	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Push Ups - Standard	N/A	8	N/A		N/A	8	N/A		N/A	8	N/A		N/A	8	N/A		N/A	8	N/A		N/A	8	N/A	
Push Up Wide	N/A	8	N/A		N/A	8	N/A		N/A	8	N/A		N/A	8	N/A		N/A	8	N/A		N/A	8	N/A	
Push Ups - Standard	N/A	30	N/A		N/A	30	N/A		N/A	30	N/A		N/A	30	N/A		N/A	30	N/A		N/A	30	N/A	
Alternating Seated Overhead Shoulder Press (Dumbbell)		15				15				15				15				15				15		
Barbell Curl		21				21				21				21				21				21		
Incline Chest Flys (Dumbbell		15				15				15				15				15				15		
Seated Rear Delts		15				15				15				15				15				15		
Bonus Band pulls	N/A	15	N/A		N/A	15	N/A		N/A	15	N/A		N/A	15	N/A		N/A	15	N/A		N/A	15	N/A	
Incline Curl Alternating & Rotate at Top (dumbbell)		15				15				15				15				15			17	15		
Decline Pushups	N/A	20	N/A		N/A	20	N/A		N/A	20	N/A		N/A	20	N/A		N/A	20	N/A		N/A	20	N/A	
Incline Front Raise on Stability Ball		15				15				15				15				15				15		
Standing Quarter Stop Curls Both Arms																					3	8		
Prone Push Up on Stability Ball	N/A	20	N/A		N/A	20	N/A		N/A	20	N/A	8	N/A	20	N/A		N/A	20	N/A		N/A	20	N/A	
Seated Lateral Raise Both Arms High Ends		6				6				6				6				6			11	6		
Seated Concentration Curls 1.5's		12				12				12				12				12				12		
Straddle Pushups	N/A	18	N/A		N/A	18	N/A		N/A	18	N/A		N/A	18	N/A		N/A	18	N/A		N/A	18	N/A	
Side Leaning Lateral Raise		15				15				15				15				15				15		
Seated Curls Alternating + Both Arms		16				16				16				16				16				16		
Chest Flys (Flat Bench)		15				15				15				15				15				15		
Seated Overhead Press		15				15				15				15				15				15		
Preacher Curl on Stability Ball One Arm		15				15				15				15				15				15		
Core Pushups - Boot Camp Style	N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A	
Seated Front Press Double		12				12				12				12				12				12		
Reverse Dumbbell Curl		16				16				16				16				16				16		
Staggered push ups		16				16				16				16				16			N/A	16		
Incline Rear Raise on Stability Ball		15				15				15				15				15			9	15		
Barbell Curl Wide Grip		21				21				21				21				21			21	21		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Lat Pull downs with Band	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Dumbbell Rows Both Arms		21				21				21				21				21				21		
Dips on Chair	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Straddle Pushups	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Chinups	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Seated Overhead Extensions One Arm		15				15				15				15				15				15		
One Arm Row		15				15				15				15				1			1.5	15		
T-Pull with Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Flat Bench Barbell Triceps Extensions		14				14				14				14				14				14		
Barbell Rows		21				21				21				21				21				21		
Y's With Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Kickbacks One Arm		15				15				15				15				15				15		
One Arm Horizontal Row		15				15				15				15				15				15		
Deadlifts		8				8				8				8				8			57.75	8		
Close Grip Bench Press		15				15				15				15				15				15		
One Arm Pressdown with Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Chinups	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Seated Overhead Extensions Both Arms		15				15				15				15				15				15		
Barbell Rows		21				21				21				21				21				21		
Double Arm Rows with Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Side Leaning One Arm Overhead Extensions on Ball		15				15				15				15				15				15		
One Arm Row		15				15				15				15				15			31.5	15		
Deadlifts		8				8				8				8				8			52.5	8		
Kickbacks Double Arm		15				15				15				15				15				15		
One Arm Band Kickbacks	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Pullups	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Cross Body Kickbacks		15				15				15				15				15				15		
Lat Pull downs with Band	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Side Lying One Arm Pushups	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Supermans	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Walking Lunges & Plie Squats	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
One Leg Touch Down Squats	N/A	15	N/A		N/A	15	N/A		N/A	15	N/A		N/A	15	N/A		N/A	15	N/A		N/A	15	N/A	
Firewalkers	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
One Leg Elevated Lunges		6				6				6				6				6				6		
Deadlifts Wide Stance		15				15				15				15				15				15		
One Leg Slide Back Lunges with paper Plate		16				16				16				16				16				16		
Side Slide Lunges with Paper Plate		16				16				16				16				16				16		
Wall Squat with Ball and Leg Extension	N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A	
Squats		16				16				16				16				16				16		
Calf Raises		16				16				16				16				16				16		
Front Lunge Same Leg		15				15				15				15				15				15		
Stiff Legged Deadlift on Platform		15				15				15				15				15				15		
Wall Squats Double Leg	N/A	8	N/A		N/A	8	N/A		N/A	8	N/A		N/A	8	N/A		N/A	8	N/A		N/A	8	N/A	
Lateral Step Ups		15				15				15				15				15				15		
Drop Side Lunges and Stand with Knee Lift		15				15				15				15				15				15		
Sequential Lunge Into Front Kick Combo	N/A	15			N/A	15			N/A	15			N/A	15			N/A	15			N/A	15		
Squats Narrow Stance		15				15				15				15				15				15		
Calf Raises		10				10				10				10				10				10		
Deadlifts Wide Stance		15				15				15				15				15				15		
Pulse Leg to Straight leg 24 reps	N/A	24	N/A		N/A	24	N/A		N/A	24	N/A		N/A	24	N/A		N/A	24	N/A		N/A	24	N/A	
Bent Leg to Side Balance Paper Plate	N/A	24	N/A		N/A	24	N/A		N/A	24	N/A		N/A	24	N/A		N/A	24	N/A		N/A	24	N/A	
Front Back Fan Kicks 12 Reps	N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A	
Calf Raises	N/A	25			N/A	25			N/A	25			N/A	25			N/A	25			N/A	25		
Tibialis Press and Pulls with Stability Ball	N/A	25			N/A	25			N/A	25			N/A	25			N/A	25			N/A	25		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Pushups Drop Sets	N/A	14			N/A	14			N/A	14			N/A	14			N/A	14			N/A	14		
Pushups Drop Sets	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Pushups Drop Sets	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Pushups Drop Sets	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Pushups Drop Sets	N/A	6			N/A	6			N/A	6			N/A	6			N/A	6			N/A	6		
Standing Upright Rows (Barbell)		15				15				15				15				15				15		
Alternating Standing Curls		15				15				15				15				15				15		
Incline Chest Flys (Dumbbell)		15				15				15				15				15				15		
Seated Rear Flys into Band Pulls		15				15				15				15				15				15		
