

BURN CIRCUIT 1

Sumo Squat w/ Hip Lift

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Lunge w/ Posterior Fly

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Push-Up w/ Leg Lift

of Reps

Week 1 _____

Week 2 _____

Week 3 _____

Week 4 _____

Dead Lift w/ Posterior Fly

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Lunge w/ Core Rotation

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Lunge w/ Core Rotation (cont.)

Weight/# of Reps

Week 3 _____/_____

Week 4 _____/_____

Bench Press and Leg Lower

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Squat w/ Side Bend

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Forward Lean Lunge w/ DBL Arm

Posterior Fly

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Chest Fly w/ Hip Lift

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

BURN CIRCUIT 2

Sumo Squat w/ Bicep Curl

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Lunge w/ One-Arm Tricep Extension

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Dead Lift Row

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Sumo Squat w/ Overhead Tricep Extension

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Dead Lift w/ Double Row

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Dead Lift w/ Double Row (cont.)

Weight/# of Reps

Week 3 _____/_____

Week 4 _____/_____

Bowler's Lunge w/ Single-Arm Row

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Bicep Curls w/ Abductor Balance

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Forward-Lean Lunge w/ DBL Row

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Triple Threat Push-Ups

of Reps

Week 1 _____

Week 2 _____

Week 3 _____

Week 4 _____

BURN CIRCUIT 3

Sumo Squat w/ Overhead Press

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Lunge w/ Calf Raise

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Squat w/ Lateral Raise

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Lunge w/ Frontal Press

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Squat w/ Calf Raise

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Squat w/ Calf Raise (cont.)

Weight/# of Reps

Week 3 _____/_____

Week 4 _____/_____

Sumo Squat w/ Deltoid Raises

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Squat w/ Double Overhead Press

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Lunge w/ Lateral Raise

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Sumo Squat w/ Calf Raises

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

PUSH CIRCUIT 1

Standard Bicep Curl

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Standard Squat

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Single-arm bent-over tricep extension

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

V-press biceps

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Single leg squat

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Single leg squat (cont.)

Weight/# of Reps

Week 3 _____/_____

Week 4 _____/_____

Overhead tricep extension

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Hammer Biceps

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Heel squat

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Push-ups

of Reps

Week 1 _____

Week 2 _____

Week 3 _____

Week 4 _____

PUSH CIRCUIT 2

Standard Overhead Press

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Single-Leg Lunge

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Standing Reverse Fly

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Standing Arnold Press

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Single-Leg Dead Lift

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Single-Leg Dead Lift (cont.)

Weight/# of Reps

Week 3 _____/_____

Week 4 _____/_____

Bent-Over Lat Raise

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Frontal Shoulder Press

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Single-Leg Tap Lunges

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Lateral Deltoid Raises

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

PUSH CIRCUIT 3

Sumo Squat

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Single-Arm Row

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Chest Fly

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Bowler Lunge

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Double-Arm Bent-Over Row

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Double-Arm Bent-Over Row (cont.)

Weight/# of Reps

Week 3 _____/_____

Week 4 _____/_____

Bench Press

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Single-Leg Sumo Squat

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Reverse-Grip Bent-Over Row

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Long-Arm Pullover

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

LEAN CIRCUIT 1

Single-Calf Raise, Bicep Curl Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Tricep Push-ups # of Reps

Week 1 _____

Week 2 _____

Week 3 _____

Week 4 _____

Split-Lunge w/ Biceps Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Stationary Runner's Lunge -Double Triceps

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Bicep/Hamstring Curl-right & left Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Bicep/Hamstring Curl-right & left (cont.) Weight/# of Reps

Week 3 _____/_____

Week 4 _____/_____

Plank with Single-Tricep Extension Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Reverse Lunge - Double Arm Bicep Curl Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Supine Tricep Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Sumo Squat Calf Raise w/ Bicep Curl Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

LEAN CIRCUIT 2

Sumo Squat Anterior Deltoid Lift

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Double-Arm Row - Single Leg Lift

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Single Hamstring Curl w/ Lateral Raise

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Runners Lunge with Double-Arm Row

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Lateral Raise w/ Abduction

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Lateral Raise w/ Abduction (cont.)

Weight/# of Reps

Week 3 _____/_____

Week 4 _____/_____

Plank w/ Single Arm Row

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Reverse Lunge - Lateral Raise

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Posterior Deltoid Raise w/ Leg Lift

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Squat w/ Double-Arm Anterior Deltoid Lift

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

LEAN CIRCUIT 3

Squat w/ Cross-Body Chop

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Reverse Lunge and Arnold Press

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Chest Fly w/ Hip Lift

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Kneeling Overhead Press & Center Crunch

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Push-Up Side Planks

of Reps

Week 1 _____

Week 2 _____

Push-Up Side Planks (cont.)

of Reps

Week 3 _____

Week 4 _____

Dead Lift Frontal Press

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Traveling Push-Ups

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Chest Fly - Abduction

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____

Army Crawl

Weight/# of Reps

Week 1 _____/_____

Week 2 _____/_____

Week 3 _____/_____

Week 4 _____/_____