type="checkbox"/>	Boxing The Final Fight <input type="checkbox"/>

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan.

© 2020 Beachbody, LLC. All rights reserved. Beachbody, LLC is the owner of the 10 Rounds, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. All other trademarks are the property of their respective owners. Have questions? Contact your Coach for support or go to [BeachbodySupport.com](https://www.beachbody.com/support) for more information.