Bonus Band Pulls	N/A	15			N/A	15			N/A	15			N/A	15			N/A	15			N/A	15		
Incline Curls Alternating & Rotate at Top		15				15				15				15				15				15		
Stability Ball Pushups - Ball at Knees, Hips, and Feet	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		
Functional Overhead Press		7				7				7				7				7				7		
Barbell Curls with Band Attached		15				15				15				15				15				15		
Prone Pushups on Stability Ball	N/A	20			N/A	20			N/A	20			N/A	20			N/A	20			N/A	20		
Seated Lateral Raise Both Arms High Ends		6				6				6				6				6				6		
Seated Concentration Curls 1.5's		12				12				12				12				12				12		
Straddle Pushups	N/A	18			N/A	18			N/A	18			N/A	18			N/A	18			N/A	18		
Side Leaning Lateral Raise		15				15				15				15				15				15		
Seated Curls Alternating and Both Arms		16				16				16				16				16				16		
Chest Flys		15				15				15				15				15				15		
Seated Overhead Press		15				15				15				15				15				15		
Preacher Curl on Stability Ball, One Arm		15				15				15				15				15				15		
Core Pushups - Boot Camp Style	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Seated Front Press Double Arms 1.5's		12				12				12				12				12				12		
Reverse Dumbbell Curls		16				16				16				16				16				16		
Staggered Pushups	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Bow and Arrow with Band	N/A	19			N/A	19			N/A	19			N/A	19			N/A	19			N/A	19		
Hammer Curl Double Arm		15				15				15				15				15				15		
Pushups 21's	N/A	21			N/A	21			N/A	21			N/A	21			N/A	21			N/A	21		
Standing Barbell Front Press		21				21				21				21				21				21		
Barbell Curl Narrow Grip		21				21				21				21				21				21		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Dumbbell Rows Both Arms		15				15				15				15				15				15		
Close Grip Push Ups	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Dumbbell Rows Both Arms		15				15				15				15				15				15		
Close Grip Push Ups	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Chinups	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Seated Overhead Extensions One Arm		15				15				15				15				15				15		
One Arm Row		15				15				15				15				15				15		
T-Pull with Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Flat Bench Tricep Extensions		15				15				15				15				15				15		
Barbell Rows		21				21				21				21				21				21		
Y's with Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Kickbacks One Arm		16				16				16				16				16				16		
One Arm Horizontal Row		15				15				15				15				15				15		
Deadlifts		8				8				8				8				8				8		
Seasaw Pushups	N/A	20			N/A	20			N/A	20			N/A	20			N/A	20			N/A	20		
One Arm Press Down With Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Chinups	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Seated Overhead Extensions Both Arms		15				15				15				15				15				15		
Barbell Rows		21				21				21				21				21				21		
Double Arm Rows with Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Side Leaning One Arm Overhead Extensions on Ball		15				15				15				15				15				15		
Pullovers		15				15				15				15				15				15		
Kickbacks Double Arm		15				15				15				15				15				15		
One Arm Kickbacks	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Pullups	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Cross Body Kickbacks		15				15				15				15				15				15		
Lat Pulldowns with Band	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Side Lying One Arm Pushups	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Double Arm Horizontal Row		10				10				10				10				10				10		
Double Arm Horizontal Row		10				10				10				10				10				10		
Double Arm Horizontal Row		10				10				10				10				10				10		
Kickbacks Double Arm		10				10				10				10				10				10		
Kickbacks Double Arm		10				10				10				10				10				10		
Kickbacks Double Arm		10				10				10				10				10				10		
Superman on Floor	N/A	30			N/A	30			N/A	30			N/A	30			N/A	30			N/A	30		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Front Lunge And Back Lunge	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Alternating 45 Degree Front Lunge		15				15				15				15				15				15		
Leg Press		15				15				15				15				15				15		
One Leg Elevated Lunges		6				6				6				6				6				6		
Deadlifts Wide Stance		15				15				15				15				15				15		
One Leg Slide Back Lunges with Paper Plate		16				16				16				16				16				16		
Side Slide Lunges with Paper Plate		16				16				16				16				16				16		
One Leg Sit n Stands		15				15				15				15				15				15		
Squats Narrow Stance		15				15				15				15				15				15		
Calf Raises	N/A	15			N/A	15			N/A	15			N/A	15			N/A	15			N/A	15		
Low Pulse Lunges		15				15				15				15				15				15		
Stiff Legged Deadlift on Platform		15				15				15				15				15				15		
Wall Squats Double Leg	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Lateral Step Ups		15				15				15				15				15				15		
45 Degree Lunge Same Leg		15				15				15				15				15				15		
Squats Narrow Stance		15				15				15				15				15				15		
Static Low End Lunge Same Leg 3/1 Count		12				12				12				12				12				12		
Wall Squat with Ball and Leg Extension	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Leg Press With Band on High Step	N/A	15			N/A	15			N/A	15			N/A	15			N/A	15			N/A	15		
Firewalkers	N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A		
Calf Raises	N/A	34			N/A	34			N/A	34			N/A	34			N/A	34			N/A	34		
Standing Kickback with Band	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		
Supine Double Leg Outer Thigh Press with Band	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		
Inner Thigh Raise with Band	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Crossover Pushups	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Standing Overhead Press Both Arms		10				10				10				10				10				10		
Standing Overhead Press Both Arms		10				10				10				10				10				10		
Standing Overhead Press Both Arms		10				10				10				10				10				10		
Barbell Curl		10				10				10				10				10				10		
Pushups on Stability Ball Elmo Style	N/A	15			N/A	15			N/A	15			N/A	15			N/A	15			N/A	15		
Standing Front Raise		15				15				15				15				15				15		
Seated Incline Hammer Curls Both Arms		15				15				15				15				15				15		
Chest Flys (Flat Bench)		15				15				15				15				15				15		
Seated Overhead Press		15				15				15				15				15				15		
Preacher Curl on Stability Ball One Arm		15				15				15				15				15				15		
