

DATE / WEEK:

Warm-Up

Round 1 1-Leg Squat Sit	15 Reps L:W _____ R:W _____	15 Reps L:W _____ R:W _____	
Round 2 1-Leg Bridge Pullover	15 Reps L:W _____ R:W _____		
Round 3 1-Leg Squat Deadlift	15 Reps R:W _____ L:W _____	15 Reps R:W _____ L:W _____	
Round 4 Up-Down	15 Reps R:RP _____ L:RP _____		
Round 5 Split Squat Jump	15 Reps R:RP _____ L:RP _____	15 Reps R:RP _____ L:RP _____	
Round 6 Renegade Row Leg Lift	15 Reps R:W _____ L:W _____	15 Reps R:W _____ L:W _____	
Round 7 1-Arm Press Bridge	15 Reps R:W _____ L:W _____	15 Reps R:W _____ L:W _____	
Round 8 Balance Row Pistol Squat	15 Reps R:W _____ L:W _____	15 Reps R:W _____ L:W _____	

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Stability Ball)
- Weights
- Beachbody® Core Comfort Mat*

*Optional

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DATE / WEEK:

Warm-Up

Round 1	10 Reps	8 Reps	6 Reps	10 Reps	8 Reps	6 Reps
Bench Press	W_____	W_____	W_____	W_____	W_____	W_____
Squat	W_____	W_____	W_____	W_____	W_____	W_____
Reverse Grip Row	W_____	W_____	W_____	W_____	W_____	W_____

Break

Round 2	10 Reps	8 Reps	6 Reps	10 Reps	8 Reps	6 Reps
Incline Fly	W_____	W_____	W_____	W_____	W_____	W_____
Reverse Lunge	R:W_____	R:W_____	R:W_____	L:W_____	L:W_____	L:W_____
Wide Pull-Up	RP_____	RP_____	RP_____	RP_____	RP_____	RP_____

Break

Round 3	10 Reps	8 Reps	6 Reps	10 Reps	8 Reps	6 Reps
Military Press	W_____	W_____	W_____	W_____	W_____	W_____
Split Squat	L:W_____	L:W_____	L:W_____	R:W_____	R:W_____	R:W_____
Post Delt Fly	R:W_____	R:W_____	R:W_____	L:W_____	L:W_____	L:W_____

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Stability Ball)
- Weights
- B-LINES® Resistance Band (or Towel)
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*

*Optional

DATE / WEEK:

Warm-Up

Round 1	12 Reps	12 Reps	
Clock Push-Up Crunch	RP _____	RP _____	
Side Lunge Row	W _____	W _____	

Break

Round 2	12 Reps	12 Reps	
Fly Lunge Twist	W _____	W _____	
Sumo Squat Press	W _____	W _____	

Break

Round 3	12 Reps	12 Reps	
Burpee Renegade Upright Row	W _____	W _____	
Stiff Leg Deadlift Crunch	W _____	W _____	

Break

Round 4	12 Reps	12 Reps	
Plank Raise Tap Crunch	RP _____	RP _____	
Reverse Lunge Curl Kickback	W _____	W _____	

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Weights
- B-LINES® Resistance Band (or Towel)

DATE / WEEK:

Warm-Up

Round 1

30 Sec.

Vertical Jump

RP _____

Burpee Pull-Up

RP _____

Leg In & Outs

RP _____

Plyo Push-Up Taps

RP _____

Crazy Horse

RP _____

Chin-Up Crunch Squat Jump

RP _____

Knee Driver

RP _____

W _____

Sumo Tuck Jump

RP _____

Lunge Lunge Squat

RP _____

Break

Round 2

30 Sec.

Vertical Jump

RP _____

Burpee Pull-Up

RP _____

Leg In & Outs

RP _____

Plyo Push-Up Taps

RP _____

Crazy Horse

RP _____

Chin-Up Crunch Squat Jump

RP _____

Knee Driver

RP _____

W _____

Sumo Tuck Jump

RP _____

Lunge Lunge Squat

RP _____

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

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*Optional

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DATE / WEEK:

