

DATE / WEEK							
WARM-UP							
01 ½ Push-Ups (30 Sec.)							
02 Rocket Row (16 Reps) B		R _____	R _____	R _____	R _____	R _____	R _____
03 Skier Squats (16 Reps)		R _____	R _____	R _____	R _____	R _____	R _____
04 Touchdown Press (16 Reps) W/B		R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 Standing Curls (16 Reps) W/B		R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
06 Launcher Kickback (16 Reps) W/B		R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 Step Back Lunges (16 Reps)		R _____	R _____	R _____	R _____	R _____	R _____
08 Walking ½ Push-Ups (30 Sec.)							
09 Sawyer Chin Pull (16 Reps) B		R _____	R _____	R _____	R _____	R _____	R _____
10 Side Step Squat (16 Reps)		R _____	R _____	R _____	R _____	R _____	R _____
11 Deep Swimmer Press (16 Reps) W/B		R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 Rocket Launcher Curls (8 Reps RT, 8 Reps LT) W/B	RT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	LT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
13 Triceps Kickdowns (16 Reps) B		R _____	R _____	R _____	R _____	R _____	R _____
14 Kayak Back Lunge (16 Reps) Weights Optional		R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____

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01 Push-Ups (30 Sec.)							
02 Rocket Row (16 Reps) W/B		R _____	R _____	R _____	R _____	R _____	R _____
03 Fighter Stance Squats (8 Reps RT, 8 Reps LT)	RT	R _____	R _____	R _____	R _____	R _____	R _____
	LT	R _____	R _____	R _____	R _____	R _____	R _____
04 Thumbs-Up Flys (16 Reps) W/B		R _____	R _____	R _____	R _____	R _____	R _____
05 Curl Hammer Combo (16 Reps) W/B		R _____	R _____	R _____	R _____	R _____	R _____
06 Launcher Kickbacks (16 Reps) W/B		R _____	R _____	R _____	R _____	R _____	R _____
07 Side Lunge, Squat (16 Reps)		R _____	R _____	R _____	R _____	R _____	R _____
08 Sand Crab Push-Ups (30 Sec.)							
09 Iso Rocket Row (8 Reps RT, 8 Reps LT) W/B	RT	R _____	R _____	R _____	R _____	R _____	R _____
	LT	R _____	R _____	R _____	R _____	R _____	R _____
10 Fighter Hoppers (16 Reps)		R _____	R _____	R _____	R _____	R _____	R _____
11 Scarecrow Press (16 Reps) W/B		R _____	R _____	R _____	R _____	R _____	R _____
12 7/7/7 (21 Reps) W/B		R _____	R _____	R _____	R _____	R _____	R _____
13 Chair Dips (30 Sec.)		R _____	R _____	R _____	R _____	R _____	R _____
14 Side Back Lunges (8 Reps RT, 8 Reps LT) Weight Optional	RT	R _____	R _____	R _____	R _____	R _____	R _____
	LT	R _____	R _____	R _____	R _____	R _____	R _____
15 The Crab Special (30 Sec.)							
16 Renegade Rows (16 Reps) W/B		R _____	R _____	R _____	R _____	R _____	R _____
17 Pogo Fighters (16 Reps)		R _____	R _____	R _____	R _____	R _____	R _____
18 Batman Flys (16 Reps) W/B		R _____	R _____	R _____	R _____	R _____	R _____
19 Balance Curls (8 Reps RT, 8 Reps LT) W/B	RT	R _____	R _____	R _____	R _____	R _____	R _____
	LT	R _____	R _____	R _____	R _____	R _____	R _____
20 Leg-Up Dips (15 Sec. RT, 15 Sec. LT)							
21 Runner Lunges (40 Sec.)							

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01 Punch Push-Ups (40 Sec.)							
02 Hero Row (8 Reps RT & LT) B	RT	R _____	R _____	R _____	R _____	R _____	R _____
	LT	R _____	R _____	R _____	R _____	R _____	R _____
03 Hop Squats (16 Reps)		R _____	R _____	R _____	R _____	R _____	R _____
04 Arch Presses (16 Reps) W/B		R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 Preacher Curls (8 Reps RT & LT) W/B	RT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	LT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
06 F16 Hammer Kicks (8 Reps RT & LT) W/B	RT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	LT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 Sweeping Crescent Lunge (8 Reps RT & LT)	RT	R _____	R _____	R _____	R _____	R _____	R _____
	LT	R _____	R _____	R _____	R _____	R _____	R _____
08 4 Point Push-Ups (60 Sec.)							
09 Press Backs (16 Reps) B		R _____	R _____	R _____	R _____	R _____	R _____
10 Lateral Squat Jumps (16 Reps)		R _____	R _____	R _____	R _____	R _____	R _____
11 Balance Arch Press (8 Reps RT & LT) W/B	RT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	LT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 Supine Curls (16 Reps) B		R _____	R _____	R _____	R _____	R _____	R _____
13 Back Stabbers (16 Reps) W/B		R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
14 Warrior 3 Lunges (8 Reps RT & LT)	RT	R _____	R _____	R _____	R _____	R _____	R _____
	LT	R _____	R _____	R _____	R _____	R _____	R _____
15 Bird Dog Crunch Push-Ups (60 Sec.)							
16 Balance Row (8 Reps RT & LT) B	RT	R _____	R _____	R _____	R _____	R _____	R _____
	LT	R _____	R _____	R _____	R _____	R _____	R _____
17 The Rockette (8 Reps RT & LT)	RT	R _____	R _____	R _____	R _____	R _____	R _____
	LT	R _____	R _____	R _____	R _____	R _____	R _____
18 Diving Dolphins (16 Reps)		R _____	R _____	R _____	R _____	R _____	R _____
19 Eccentric Combo Curl (16 Reps) W/B		R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 Eccentric Triceps Ext. (8 Reps RT & LT) W/B	RT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	LT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 Warrior 2, ½ Moon (8 Reps RT & LT)	RT	R _____	R _____	R _____	R _____	R _____	R _____
	LT	R _____	R _____	R _____	R _____	R _____	R _____

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01 Push-Ups (40 Sec.)							
02 Seated Band Row (16 Reps) B		R _____	R _____	R _____	R _____	R _____	R _____
03 Mountain Squats (8 Reps RT, 8 Reps LT) W	RT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	LT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 Pike Press Push-Ups (16 Reps)		R _____	R _____	R _____	R _____	R _____	R _____
05 Eccentric Band Curls (16 Reps) B		R _____	R _____	R _____	R _____	R _____	R _____
06 Forearm Balance Kickback (8 Reps RT, 8 Reps LT) W/B	RT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	LT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 Saunders Spin Lunge (16 Reps)		R _____	R _____	R _____	R _____	R _____	R _____
08 Push-Ups (50 Sec.)							
09 Row Your Boat (16 Reps) B		R _____	R _____	R _____	R _____	R _____	R _____
10 Huppy Squats (30 Sec.)		R _____	R _____	R _____	R _____	R _____	R _____
11 Upright Row Press (16 Reps) W/B		R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 Plank Kickbacks (8 Reps RT, 8 Reps LT) W/B	RT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	LT	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
13 Curls (40 Sec.) W/B		R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
14 Lunge, Chair (60 Sec.)		R _____	R _____	R _____	R _____	R _____	R _____

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