Pushups - Standard	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Push ups Wide	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Pushups - Standard	N/A	30			N/A	30			N/A	30			N/A	30			N/A	30			N/A	30		
Alternating Seated Overhead Shoulder Press		15				15				15				15				15				15		
Seated Barbell Isolation Curls		15				15				15				15				15				15		
Chest Flys on Stability Ball		15				15				15				15				15				15		
Lateral Side to Front Combo		8				8				8				8				8				8		
Incline Band Hammer Curl	N/A	32			N/A	32			N/A	32			N/A	32			N/A	32			N/A	32		
Straddle Pushups	N/A	18			N/A	18			N/A	18			N/A	18			N/A	18			N/A	18		
Side Leaning Lateral Raise		15				15				15				15				15				15		
Seated Curls Alternating and Both Arms		16				16				16				16				16				16		
Staggered Pushups	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Bow and Arrow with Band	N/A	19			N/A	19			N/A	19			N/A	19			N/A	19			N/A	19		
Barbell Curl Wide Grip		20				20				20				20				20				20		
Pushup Drop Sets	N/A	14			N/A	14			N/A	14			N/A	14			N/A	14			N/A	14		
Pushup Drop Sets	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Pushup Drop Sets	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Pushup Drop Sets	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Pushup Drop Sets	N/A	6			N/A	6			N/A	6			N/A	6			N/A	6			N/A	6		
Standing Upright Rows		15				15				15				15				15				15		
Alternating Standing Curls		16				16				16				16				16				16		
Pushups 21's	N/A	21			N/A	21			N/A	21			N/A	21			N/A	21			N/A	21		
Standing Barbell Front Press		21				21				21				21				21				21		
Barbell Curl Narrow Grip		20				20				20				20				20				20		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Lat Pull downs with Band	N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A	
Double Arm Band Rows High End	N/A	28	N/A		N/A	28	N/A		N/A	28	N/A		N/A	28	N/A		N/A	28	N/A		N/A	28	N/A	
Seasaw Pushups	N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A	
Dips	N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A	
Chinups	N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A	
Seated Overhead Extensions One Arm		15				15				15				15				15				15		
T-Pull with Band	N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A	
Flat Bench Barbell Tricep Extensions		14				14				14				14				14				14		
Barbell Rows		21				21				21				21				21				21		
Y's with Band	N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A	
Kickbacks One Arm		15				15				15				15				15				15		
One Arm Horizontal Row		15				15				15				15				15				15		
Deadlifts		8				8				8				8				8				8		
Close Grip Bench Press		15				15				15				15				15				15		
One Arm Press Down with Band	N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A	
Chinups	N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A	
Seated Overhead Extensions Both Arms		15				15				15				15				15				15		
Barbell Rows		21				21				21				21				21				21		
Double Arm Band Rows with Band	N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A	
Side Leaning One Arm Overhead Extensions on Ball		15				15				15				15				15				15		
Dumbbell Rows Both Arms		10				10				10				10				10				10		
Dumbbell Rows Both Arms		10				10				10				10				10				10		
Dumbbell Rows Both Arms		10				10				10				10				10				10		
Kickbacks Double Arm		15				15				15				15				15				15		
One Arm Band Kickbacks	N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A		N/A	36	N/A	
Pullups	N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A	
Cross Body Kickbacks		10				10				10				10				10				10		
Cross Body Kickbacks		10				10				10				10				10				10		
Cross Body Kickbacks		10				10				10				10				10				10		
Straight Arm Flys Prone on Incline Bench		15				15				15				15				15				15		
Side Lying On Arm Pushups	N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A	
Scapular Retractions		15				15				15				15				15				15		
Superman on Floor Arms & Legs Elevate	N/A	24	N/A		N/A	24	N/A		N/A	24	N/A		N/A	24	N/A		N/A	24	N/A		N/A	24	N/A	

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Squat Lunge Sequence 8/4	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
One Leg Sit n Slide with Paper Plate		15				15				15				15				15				15		
Lateral Step Ups		15				15				15				15				15				15		
Deadlifts Wide Stance		15				15				15				15				15				15		
Side Slide Lunge onto Six Inch High Step		15				15				15				15				15				15		
45 Degree Lunge Same Leg		15				15				15				15				15				15		
Squats Narrow Stance		15				15				15				15				15				15		
Static Low end Lunge Same Leg 3/1/ Count		12				12				12				12				12				12		
Plie Suats Alternating Hand		24				24				24				24				24				24		
Deadlifts Wide Stance		15				15				15				15				15				15		
One Leg Slide Back Lunges with Paper Plate		16				16				16				16				16				16		
Side Slide Lunges with Paper Plate		16				16				16				16				16				16		
Front Lunge Same Leg		15				15				15				15				15				15		
Squats		16				16				16				16				16				16		
Calf Raises	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Leg Press		15				15				15				15				15				15		
Stiff Legged Deadlift on Platform		15				15				15				15				15				15		
Wall Squats Double Leg	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
One Leg Deadlift (toes Elevated)		12				12				12				12				12				12		
Leg Raises	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		
Outer Thigh	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		
Hamstring and Glute Work with Plate	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Hamstring and Glute Work with Plate Both Legs	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Adductor Glide Ins	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Adductor Hamstring Glide Ins	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Glute Presses	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Pushups - Pyramid Up	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Pushups - Pyramid Up	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Pushups - Pyramid Up	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Superset Seated Lateral Raise and Seated Rear Flys		10				10				10				10				10				10		
Standing Dumbbell Curl		10				10				10				10				10				10		
Standing Dumbbell Curl		10				10				10				10				10				10		
Standing Dumbbell Curl		10				10				10				10				10				10		
Incline Chest Flys		15				15				15				15				15				15		
Seated Rear Flys into Band Pulls		15				15				15				15				15				15		
Bonus Band Pulls	N/A	15			N/A	15			N/A	15			N/A	15			N/A	15			N/A	15		
Incline Curl Alternating and Rotate at Top		15				15				15				15				15				15		
