



AAA

PHASE 1 | PEAK WEEK | DAY 75

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1	SET 1	SET 2
Upright Row	W	W
Bent Over Fly	W	W
Frog Sliders		
Glute Bridge w/Loop	RL	RL
SERIES 2	SET 1	SET 2
Push-Up		
Skull Crushers	W	W
Weighted Ab Sit-Up	W	W
Quad Ped Heel Press	RL	RL
SERIES 2	SET 1	SET 2
Bent Over Row	W	W
Hammer Curl	W	W
Knee Tucks		
Fire Hydrant	RL	RL
EQUIPMENT:		
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)		



LEGS

PHASE 1 | PEAK WEEK | DAY 77

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1	SET 1	SET 2	SET 3
Reverse Lunges	W	W	W
Squats	W	W	W
Curtsy Lunges	W	W	W
SERIES 2	SET 1	SET 2	SET 3
Sumo Squats	W	W	W
Front Diagonal Lunges	W	W	W
Twisting Back Angle Lunge	W	W	W
SERIES 3	SET 1	SET 2	SET 3
Single-Leg Good Morning	W	W	W
Hip Hinge	W	W	W
Buddha Squats	W	W	W
EQUIPMENT:			
W=Weights (light, medium, heavy)			



TOTAL BODY CORE

PHASE 3 | PEAK WEEK | DAY 78

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1: SHOULDERS	SET 1	SET 2
Surrender to Shoulder Press	W	W
Quad Ped Crawl	RL	RL
Burpee Sliders		
SERIES 2: BACK	SET 1	SET 2
Bent Over Row Tap Back	W	W
Squat Tabletop Row	RL	RL
Saw on Sliders		
SERIES 3: CHEST	SET 1	SET 2
Modified ½ Turkish Push-Up	W	W
Side Reach Push-Up		
V Crunch to Scissor Crunch	RL	RL
SERIES 4: BICEPS	SET 1	SET 2
Runner's Lunge Curl	RL	RL
Static Sumo Hammer Curl	W	W
Slider Crawl Outs		
SERIES 5: TRICEPS	SET 1	SET 2
Tricep Push-Up, Knee Tuck		
Squat Hold Kick Backs	RL	RL
Weighted Windmills	W	W
EQUIPMENT:		
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DATE:						
SERIES 1: STANDING	SET 1		SET 2		SET 3	
Squat to Hinge	W	RL	W	RL	W	RL
Curtsy Lunge Lift	W	RL	W	RL	W	RL
Rotating Back Side Lunge	W	RL	W	RL	W	RL
SERIES 2: LOOPS	SET 1		SET 2		SET 3	
Heel Press Up on Angle	RL		RL		RL	
Single-Leg Hamstring Curl	RL		RL		RL	
Bear Fire Hydrant	RL		RL		RL	
SERIES 3: WEIGHTED	SET 1		SET 2		SET 3	
KB Swings	W		W		W	
Sumo Hinge	W		W		W	
Reverse Lunge	W		W		W	
SERIES 4: FLOOR WEIGHTED	SET 1		SET 2		SET 3	
Single-Leg Bridge	W		W		W	
Press Up & Overs	W		W		W	
Camels	W		W		W	
EQUIPMENT:						
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