

Equipment needed: PowerStands, Dumbbells or Resistance Band, pull-up bar, mat, Results and Recovery Formula or water, and 2 chairs (optional). 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 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 _____

Equipment needed: PowerStands, Dumbbells or Resistance Band, pull-up bar, mat, Results and Recovery Formula or water, and 2 chairs (optional). 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
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 _____

PXINS1104

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 _____

Equipment needed: Dumbbells, 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.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	R_W _____	R_W _____	R_W _____						R_W _____		R_W _____	

Equipment needed: Dumbbells, 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.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	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 _____
	R _____	R _____	R _____						R _____		R _____	

PXINS1102