Pushups - Wide, Standard, Narrow 3 reps change	N/A	18			N/A	18			N/A	18			N/A	18			N/A	18			N/A	18		
Incline Side Raises on Stability Ball		15				15				15				15				15				15		
Seated Barbell Isolation Curls		15				15				15				15				15				15		
Chest Flys on Stability Ball		15				15				15				15				15				15		
Lateral Side to Front Combo		8				8				8				8				8				8		
Incline Band Hammer Curl	N/A	32			N/A	32			N/A	32			N/A	32			N/A	32			N/A	32		
Core Pushups - Boot Camp Style	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Seated Front Press Double Arms 1.5's		12				12				12				12				12				12		
Reverse Dumbbell Curl		16				16				16				16				16				16		
Stability Ball Pushups - Ball at Hips, knees and Feet	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		
Functional Overhead Press		7				7				7				7				7				7		
Barbell Curls with Band		15				15				15				15				15				15		
Prone Pushups on Stability Ball	N/A	20			N/A	20			N/A	20			N/A	20			N/A	20			N/A	20		
Seated Lateral Raise both ends High End		6				6				6				6				6				6		
Seated Curls Alternating and Both Arms		16				16				16				16				16				16		
Pushups 21s	N/A	21			N/A	21			N/A	21			N/A	21			N/A	21			N/A	21		
Standing Barbell Front Press		21				21				21				21				21				21		
Barbell Curl Narrow Grip		21				21				21				21				21				21		
Staggered Pushups	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Standing Overhead Press Both arms		10				10				10				10				10				10		
Standing Overhead Press Both arms		10				10				10				10				10				10		
Standing Overhead Press Both arms		10				10				10				10				10				10		
Preacher Curl on Stability Ball Double Arm		15				15				15				15				15				15		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Lat Pulldowns with Band	N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A	
Double Arm Rows with Band	N/A	28	N/A		N/A	28	N/A		N/A	28	N/A		N/A	28	N/A		N/A	28	N/A		N/A	28	N/A	
Dips On Chair	N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A		N/A	16	N/A	
Seated Overhead Extensions One Arm		10				10				10				10				10				10		
Chinups	N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A		
Flat Bench Barbell Tricep Extensions		15				15				15				15				15				15		
One Arm Row		15				15				15				15				15				15		
T-Pull with Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Flat Bench Tricep Extensions		15				15				15				15				15				15		
Barbell Rows		21				21				21				21				21				21		
Y's with Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Kickbacks One Arm		15				15				15				15				15				15		
One Arm Horizontal Row		15				15				15				15				15				15		
Deadlifts		8				8				8				8				8				8		
Seasaw Pushups	N/A	20			N/A	20			N/A	20			N/A	20			N/A	20			N/A	20		
One Arm Pressdown with Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Chinups	N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A		
Seated Overhead Extensions Both Arms		15				15				15				15				15				15		
Barbell Rows		21				21				21				21				21				21		
Double Arm Rows with Band	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Side Leaning One Arm Overhead Extensions on Ball		15				15				15				15				15				15		
Pullovers		15				15				15				15				15				15		
Kickbacks Double Arm		15				15				15				15				15				15		
One Arm Band Kickbacks	N/A	36			N/A	36			N/A	36			N/A	36			N/A	36			N/A	36		
Pullups	N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A		
Cross Body Kickbacks		15				15				15				15				15				15		
Dumbbell Rows Both Arms		10				10				10				10				10				10		
Dumbbell Rows Both Arms		10				10				10				10				10				10		
Dumbbell Rows Both Arms		10				10				10				10				10				10		
Close Grip Bench Press		10				10				10				10				10				10		
Close Grip Bench Press		10				10				10				10				10				10		
Close Grip Bench Press		10				10				10				10				10				10		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Squats		16				16				16				16				16				16		
4 Point Alternating Lunge	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Firewalkers	N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A		
One Leg Elevated Lunges		6				6				6				6				6				6		
Deadlifts Wide Stance		15				15				15				15				15				15		
Front Lunge Same Leg		15				15				15				15				15				15		
Squats		16				16				16				16				16				16		
Calf Raises	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Leg Press		15				15				15				15				15				15		
One Leg Slide Back Lunges with paper plate		16				16				16				16				16				16		
Side Slide Lunges with paper plate		16				16				16				16				16				16		
Stiff Legged Deadlift on Platform		15				15				15				15				15				15		
Wall Squats Double Leg	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Lateral Step Ups		15				15				15				15				15				15		
One Leg Sit n Stands	N/A	15			N/A	15			N/A	15			N/A	15			N/A	15			N/A	15		
Squats Narrow Stance		15				15				15				15				15				15		
Calf Raises	N/A	15			N/A	15			N/A	15			N/A	15			N/A	15			N/A	15		
One Leg Deadlift		12				12				12				12				12				12		
Static Low End Lunge Same Leg		12				12				12				12				12				12		
One Leg Sit n Slide with paper plate		15				15				15				15				15				15		
Calf Raises	N/A	34			N/A	34			N/A	34			N/A	34			N/A	34			N/A	34		
Outer Thigh Lift on Stability Ball	N/A	32			N/A	32			N/A	32			N/A	32			N/A	32			N/A	32		
Hamstring Roll ins	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
One Leg Hamstring Roll Ins	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Frog Style Roll Ins	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Inner Thigh Squeeze	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Glute Squeeze	N/A	32			N/A	32			N/A	32			N/A	32			N/A	32			N/A	32		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Flat Bench Press (Barbell)		12				12				12				12				12				12		
Flat Bench Press (Barbell)		12				12				12				12				12				12		
Flat Bench Press (Barbell)		12				12				12				12				12				12		
Flat Bench Press (Barbell)		10				10				10				10				10				10		
Flat Bench Press (Barbell)		8				8				8				8				8				8		
Chest Flys (Flat Bench)		12				12				12				12				12				12		
Chest Flys (Flat Bench)		10				10				10				10				10				10		
Chest Flys (Flat Bench)		8				8				8				8				8				8		
Incline Bench Press (Barbell)		12				12				12				12				12				12		
Incline Bench Press (Barbell)		10				10				10				10				10				10		
Incline Bench Press (Barbell)		8				8				8				8				8				8		
Incline Chest Flys		12				12				12				12				12				12		
