



# TOTAL BODY CORE

PHASE 1 | DAY 1

2 SETS • 15 REPS | TRACKER SHEET

DATE:				
SERIES 1: SHOULDERS	SET 1		SET 2	
Squat Rotating Shoulder Press	W		W	
Lateral Bear Crawl	RL		RL	
Spider Loops	RL		RL	
SERIES 2: BACK	SET 1		SET 2	
Bent Over Row, Single, Single	W		W	
One Hand Renegade Row Twist w/Loop	RL		RL	
Boat Pose Lat Pull	RL		RL	
SERIES 3: CHEST	SET 1		SET 2	
Push-Up Leg Lift w/Loop	RL		RL	
Chest Fly w/Leg Lift	W	RL	W	RL
Side V Loop Kicks	RL		RL	
SERIES 4: BICEPS	SET 1		SET 2	
Staggered Stance Bicep Curl	W	RL	W	RL
C-Curve Crunch w/Weights at 90	W		W	
Side Plank Knee Pull	RL		RL	
SERIES 5: TRICEPS	SET 1		SET 2	
Tricep Kickbacks: Single, Single	W		W	
Single-Arm Loop Extension	RL		RL	
Tricep Push-Up				
EQUIPMENT:				
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Mat (optional)				



# BOOTY

## PHASE 1 | DAY 2

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1: GLUTE BRIDGE	SET 1	SET 2
Glute Bridge	RL	RL
Bridge to Clam	RL	RL
1st Position Bridge	RL	RL
SERIES 2: QUAD PED	SET 1	SET 2
Straight Leg Lift	RL	RL
Toe Taps Across & Side	RL	RL
Circles	RL	RL
SERIES 3: SIDE LYING	SET 1	SET 2
Toe Taps Front & Back	RL	RL
Clams	RL	RL
Press Backs	RL	RL
SERIES 4: STANDING	SET 1	SET 2
Standing Hinge	RL	RL
Leg Press Side	RL	RL
Bend Over Press Back	RL	RL
SERIES 5: MOVING	SET 1	SET 2
Squat Side-to-Side	RL	RL
Duck Walk	RL	RL
Side Lunges	RL	RL
EQUIPMENT:		
RL=Resistance Loops (yellow, green, blue), Mat (optional)		



AAA

PHASE 1 | DAY 4

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
Knee Plank Heel Press	RL	RL
SERIES 3	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 | DAY 5

2 SETS • 15 REPS | TRACKER SHEET

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



# TOTAL BODY CORE

PHASE 1 | DAY 8

3 SETS • 10 REPS | TRACKER SHEET

DATE:							
SERIES 1: SHOULDERS		SET 1		SET 2		SET 3	
Squat Rotating Shoulder Press		W		W		W	
Lateral Bear Crawl		RL		RL		RL	
Spider Loops		RL		RL		RL	
SERIES 2: BACK		SET 1		SET 2		SET 3	
Bent Over Row, Single, Single		W		W		W	
One Hand Renegade Row Twist w/Loop		RL		RL		RL	
Boat Pose Lat Pull		RL		RL		RL	
SERIES 3: CHEST		SET 1		SET 2		SET 3	
Push-Up Leg Lift w/Loop		RL		RL		RL	
Chest Fly w/Leg Lift		W	RL	W	RL	W	RL
Side V Loop Kicks		RL		RL		RL	
SERIES 4: BICEPS		SET 1		SET 2		SET 3	
Staggered Stance Bicep Curl		W	RL	W	RL	W	RL
C-Curve Crunch w/Weights at 90		W		W		W	
Side Plank Knee Pull		RL		RL		RL	
SERIES 5: TRICEPS		SET 1		SET 2		SET 3	
Tricep Kickbacks: Single, Single		W		W		W	
Single-Arm Loop Extension		RL		RL		RL	
Tricep Push-Up							
EQUIPMENT:							
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Mat (optional)							