Warm-Up

Round 1	10 Reps	10 Fast Reps	
Push-Up	RP _____	RP _____	
Static Lunge – L	W _____	W _____	
Static Lunge – R	W _____	W _____	
Chin-Ups	RP _____	RP _____	
Deadlift	W _____	W _____	
Side Lateral Raise	W _____	W _____	
Sumo Squat	W _____	W _____	
Rear Delt Cross Fly	RP _____ W _____	RP _____ W _____	
Pistol Squat – L	W _____	W _____	
Pistol Squat – R	W _____	W _____	
Curl Face Down	W _____	W _____	
Calf Raises	RP _____ W _____	RP _____ W _____	
Tricep Kickback Twist	W _____	W _____	
Cooldown		RP = reps W = weight R = right L = left Sec = time	

Equipment

- Bench (or Stability Ball)
- Weights
- B-LINES® Resistance Band (or Towel)
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*

*Optional

DATE / WEEK:

Warm-Up

Round 1	60 Sec.	8 Reps	
Reverse Lunge – R	RP_____		
Reverse Lunge – Heavy		W_____	
Reverse Lunge – L	RP_____		
Reverse Lunge – Heavy		W_____	
Push-Up	RP_____		
Bench Press – Heavy		W_____	
Squat	RP_____		
Shoulder Squat – Heavy		W_____	
Pull-Up	RP_____		
Pullover – Heavy		W_____	
Good Morning	RP_____		
Stiff Leg Deadlift – Heavy		W_____	
Chin-Up	RP_____		
1-Arm Row – R – Heavy		W_____	
1-Arm Row – L – Heavy		W_____	
Stay Low Sumo	RP_____		
Sumo Squat – Heavy		W_____	
Band Military Press	RP_____		
Military Press – Heavy		W_____	
Split Squat – R	RP_____		
Step-Up – R – Heavy		W_____	
Split Squat – L	RP_____		
Step-Up – L – Heavy		W_____	
Ledge Calf Raise	RP_____		
Calf Raise – Heavy		W_____	

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

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- Weights
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*Optional

DATE / WEEK:

Warm-Up

Round 1	60 Sec.		Round 2	60 Sec.
Over The Top	W_____	Break	Over The Top	W_____
Pull-Up	RP_____		Pull-Up	RP_____
Dumbbell Swing	W_____		Dumbbell Swing	W_____
Figure 8	W_____		Figure 8	W_____
Burpee	RP_____		Burpee	RP_____
Sword Pull - L	W_____		Sword Pull - L	W_____
Sword Pull - R	W_____		Sword Pull - R	W_____
Forearm Plank Kick	RP_____		Forearm Plank Kick	RP_____
Side Step-Up Kick - R	W_____		Side Step-Up Kick - R	W_____
Side Step-Up Kick - L	W_____		Side Step-Up Kick - L	W_____

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Floor)
- Weights
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*
- Beachbody® Core Comfort Mat*

*Optional

DATE / WEEK:

Warm-Up

Round 1	60 Sec.		Round 2	60 Sec.
Bench Run Ups – L	_____ Sec.	Break	Bench Run Ups – L	_____ Sec.
Bench Run Ups – R	_____ Sec.		Bench Run Ups – R	_____ Sec.
Negative Pull-Ups	RP _____		Negative Pull-Ups	RP _____
Step-Up Cross Over – R	RP _____ W _____		Step-Up Cross Over – R	RP _____ W _____
Step-Up Cross Over – L	RP _____ W _____		Step-Up Cross Over – L	RP _____ W _____
Decline Push-Up	RP _____		Decline Push-Up	RP _____
1-Hand Row Leg Ext. – R	RP _____ W _____		1-Hand Row Leg Ext. – R	RP _____ W _____
1-Hand Row Leg Ext. – L	RP _____ W _____		1-Hand Row Leg Ext. – L	RP _____ W _____
Incline Press	RP _____ W _____		Incline Press	RP _____ W _____
Plank Hold Knee Taps	_____ Sec.		Plank Hold Knee Taps	_____ Sec.