Incline Chest Flys		10				10				10				10				10				10		
Incline Chest Flys		8				8				8				8				8				8		
Seated Front Press Alternating Arms		12				12				12				12				12				12		
Seated Front Press Alternating Arms		10				10				10				10				10				10		
Seated Front Press Alternating Arms		8				8				8				8				8				8		
Seated Front Press, Both Arms		TF				TF				TF				TF				TF				TF		
Alternating one Arm Standing Lateral Raise		12				12				12				12				12				12		
Alternating one Arm Standing Lateral Raise		10				10				10				10				10				10		
Alternating one Arm Standing Lateral Raise		8				8				8				8				8				8		
Seated Lateral Raise Both Arms		TF				TF				TF				TF				TF				TF		
Seated Rear Delts		12				12				12				12				12				12		
Seated Rear Delts		10				10				10				10				10				10		
Seated Rear Delts		8				8				8				8				8				8		
Flat Bench Tricep Extensions, Barbell		12				12				12				12				12				12		
Flat Bench Tricep Extensions, Barbell		10				10				10				10				10				10		
Flat Bench Tricep Extensions, Barbell		8				8				8				8				8				8		
Flat Bench Tricep Extensions, Barbell		TF				TF				TF				TF				TF				TF		
Side Leaning One Arm Overhead Extensions on Ball		12				12				12				12				12				12		
Side Leaning One Arm Overhead Extensions on Ball		10				10				10				10				10				10		
Side Leaning One Arm Overhead Extensions on Ball		8				8				8				8				8				8		
Kickbacks One Arm		12				12				12				12				12				12		
Kickbacks One Arm		10				10				10				10				10				10		
Kickbacks One Arm		8				8				8				8				8				8		

Notes:

Legs

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Squats		10				10				10				10				10				10		
One Leg Elevated Lunges		10				10				10				10				10				10		
Deadlifts Wide Stance		10				10				10				10				10				10		
Squats		10				10				10				10				10				10		
One Leg Elevated Lunges		10				10				10				10				10				10		
Deadlifts Wide Stance		10				10				10				10				10				10		
Squats		10				10				10				10				10				10		
One Leg Elevated Lunges		10				10				10				10				10				10		
Deadlifts Wide Stance		10				10				10				10				10				10		
Static Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
One Leg Slide Back Lunges with Paper Plate		10				10				10				10				10				10		
Static Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
One Leg Slide Back Lunges with Paper Plate		10				10				10				10				10				10		
Static Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
One Leg Slide Back Lunges with Paper Plate		10				10				10				10				10				10		
Stiff Legged Deadlift on Platform		10				10				10				10				10				10		
Side Slide Lunges with Paper Plate		10				10				10				10				10				10		
Squats Narrow Stance		10				10				10				10				10				10		
Stiff Legged Deadlift on Platform		10				10				10				10				10				10		
Side Slide Lunges with Paper Plate		10				10				10				10				10				10		
Squats Narrow Stance		10				10				10				10				10				10		
Stiff Legged Deadlift on Platform		10				10				10				10				10				10		
Side Slide Lunges with Paper Plate		10				10				10				10				10				10		
Squats Narrow Stance		10				10				10				10				10				10		
Calf Raises	N/A	20			N/A	20			N/A	20			N/A	20			N/A	20			N/A	20		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Lat Pulldown with Band	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
T-Pull with Band	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Y's with Band	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Pull Ups Overhand	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Chinups Medium Grip	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Chinups	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
One Arm Row		12				12				12				12				12				12		
One Arm Row		10				10				10				10				10				10		
One Arm Row		8				8				8				8				8				8		
One Arm Row		TF				TF				TF				TF				TF				TF		
Barbell Rows		12				12				12				12				12				12		
Barbell Rows		10				10				10				10				10				10		
Barbell Rows		8				8				8				8				8				8		
Barbell Rows		TF				TF				TF				TF				TF				TF		
Deadlifts		12				12				12				12				12				12		
Deadlifts		10				10				10				10				10				10		
Deadlifts		TF				TF				TF				TF				TF				TF		
Barbell Curl		12				12				12				12				12				12		
Barbell Curl		10				10				10				10				10				10		
Barbell Curl		8				8				8				8				8				8		
Barbell Curl		TF				TF				TF				TF				TF				TF		
Seated Alternating Curl		12				12				12				12				12				12		
Seated Alternating Curl		10				10				10				10				10				10		
Seated Alternating Curl		8				8				8				8				8				8		
Preacher Curl on Stability Ball		12				12				12				12				12				12		
Preacher Curl on Stability Ball		10				10				10				10				10				10		
Preacher Curl on Stability Ball		TF				TF				TF				TF				TF				TF		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Incline Bench Press		12				12				12				12				12				12		
Incline Bench Press		12				12				12				12				12				12		
Incline Bench Press		12				12				12				12				12				12		
Incline Bench Press		10				10				10				10				10				10		
Incline Bench Press		8				8				8				8				8				8		
Incline Bench Press		TF				TF				TF				TF				TF				TF		
Incline Fly		12				12				12				12				12				12		
Incline Fly		10				10				10				10				10				10		
Incline Fly		8				8				8				8				8				8		
Incline Fly		TF				TF				TF				TF				TF				TF		
Flat Bench Press		12				12				12				12				12				12		
Flat Bench Press		10				10				10				10				10				10		
Flat Bench Press		8				8				8				8				8				8		
Flat Bench Press		TF				TF				TF				TF				TF				TF		
Standing Barbell Front Press		12				12				12				12				12				12		
Standing Barbell Front Press		10				10				10				10				10				10		
Standing Barbell Front Press		8				8				8				8				8				8		
Standing Barbell Front Press		TF				TF				TF				TF				TF				TF		
Standing Lateral Raise		12				12				12				12				12				12		
Standing Lateral Raise		10				10				10				10				10				10		
Standing Lateral Raise		8				8				8				8				8				8		
Standing Lateral Raise		TF				TF				TF				TF				TF				TF		
Seated Rear Delts		12				12				12				12				12				12		
Seated Rear Delts		10				10				10				10				10				10		
Seated Rear Delts		8				8				8				8				8				8		
Seated Rear Delts		TF				TF				TF				TF				TF				TF		
Flat Bench Tricep Extension		12				12				12				12				12				12		
Flat Bench Tricep Extension		10				10				10				10				10				10		
Flat Bench Tricep Extension		8				8				8				8				8				8		
Flat Bench Tricep Extension		TF				TF				TF				TF				TF				TF		