# BOOTY

## PHASE 1 | DAY 9

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1: GLUTE BRIDGE	SET 1	SET 2	SET 3
Glute Bridge	RL	RL	RL
Bridge to Clam	RL	RL	RL
1st Position Bridge	RL	RL	RL
SERIES 2: QUAD PED	SET 1	SET 2	SET 3
Straight Leg Lift	RL	RL	RL
Toe Taps Across & Side	RL	RL	RL
Circles	RL	RL	RL
SERIES 3: SIDE LYING	SET 1	SET 2	SET 3
Toe Taps Front & Back	RL	RL	RL
Clams	RL	RL	RL
Press Backs	RL	RL	RL
SERIES 4: STANDING	SET 1	SET 2	SET 3
Standing Hinge	RL	RL	RL
Leg Press Side	RL	RL	RL
Bend Over Press Back	RL	RL	RL
SERIES 5: MOVING	SET 1	SET 2	SET 3
Squat Side-to-Side	RL	RL	RL
Duck Walk	RL	RL	RL
Side Lunges	RL	RL	RL
EQUIPMENT:			
RL=Resistance Loops (yellow, green, blue), Mat (optional)			



AAA

PHASE 1 | DAY 11

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1	SET 1	SET 2	SET 3
Upright Row	W	W	W
Bent Over Fly	W	W	W
Frog Sliders			
Glute Bridge w/Loop	RL	RL	RL
SERIES 2	SET 1	SET 2	SET 3
Push-Up			
Skull Crushers	W	W	W
Weighted Ab Sit-Up	W	W	W
Quad Ped Heel Press	RL	RL	RL
SERIES 3	SET 1	SET 2	SET 3
Bent Over Row	W	W	W
Hammer Curl	W	W	W
Knee Tucks			
Fire Hydrant	RL	RL	RL
EQUIPMENT:			
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)			



# LEGS

## PHASE 1 | DAY 12

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			
Hip Hinge	W	W	W
Buddha Squats	W	W	W
EQUIPMENT:			
W=Weights (light, medium, heavy)			



# TOTAL BODY CORE

**PHASE 1 | DAY 15**

**3 SETS • 10 REPS | TRACKER SHEET**

DATE:							
SERIES 1: SHOULDERS		SET 1		SET 2		SET 3	
Squat Rotating Shoulder Press		W		W		W	
Lateral Bear Crawl		RL		RL		RL	
Spider Loops		RL		RL		RL	
SERIES 2: BACK		SET 1		SET 2		SET 3	
Bent Over Row, Single, Single		W		W		W	
One Hand Renegade Row Twist w/Loop		RL		RL		RL	
Boat Pose Lat Pull		RL		RL		RL	
SERIES 3: CHEST		SET 1		SET 2		SET 3	
Push-Up Leg Lift w/Loop		RL		RL		RL	
Chest Fly w/Leg Lift		W	RL	W	RL	W	RL
Side V Loop Kicks		RL		RL		RL	
SERIES 4: BICEPS		SET 1		SET 2		SET 3	
Staggered Stance Bicep Curl		W	RL	W	RL	W	RL
C-Curve Crunch w/Weights at 90		W		W		W	
Side Plank Knee Pull		RL		RL		RL	
SERIES 5: TRICEPS		SET 1		SET 2		SET 3	
Tricep Kickbacks: Single, Single		W		W		W	
Single-Arm Loop Extension		RL		RL		RL	
Tricep Push-Up							
EQUIPMENT:							
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Mat (optional)							



