

**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
<b>01 O Crunch Push-Ups</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>02 Pull-Up Crunch</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>03 Dead Lift Curl Press</b>	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
<b>04 Step Kick Back Chair Position</b>	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
<b>05 Sumo Chair</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>06 Chuck-Ups</b>	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 _____
<b>07 Clink On Run</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>08 Lunge Press Bella Twist</b>	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
<b>09 Balance Curls</b>	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
<b>10 Running Man</b>	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
<b>11 Hindu Pike Push-Ups</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>12 Lunge Squat Lunge</b>	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
<b>13 Mr. Moon</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>14 Kid Play</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>15 3 &amp; 3</b>	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
<b>16 ½ Dervish</b>	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
<b>17 Weighted Warrior</b>	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
<b>18 1 &amp; 1</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>19 Lara Lunge Crunch</b>	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__	R__W__
<b>20 Spiderman Jumps</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>BONUS Plyo Push-Ups</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____

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	WEEK 1	WEEK 2	WEEK 3	WEEK 5	WEEK 6	WEEK 7	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<b>01 Double Double Dip'll Do Ya</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>02 Dead Leg Switch Pull-Up</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>03 2-Direction Circle Flies</b>	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 _____
<b>04 Lunge Curls</b>	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 _____
<b>05 Hammer Kick</b>	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 _____
<b>06 Frog Push-Ups</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>07 "L" Chin-Ups</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
<b>08 Fly Blaster</b>	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 _____
<b>09 Lean Back Curls</b>	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 _____
<b>10 1-Legged Bridge Dips</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____

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	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: 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.

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	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<b>01 Hanging Toe Tap Knee Raises</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>02 Tip Toe O Crunch</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>03 Scorpion Plank</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>04 Banana Cannonball</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>05 Hanging Up &amp; Overs</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>06 Discus Throwers</b>	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 ___
<b>07 Warrior Bow</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>08 Scissor Climbers</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>09 Hanging Knee Kicks</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>10 Wood Chopper</b>	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 ___

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<b>11 Down Dog Crunch</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>12 Banana Mason</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>13 Mixed Bike</b>	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____
	Time _____	Time _____	Time _____		Time _____	Time _____	Time _____		Time _____	Time _____	Time _____	Time _____
<b>14 X Crunch</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>15 Plank Sphinx with Plange</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>16 Seated Backstroke</b>	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 _____
<b>17 Hanging Pelvic Tilt</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>18 Straight Leg X Crunch</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____
<b>19 360 Chataranga Run</b>	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____	Time _____
	Time _____	Time _____	Time _____		Time _____	Time _____	Time _____		Time _____	Time _____	Time _____	Time _____
<b>20 Cherry Bomb</b>	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____		R _____	R _____	R _____		R _____	R _____	R _____	R _____