Side Leaning One Arm Overhead Extensions on Ball		12				12				12				12				12				12		
Side Leaning One Arm Overhead Extensions on Ball		10				10				10				10				10				10		
Side Leaning One Arm Overhead Extensions on Ball		8				8				8				8				8				8		
Double Arm Overhead Extension on Ball		TF				TF				TF				TF				TF				TF		
Kickbacks One Arm		12				12				12				12				12				12		
Kickbacks One Arm		10				10				10				10				10				10		
Kickbacks One Arm		8				8				8				8				8				8		
Kickbacks Double Arm		TF				TF				TF				TF				TF				TF		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Squats Narrow Stance		10				10				10				10				10				10		
45 Degree Lunge		10				10				10				10				10				10		
One Leg Sit n Slide with Paper Plate		10				10				10				10				10				10		
Squats Narrow Stance		10				10				10				10				10				10		
45 Degree Lunge		10				10				10				10				10				10		
One Leg Sit n Slide with Paper Plate		10				10				10				10				10				10		
Squats Narrow Stance		10				10				10				10				10				10		
45 Degree Lunge		10				10				10				10				10				10		
One Leg Sit n Slide with Paper Plate		10				10				10				10				10				10		
Static Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
One Leg Slide Back Lunges with paper Plate		10				10				10				10				10				10		
Static Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
One Leg Slide Back Lunges with paper Plate		10				10				10				10				10				10		
Static Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
One Leg Slide Back Lunges with paper Plate		10				10				10				10				10				10		
Squats Wide Stance		10				10				10				10				10				10		
One Leg Elevated lunges		10				10				10				10				10				10		
Deadlifts Wide Stance		10				10				10				10				10				10		
Squats Wide Stance		10				10				10				10				10				10		
One Leg Elevated lunges		10				10				10				10				10				10		
Deadlifts Wide Stance		10				10				10				10				10				10		
Squats Wide Stance		10				10				10				10				10				10		
One Leg Elevated lunges		10				10				10				10				10				10		
Deadlifts Wide Stance		10				10				10				10				10				10		
Calf Raises	N/A	20			N/A	20			N/A	20			N/A	20			N/A	20			N/A	20		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Lat Pull downs With Band	N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A	
T-Pull With Band	N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A	
Y's with band	N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A		N/A	12	N/A	
Pullups Overhand	N/A	12	Under		N/A	12	Under		N/A	12	Under		N/A	12	Under		N/A	12	Under		N/A	12	Under	
Chinups Medium Grip	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Chinups	N/A	12	Over		N/A	12	Over		N/A	12	Over		N/A	12	Over		N/A	12	Over		N/A	12	Over	
Barbell Rows		12				12				12				12				12				12		
Barbell Rows		10				10				10				10				10				10		
Barbell Rows		8				8				8				8				8				8		
Barbell Rows		TF				TF				TF				TF				TF				TF		
One Arm Horizontal Row		12				12				12				12				12				12		
One Arm Horizontal Row		10				10				10				10				10				10		
One Arm Horizontal Row		8				8				8				8				8				8		
One Arm Horizontal Row		TF				TF				TF				TF				TF				TF		
One Legged Deadlift		12				12				12				12				12				12		
One Legged Deadlift		10				10				10				10				10				10		
One Legged Deadlift		8				8				8				8				8				8		
Barbell Curl		12				12				12				12				12				12		
Barbell Curl		10				10				10				10				10				10		
Barbell Curl		8				8				8				8				8				8		
Barbell Curl		TF				TF				TF				TF				TF				TF		
Seated Alternating Curl		12				12				12				12				12				12		
Seated Alternating Curl		10				10				10				10				10				10		
Seated Alternating Curl		8				8				8				8				8				8		
Seated Alternating Curl		TF				TF				TF				TF				TF				TF		
Seated Concentration Curls		12				12				12				12				12				12		
Seated Concentration Curls		10				10				10				10				10				10		
Seated Concentration Curls		8				8				8				8				8				8		
Seated Concentration Curls		TF				TF				TF				TF				TF				TF		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Flat Bench Press		12				12				12				12				12				12		
Flat Bench Press		12				12				12				12				12				12		
Flat Bench Press		10				10				10				10				10				10		
Flat Bench Press		8				8				8				8				8				8		
Flat Bench Press		12				12				12				12				12				12		
Flat Bench Press		10				10				10				10				10				10		
Flat Bench Press		8				8				8				8				8				8		
Chest Flys (Flat Bench)		12				12				12				12				12				12		
Chest Flys (Flat Bench)		10				10				10				10				10				10		
Chest Flys (Flat Bench)		8				8				8				8				8				8		
Incline Bench Press		12				12				12				12				12				12		
Incline Bench Press		10				10				10				10				10				10		
Incline Bench Press		8				8				8				8				8				8		
Incline Chest Flys		12				12				12				12				12				12		
Incline Chest Flys		10				10				10				10				10				10		
Incline Chest Flys		8				8				8				8				8				8		
Seated Front Press		12				12				12				12				12				12		
Seated Front Press		10				10				10				10				10				10		
Seated Front Press		8				8				8				8				8				8		
Seated Front Press		12				12				12				12				12				12		
Seated Front Press		10				10				10				10				10				10		
Seated Front Press		TF				TF				TF				TF				TF				TF		
Standing Lateral Raise		12				12				12				12				12				12		
Standing Lateral Raise		10				10				10				10				10				10		
Standing Lateral Raise		8				8				8				8				8				8		
Prone Incline Rear Flys		12				12				12				12				12				12		
Prone Incline Rear Flys		10				10				10				10				10				10		
Prone Incline Rear Flys		8				8				8				8				8				8		
Flat Bench Triceps Extensions		12				12				12				12				12				12		
Flat Bench Triceps Extensions		10				10				10				10				10				10		
Flat Bench Triceps Extensions		8				8				8				8				8				8		
Flat Bench Triceps Extensions		12				12				12				12				12				12		
Flat Bench Triceps Extensions		10				10				10				10				10				10		
Flat Bench Triceps Extensions		8				8				8				8				8				8		
Cross Body Kickbacks		12				12				12				12				12				12		
Cross Body Kickbacks		10				10				10				10				10				10		
Cross Body Kickbacks		TF				TF				TF				TF				TF				TF		
Kickbacks Double Arm		12				12				12				12				12				12		
Kickbacks Double Arm		10				10				10				10				10				10		
Kickbacks Double Arm		TF				TF				TF				TF				TF				TF		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Lateral Step ups		10				10				10				10				10				10		
Side Slide Lunges with Paper Plate		10				10				10				10				10				10		