# BOOTY

## PHASE 1 | DAY 16

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1: GLUTE BRIDGE	SET 1	SET 2	SET 3
Glute Bridge	RL	RL	RL
Bridge to Clam	RL	RL	RL
1st Position Bridge	RL	RL	RL
SERIES 2: QUAD PED	SET 1	SET 2	SET 3
Straight Leg Lift	RL	RL	RL
Toe Taps Across & Side	RL	RL	RL
Circles	RL	RL	RL
SERIES 3: SIDE LYING	SET 1	SET 2	SET 3
Toe Taps Front & Back	RL	RL	RL
Clams	RL	RL	RL
Press Backs	RL	RL	RL
SERIES 4: STANDING	SET 1	SET 2	SET 3
Standing Hinge	RL	RL	RL
Leg Press Side	RL	RL	RL
Bend Over Press Back	RL	RL	RL
SERIES 5: MOVING	SET 1	SET 2	SET 3
Squat Side-to-Side	RL	RL	RL
Duck Walk	RL	RL	RL
Side Lunges	RL	RL	RL
EQUIPMENT:			
RL=Resistance Loops (yellow, green, blue), Mat (optional)			



AAA

PHASE 1 | DAY 18

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1	SET 1	SET 2	SET 3
Upright Row	W	W	W
Bent Over Fly	W	W	W
Frog Sliders			
Glute Bridge w/Loop	RL	RL	RL
SERIES 2	SET 1	SET 2	SET 3
Push-Up			
Skull Crushers	W	W	W
Weighted Ab Sit-Up	W	W	W
Quad Ped Heel Press	RL	RL	RL
SERIES 3	SET 1	SET 2	SET 3
Bent Over Row	W	W	W
Hammer Curl	W	W	W
Knee Tucks			
Fire Hydrant	RL	RL	RL
EQUIPMENT:			
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)			



# LEGS

## PHASE 1 | DAY 19

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			
Hip Hinge	W	W	W
Buddha Squats	W	W	W
EQUIPMENT:			
W=Weights (light, medium, heavy)			



# TOTAL BODY CORE

PHASE 1 | DAY 21

2 SETS • 15 REPS | TRACKER SHEET

DATE:				
SERIES 1: SHOULDERS	SET 1		SET 2	
Squat Rotating Shoulder Press	W		W	
Lateral Bear Crawl	RL		RL	
Spider Loops	RL		RL	
SERIES 2: BACK	SET 1		SET 2	
Bent Over Row, Single, Single	W		W	
One Hand Renegade Row Twist w/Loop	RL		RL	
Boat Pose Lat Pull	RL		RL	
SERIES 3: CHEST	SET 1		SET 2	
Push-Up Leg Lift w/Loop	RL		RL	
Chest Fly w/Leg Lift	W	RL	W	RL
Side V Loop Kicks	RL		RL	
SERIES 4: BICEPS	SET 1		SET 2	
Staggered Stance Bicep Curl	W	RL	W	RL
C-Curve Crunch w/Weights at 90	W		W	
Side Plank Knee Pull	RL		RL	
SERIES 5: TRICEPS	SET 1		SET 2	
Tricep Kickbacks: Single, Single	W		W	
Single-Arm Loop Extension	RL		RL	
Tricep Push-Up				
EQUIPMENT:				
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Mat (optional)				



# BOOTY

## PHASE 1 | DAY 22

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1: GLUTE BRIDGE	SET 1	SET 2
Glute Bridge	RL	RL
Bridge to Clam	RL	RL
1st Position Bridge	RL	RL
SERIES 2: QUAD PED	SET 1	SET 2
Straight Leg Lift	RL	RL
Toe Taps Across & Side	RL	RL
Circles	RL	RL
SERIES 3: SIDE LYING	SET 1	SET 2
Toe Taps Front & Back	RL	RL
Clams	RL	RL
Press Backs	RL	RL
SERIES 4: STANDING	SET 1	SET 2
Standing Hinge	RL	RL
Leg Press Side	RL	RL
Bend Over Press Back	RL	RL
SERIES 5: MOVING	SET 1	SET 2
Squat Side-to-Side	RL	RL
Duck Walk	RL	RL
Side Lunges	RL	RL
EQUIPMENT:		
RL=Resistance Loops (yellow, green, blue), Mat (optional)		



AAA

PHASE 1 | DAY 24

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 3	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 | DAY 25

2 SETS • 15 REPS | TRACKER SHEET

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