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Stability Ball)
- Weights
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*
- Beachbody® Core Comfort Mat*

*Optional

DATE / WEEK:

Warm-Up

Round 1	10 Reps	10 Sec.	10 Reps	10 Sec.	10 Reps	10 Sec.
Sumo Squat	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Push-Up	RP _____	Hold 10 Sec.	RP _____	Hold 10 Sec.	RP _____	Hold 10 Sec.
Split Squat – R	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Split Squat – L	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Pull-Up	RP _____	Hold 10 Sec.	RP _____	Hold 10 Sec.	RP _____	Hold 10 Sec.
Step-Up Side Hold – R	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Step-Up Side Hold – L	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
1-Arm Row – L	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
1-Arm Row – R	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Sit-Up C-Curve	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Lateral Raise	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Floor)
- Weights
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*
- Beachbody® Core Comfort Mat*

*Optional

DATE / WEEK:

Warm-Up

Round 1	30 Sec.	
Squat	W_____	
Front Back Lunge - R	W_____	
Front Back Lunge - L	W_____	
	15 Sec.	
Step-Up - R	W_____	
Step-Up - L	W_____	

Break

Round 2	30 Sec.	
Pull-Up	RP_____	
Reverse Grip Row	W_____	
Pullover	W_____	
Reverse Fly	W_____	

Break

Round 3	15 Sec.	
1-Hand Push-Up - R	RP_____	
1-Hand Push-Up - L	RP_____	
	30 Sec.	
Bench Fly	W_____	
Feet on Ball Push-Up	RP_____	
Incline Press	W_____	

Break

Round 4	30 Sec.	
Ball Military Press	W_____	
Lateral Raise	W_____	
Upright Row	W_____	
Anterior Raise	W_____	

Break

RP = reps W = weight R = right L = left Sec = time

Continued next page

DATE / WEEK:

Round 5

30 Sec.

Standard Curl

W_____

Hammer Curl

W_____

15 Sec.

Concentration Curl - L

W_____

Concentration Curl - R

W_____

30 Sec.

Rotation Curl

W_____

Break

Round 6

30 Sec.

Dips

RP_____

Kickbacks - R

W_____

Kickbacks - L

W_____

Skull Crusher

W_____

Break

Round 7

30 Sec.

Ball Plank Hold

_____Sec.

Ball Mountain Climber

RP_____

Windshield Wipers - R

RP_____

Windshield Wipers - L

RP_____

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Floor)
- Weights
- Medicine Ball
- B-LINES® Resistance Band (or Towel)
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*
- Beachbody® Core Comfort Mat*

*Optional

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DATE / WEEK:

Warm-Up

Round 1	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.
Ball Squat Jumps	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.
Squat – Heavy	10 Reps W_____							
Upright Row	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.
Pull-Up	10 Reps RP_____							
Hanging Knee Curl	16 Reps RP_____							
Ball Plyo Lunge – R	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.
Lunge – R – Heavy	10 Reps W_____							
Ball Plyo Lunge – L	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.
Lunge – L – Heavy	10 Reps W_____							
Plyo Push-Up	RP_____	Hold 4 Sec.	RP_____	Hold 4 Sec.	RP_____	Hold 4 Sec.	RP_____	Hold 4 Sec.
Chest Press – Heavy	10 Reps W_____							
Half Spiderman	16 Reps RP_____							
Ball Sumo Plyo	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.
Sumo Squat – Heavy	10 Reps W_____							

RP = reps W = weight R = right L = left Sec = time

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DATE / WEEK:

	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.
Ball Push Press	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
Military Press - Heavy	10 Reps W _____							
Ball Seated Toe Tap	16 Reps W _____							
Ball Knee Drivers - L	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
Side Step-Up - L - Heavy	10 Reps W _____							
Ball Knee Drivers - R	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
Side Step-Up - R - Heavy	10 Reps W _____							
Bicep Curls	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
Bicep Curls - Heavy	10 Reps W _____							
Tricep Kickbacks	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
Tricep Kickbacks - Heavy	10 Reps W _____							

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Floor)
- Weights
- Medicine Ball
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*

*Optional

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DATE / WEEK:

Warm-Up

Round 1	10 Reps	
Overhead Press - Light	W _____	
Overhead Press - Medium	W _____	
Squat - Light	W _____	
Squat - Medium	W _____	
Thruster - Light	W _____	
Thruster - Medium	W _____	
	5 Reps	
Jerk Press - L - Light	W _____	
Jerk Press - R - Light	W _____	
Jerk Press - L - Medium	W _____	
Jerk Press - R - Medium	W _____	
	10 Reps	
Deadlift - Light	W _____	
Deadlift - Medium	W _____	
Shrug - Light	W _____	
Shrug w/Ext. - Medium	W _____	
Upright Row - Light	W _____	
Full Upright Row - Medium	W _____	
Clean - Light	W _____	
Full Range Clean - Medium	W _____	

Break

RP = reps W = weight R = right L = left Sec = time

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DATE / WEEK:

Round 2		
Clean & Press – Light	10 Reps W _____	
Clean & Press – Heavy	5 Reps W _____	
Clean & Squat – Light	10 Reps W _____	
Clean & Squat – Heavy	5 Reps W _____	
Clean Squat Press – Light	10 Reps W _____	
Clean Squat Press – Heavy	5 Reps W _____	
Clean Squat Jerk – L – Light	5 Reps W _____	
Clean Squat Jerk – R – Light	5 Reps W _____	
Clean Squat Jerk – Heavy	5 Reps W _____	
1-Arm Clean Squat Jerk – L – Light	10 Reps W _____	
1-Arm Clean Squat Jerk – L – Heavy	5 Reps W _____	
1-Arm Clean Squat Jerk – R – Light	10 Reps W _____	
1-Arm Clean Squat Jerk – R – Heavy	5 Reps W _____	
Cooldown		RP = reps W = weight R = right L = left Sec = time

Equipment

- Weights
- B-LINES® Resistance Band (or Towel)

DATE / WEEK:

Warm-Up

Round 1	10 Reps	10 Reps	10 Reps	
Squat	W_____	W_____	W_____	
Bench Press	W_____	W_____	W_____	
Reverse Grip Row	W_____	W_____	W_____	

Break

Round 2	10 Reps	10 Reps	10 Reps	
Lunge - R	W_____	W_____	W_____	
Lunge - L	W_____	W_____	W_____	
Incline Fly	W_____	W_____	W_____	
Lat Pull Over	W_____	W_____	W_____	

Break

Round 3	10 Reps	10 Reps	10 Reps	
Step Down Cross Back - R	W_____	W_____	W_____	
Step Down Cross Back - L	W_____	W_____	W_____	
Incline Curl	W_____	W_____	W_____	
Bench Dips	RP_____	RP_____	RP_____	

Cooldown

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Equipment

- Bench (or Stability Ball)
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DATE / WEEK:

Warm-Up

Round 1

30 Reps

Reverse Lunge Twist

RP _____

Shuffle

RP _____

Sumo Squat Hop

RP _____

15 Reps

3-Way Lunge - R

RP _____

3-Way Lunge - L

RP _____

30 Reps

1-Leg Squat - R

RP _____

1-Leg Squat - L

RP _____

13 Reps

Clock Lunge Pulse - R

RP _____

Clock Lunge Pulse - L

RP _____

30 Reps

Lateral Squat Hops

RP _____

Sumo Jacks

RP _____

Narrow-Wide Burpee

RP _____

Cooldown

RP = reps W = weight R = right L = left Sec = time

No equipment required.