One Leg Sit and Stands		10				10				10				10				10				10		
Lateral Step ups		10				10				10				10				10				10		
Side Slide Lunges with Paper Plate		10				10				10				10				10				10		
One Leg Sit and Stands		10				10				10				10				10				10		
Lateral Step ups		10				10				10				10				10				10		
Side Slide Lunges with Paper Plate		10				10				10				10				10				10		
One Leg Sit and Stands		10				10				10				10				10				10		
Static Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
One Leg Slide Back Lunges with Paper Plate		10				10				10				10				10				10		
Static Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
One Leg Slide Back Lunges with Paper Plate		10				10				10				10				10				10		
Static Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
One Leg Slide Back Lunges with Paper Plate		10				10				10				10				10				10		
Squats Narrow Stance		10				10				10				10				10				10		
45 Degree Lunge		10				10				10				10				10				10		
One Leg Sit and Slides with paper plate		10				10				10				10				10				10		
Squats Narrow Stance		10				10				10				10				10				10		
45 Degree Lunge		10				10				10				10				10				10		
One Leg Sit and Slides with paper plate		10				10				10				10				10				10		
Squats Narrow Stance		10				10				10				10				10				10		
45 Degree Lunge		10				10				10				10				10				10		
One Leg Sit and Slides with paper plate		10				10				10				10				10				10		
Calf Raises	N/A	20			N/A	20			N/A	20			N/A	20			N/A	20			N/A	20		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Lat Pull Downs with Band (Blue)	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
T-Pull with Band (Green)	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Y's with Band (Green)	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Pull Ups Overhand	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Chinups Medium Grip (with Handles)	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Chinups	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Barbell Rows		12				12				12				12				12				12		
Barbell Rows		10				10				10				10				10				10		
Barbell Rows		8				8				8				8				8				8		
One Arm Row		12				12				12				12				12				12		
One Arm Row		10				10				10				10				10				10		
One Arm Row		8				8				8				8				8				8		
One Arm Row		12				12				12				12				12				12		
One Arm Row		10				10				10				10				10				10		
One Arm Row		TF				TF				TF				TF				TF				TF		
Deadlifts		12				12				12				12				12				12		
Deadlifts		10				10				10				10				10				10		
Deadlifts		TF				TF				TF				TF				TF				TF		
Barbell Curl		12				12				12				12				12				12		
Barbell Curl		10				10				10				10				10				10		
Barbell Curl		8				8				8				8				8				8		
Barbell Curl		12				12				12				12				12				12		
Barbell Curl		10				10				10				10				10				10		
Barbell Curl		8				8				8				8				8				8		
Incline Curls Both Arms Rotate at top Stability Ball		12				12				12				12				12				12		
Incline Curls Both Arms Rotate at top Stability Ball		10				10				10				10				10				10		
Incline Curls Both Arms Rotate at top Stability Ball		TF				TF				TF				TF				TF				TF		
Reverse Dumbell Curl		12				12				12				12				12				12		
Reverse Dumbell Curl		10				10				10				10				10				10		
Reverse Dumbell Curl		TF				TF				TF				TF				TF				TF		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Push Up Wide	N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A	
Push Up Standard	N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A	
Push Up Wide	N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A	
Push Up Standard	N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A	
Flat Bench Press		12				12				12				12				12				12		
Flat Bench Press		10				10				10				10				10				10		
Flat Bench Press		8				8				8				8				8				8		
Incline Chest Flys		12				12				12				12				12				12		
Incline Chest Flys		10				10				10				10				10				10		
Incline Chest Flys		8				8				8				8				8				8		
Incline Bench Press		12				12				12				12				12				12		
Incline Bench Press		10				10				10				10				10				10		
Incline Bench Press		8				8				8				8				8				8		
Seated Overhead Press		10				10				10				10				10				10		
Seated Overhead Press		10				10				10				10				10				10		
Seated Overhead Press		10				10				10				10				10				10		
Incline Bench Front Raise		10				10				10				10				10				10		
Incline Bench Front Raise		10				10				10				10				10				10		
Incline Bench Front Raise		10				10				10				10				10				10		
Seated Lateral Raise		10				10				10				10				10				10		
Seated Lateral Raise		10				10				10				10				10				10		
Seated Lateral Raise		10				10				10				10				10				10		
Seated Rear Delts		10				10				10				10				10				10		
Seated Rear Delts		10				10				10				10				10				10		
Seated Rear Delts		10				10				10				10				10				10		
Flat Bench Tricep Extensions		12				12				12				12				12				12		
Flat Bench Tricep Extensions		10				10				10				10				10				10		
Flat Bench Tricep Extensions		8				8				8				8				8				8		
Close Grip Push ups	N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A	
Close Grip Push ups	N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A		N/A	10	N/A	
Close Grip Push ups	N/A	TF	N/A		N/A	TF	N/A		N/A	TF	N/A		N/A	TF	N/A		N/A	TF	N/A		N/A	TF	N/A	
Kickbacks Double Arm		10				10				10				10				10				10		
Kickbacks Double Arm		10				10				10				10				10				10		
Kickbacks Double Arm		10				10				10				10				10				10		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Leg Press		10				10				10				10				10				10		
Wall Squats		10				10				10				10				10				10		
One Leg Slide Back Lunges with Paper Plate		10				10				10				10				10				10		
Leg Press		10				10				10				10				10				10		
Wall Squats		10				10				10				10				10				10		
One Leg Slide Back Lunges with Paper Plate		10				10				10				10				10				10		
Leg Press		10				10				10				10				10				10		
Wall Squats		10				10				10				10				10				10		
One Leg Slide Back Lunges with Paper Plate		10				10				10				10				10				10		
Stiff Legged Deadlift on Plateform		10				10				10				10				10				10		
Side Slide Lunges with Paper Plate		10				10				10				10				10				10		
Squats Narrow Stance		10				10				10				10				10				10		
Stiff Legged Deadlift on Plateform		10				10				10				10				10				10		
Side Slide Lunges with Paper Plate		10				10				10				10				10				10		
Squats Narrow Stance		10				10				10				10				10				10		
Stiff Legged Deadlift on Plateform		10				10				10				10				10				10		
