

DUMBBELL TRACKER SHEET

LOWER BODY BURN (MONDAY)

WEEK 1

BLOCK 1

	Set 1	Set 2	
Squat (R)			
Reverse Lunge (R)			
Combo (R)			
Squat (L)			
Reverse Lunge (L)			
Combo (L)			

BLOCK 2

	Set 1	Set 2	Set 3
Sumo Squat			
Alt. Curtsey Lunge			

BLOCK 3

	Set 1	Set 2	
Side Lunge (R)			
RDL (R)			
Combo (R)			
Side Lunge (L)			
RDL (L)			
Combo (L)			

BLOCK 4

	Set 1	Set 2	Set 3
Front Squat			
Calf Raises			

WEEK 2

BLOCK 1

	Set 1	Set 2	
Squat (R)			
Curtsey Lunge (R)			
Combo (R)			
Squat (L)			
Curtsey Lunge (L)			
Combo (L)			

BLOCK 2

	Set 1	Set 2	Set 3
Hip Thrust			
Alt. Single Leg L Sit			

BLOCK 3

	Set 1	Set 2	
Side Lunge (R)			
Kickstand RDL (R)			
Combo (R)			
Side Lunge (L)			
Kickstand RDL (L)			
Combo (L)			

BLOCK 4

	Set 1	Set 2	Set 3
DB Deadlifts			
Sumo Squats			

WEEK 3

BLOCK 1

	Set 1	Set 2	
Squat (R)			
Kickstand Curtsey Lunge (R)			
Combo (R)			
Squat (L)			
Kickstand Curtsey Lunge (L)			
Combo (L)			

BLOCK 2

	Set 1	Set 2	Set 3
Alt. Pendulum Lunge			
Sumo RDL			

BLOCK 3

	Set 1	Set 2	
Side Lunge (R)			
Single Leg RDL (R)			
Combo (R)			
Side Lunge (L)			
Single Leg RDL (L)			
Combo (L)			

BLOCK 4

	Set 1	Set 2	Set 3
Narrow Squat			
Calf Raises			

DUMBBELL TRACKER SHEET

UPPER BODY BURN (WEDNESDAY)

WEEK 1

BLOCK 1

	Set 1	Set 2
Chest Press (R)		
Chest Fly (R)		
Combo (R)		
Chest Press (L)		
Chest Fly (L)		
Combo (L)		

BLOCK 2

	Set 1	Set 2	Set 3
Negative Push-Up			
W Curl			

BLOCK 3

	Set 1	Set 2
Staggered Row (R)		
Scapular Retraction (R)		
Combo (R)		
Staggered Row (L)		
Scapular Retraction (L)		
Combo (L)		

BLOCK 4

	Set 1	Set 2	Set 3
Reverse Fly			
Overhead Press			

WEEK 2

BLOCK 1

	Set 1	Set 2
Chest Press (R)		
Supinated Chest Press (R)		
Combo (R)		
Chest Press (L)		
Supinated Chest Press (L)		
Combo (L)		

BLOCK 2

	Set 1	Set 2	Set 3
Rolling Tricep			
Pullover			

BLOCK 3

	Set 1	Set 2
Staggered Row (R)		
Front & Lateral Raise (R)		
Combo (R)		
Staggered Row (L)		
Front & Lateral Raise (L)		
Combo (L)		

BLOCK 4

	Set 1	Set 2	Set 3
Zottman Curl			
Renegade Row			

WEEK 3

BLOCK 1

	Set 1	Set 2
Chest Press (R)		
Narrow Rotation Press (R)		
Combo (R)		
Chest Press (L)		
Narrow Rotation Press (L)		
Combo (L)		

BLOCK 2

	Set 1	Set 2	Set 3
Chest Fly			
Supinated Pullover			

BLOCK 3

	Set 1	Set 2
Staggered Row (R)		
Staggered Overhead Press (R)		
Combo (R)		
Staggered Row (L)		
Staggered Overhead Press (L)		
Combo (L)		

BLOCK 4

	Set 1	Set 2	Set 3
Thrust to Negative Curl			
Kneeling Lateral Raise			

DUMBBELL TRACKER SHEET

FULL BODY BURN (FRIDAY)

WEEK 1

BLOCK 1

	Set 1	Set 2	
Swing to Rack (R)			
Step to Squat (R)			
Combo (R)			
Swing to Rack (L)			
Step to Squat (L)			
Combo (L)			

BLOCK 2

	Set 1	Set 2	Set 3
Suitcase Squat + Lateral Raise			
RDL + Hammer Curl			

BLOCK 3

	Set 1	Set 2	
Split Squat (R)			
Double Row (R)			
Combo (R)			
Split Squat (L)			
Double Row (L)			
Combo (L)			

BLOCK 4

	Set 1	Set 2	Set 3
Sumo Upright Row			
Valley Press Calf Raise			

WEEK 2

BLOCK 1

	Set 1	Set 2	
Dumbbell Wide Swing to Rack (R)			
Shifting Side Lunge (R)			
Combo (R)			
Dumbbell Wide Swing to Rack (L)			
Shifting Side Lunge (L)			
Combo (L)			

BLOCK 2

	Set 1	Set 2	Set 3
Thrusters			
Bent Over Wide Row			

BLOCK 3

	Set 1	Set 2	
Split Squat Knee Raise (R)			
Bent Over Row (R)			
Combo (R)			
Split Squat Knee Raise (L)			
Bent Over Row (L)			
Combo (L)			

BLOCK 4

	Set 1	Set 2	Set 3
Decline Chest Press			
Alt. L Sit to Abduction			

WEEK 3

BLOCK 1

	Set 1	Set 2	
Swing to Overhead (R)			
Thruster (R)			
Combo (R)			
Swing to Overhead (L)			
Thruster (L)			
Combo (L)			

BLOCK 2

	Set 1	Set 2	Set 3
The Machine			
Suitcase Deadlifts			

BLOCK 3

	Set 1	Set 2	
Split Squat Pulse (R)			
Single Leg Row (R)			
Combo (R)			
Split Squat Pulse (L)			
Single Leg Row (L)			
Combo (L)			

BLOCK 4

	Set 1	Set 2	Set 3
Alt. Bicep Curls			
2 Calf Raises + Squat Jump			

DUMBBELL TRACKER SHEET

POWER IGNITE (SATURDAY)

WEEK 1

BLOCK 1: EMOM (5 MIN)

	REPS	1 MIN
Dumbbell Swings	25	
Dumbbell Swings	25	
Dumbbell Swings	25	
Dumbbell Swings	25	
Dumbbell Swings	25	

BLOCK 2: EMOM (5 MIN)

	REPS	1 MIN
Inchworm to Push-Ups	8	
Inchworm to Push-Ups	8	
Inchworm to Push-Ups	8	
Inchworm to Push-Ups	8	
Inchworm to Push-Ups	8	

BLOCK 3: EMOM (10 MIN)

	REPS	1 MIN
Dumbbell Sledgehammers	20	
Mountain Climbers	40	
Dumbbell Sledgehammers	20	
Mountain Climbers	40	
Dumbbell Sledgehammers	20	
Mountain Climbers	40	
Dumbbell Sledgehammers	20	
Mountain Climbers	40	
Dumbbell Sledgehammers	20	
Mountain Climbers	40	

WEEK 2

BLOCK 1: EMOM (5 MIN)

	REPS	1 MIN
Dumbbell Swing Walks	20	
Dumbbell Swing Walks	20	
Dumbbell Swing Walks	20	
Dumbbell Swing Walks	20	
Dumbbell Swing Walks	20	

BLOCK 2: EMOM (5 MIN)

	REPS	1 MIN
Inchworm to Push-Ups	8	
Inchworm to Push-Ups	8	
Inchworm to Push-Ups	8	
Inchworm to Push-Ups	8	
Inchworm to Push-Ups	8	

BLOCK 3: EMOM (10 MIN)

	REPS	1 MIN
Dumbbell Sledgehammers + Hop	20	
Plank Jacks	40	
Dumbbell Sledgehammers + Hop	20	
Plank Jacks	40	
Dumbbell Sledgehammers + Hop	20	
Plank Jacks	40	
Dumbbell Sledgehammers + Hop	20	
Plank Jacks	40	
Dumbbell Sledgehammers + Hop	20	
Plank Jacks	40	

WEEK 3

BLOCK 1: EMOM (5 MIN)

	REPS	1 MIN
Dumbbell Swing Row	20	
Dumbbell Swing Row	20	
Dumbbell Swing Row	20	
Dumbbell Swing Row	20	
Dumbbell Swing Row	20	

BLOCK 2: EMOM (5 MIN)

	REPS	1 MIN
Inchworm to 2 Push-Ups	6	
Inchworm to 2 Push-Ups	6	
Inchworm to 2 Push-Ups	6	
Inchworm to 2 Push-Ups	6	
Inchworm to 2 Push-Ups	6	

BLOCK 3: EMOM (10 MIN)

	REPS	1 MIN
Dumbbell Sledgehammer Jammers	16	
2 Cross Climbers/ 2 Plank Jacks	12	
Dumbbell Sledgehammer Jammers	16	
2 Cross Climbers/ 2 Plank Jacks	12	
Dumbbell Sledgehammer Jammers	16	
2 Cross Climbers/ 2 Plank Jacks	12	
Dumbbell Sledgehammer Jammers	16	
2 Cross Climbers/ 2 Plank Jacks	12	
Dumbbell Sledgehammer Jammers	16	
2 Cross Climbers/ 2 Plank Jacks	12	

Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.