Side Slide Lunges with Paper Plate		10				10				10				10				10				10		
Squats Narrow Stance		10				10				10				10				10				10		
45 Degree Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
Low Plane Lunges		10				10				10				10				10				10		
45 Degree Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
Low Plane Lunges		10				10				10				10				10				10		
45 Degree Lunge		10				10				10				10				10				10		
Plie Squats Alternating Hand		10				10				10				10				10				10		
Low Plane Lunges		10				10				10				10				10				10		
Calf Raises	N/A	20			N/A	20			N/A	20			N/A	20			N/A	20			N/A	20		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Lat Pulldowns with Band	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
T-Pull with Band	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Y's with Band	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Pullups Overhand	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Chinups Medium Grip	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Chinups	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Pullovers		10				10				10				10				10				10		
Pullovers		10				10				10				10				10				10		
Pullovers		10				10				10				10				10				10		
One Arm Horizontal Row		10				10				10				10				10				10		
One Arm Horizontal Row		10				10				10				10				10				10		
One Arm Horizontal Row		10				10				10				10				10				10		
Deadlifts		10				10				10				10				10				10		
Deadlifts		10				10				10				10				10				10		
Deadlifts		TF				TF				TF				TF				TF				TF		
Barbell Curl		10				10				10				10				10				10		
Barbell Curl		10				10				10				10				10				10		
Barbell Curl		TF				TF				TF				TF				TF				TF		
Incline Curls Both Arms Rotate at Top on Stability Ball		10				10				10				10				10				10		
Incline Curls Both Arms Rotate at Top on Stability Ball		10				10				10				10				10				10		
Incline Curls Both Arms Rotate at Top on Stability Ball		10				10				10				10				10				10		
Seated Concentration Curls		10				10				10				10				10				10		
Seated Concentration Curls		10				10				10				10				10				10		
Seated Concentration Curls		TF				TF				TF				TF				TF				TF		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Squats																								
1 Leg Elevated Lunges																								
Deadlifts																								
Squats																								
1 Leg Elevated Lunges																								
Deadlifts																								
Bench Press																								
Chest Flys																								
Dips																								
Bench Press																								
Chest Flys																								
Dips																								
Bonus Burn Pushups																								
Underhand Barbell Row																								
One Arm Row																								
Dumbbell Bicep Curls																								
Underhand Barbell Row																								
One Arm Row																								
Dumbbell Bicep Curls																								
Bonus Burn Band T-Band Pull																								
Bonus Burn Band Bicep Curl																								
Narrow Stance Squats																								
Lunges																								
Deadlifts																								
Narrow Stance Squats																								
Lunges																								
Deadlifts																								
Dumbbell Overhead Press																								
Barbell Upright Row																								
Lateral Raise																								
Dumbbell Overhead Press																								
Barbell Upright Row																								
Lateral Raise																								
Bonus Band Rear Delt Pull																								
Side Slide Lunges																								
Rear Slide Lunges																								
Wide Stance Deadlifts																								
Side Slide Lunges																								
Rear Slide Lunges																								
Wide Stance Deadlifts																								

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Pushups - Drop Sets	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Pushups - Drop Sets	N/A	14			N/A	14			N/A	14			N/A	14			N/A	14			N/A	14		
Pushups - Drop Sets	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Pushups - Drop Sets	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Pushups - Drop Sets	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Pushups - Drop Sets	N/A	6			N/A	6			N/A	6			N/A	6			N/A	6			N/A	6		
Pushups - Drop Sets	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Pushups - Drop Sets	N/A	2			N/A	2			N/A	2			N/A	2			N/A	2			N/A	2		
Flat Bench Press - Dumbbells 2/2 count		12				12				12				12				12				12		
Flat Bench Press - Dumbbells 2/2 count		12				12				12				12				12				12		
Flat Bench Press - Dumbbells 2/2 count		12				12				12				12				12				12		
Flat Bench Chest Flys - 2/2 count		12				12				12				12				12				12		
Flat Bench Chest Flys - 2/2 count		12				12				12				12				12				12		
Flat Bench Chest Flys - 2/2 count		12				12				12				12				12				12		
Incline Bench Press Dumbbells - 2/2/ count		12				12				12				12				12				12		
Incline Bench Press Dumbbells - 2/2/ count		12				12				12				12				12				12		
Incline Chest Flys		12				12				12				12				12				12		
Incline Chest Flys		12				12				12				12				12				12		
Close Grip Barbell Press		10				10				10				10				10				10		
Close Grip Barbell Press		10				10				10				10				10				10		
Close Grip Barbell Press - Bonus 4/4 count		4				4				4				4				4				4		
Tricep Dips	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		
Dumbbell Lying Extensions - Both Arms - 2/6 count		6				6				6				6				6				6		
Dumbbell Lying Extensions - Both Arms - 6/2 count		6				6				6				6				6				6		
Seated Overhead Extensions - Both arms 3/1 count		12				12				12				12				12				12		
Seated Overhead Extensions - Both arms 1/3 count		12				12				12				12				12				12		
Cross Body Extensions - Dumbbell		12				12				12				12				12				12		
Cross Body Extensions - Dumbbell		12				12				12				12				12				12		
Cross Body Extensions - Band- Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Cross Body Extensions - Band - 7/1 Pulse	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Kickbacks - Dumbbell		10				10				10				10				10				10		
Kickbacks - Dumbbell		10				10				10				10				10				10		
Kickbacks - Band - Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Kickbacks - Band - 7/1 Pulse	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		

Notes:

Exercise	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Reverse Grip Dumbbell Row 2/2 Count		8				8				8				8				8				8		
Reverse Grip Dumbbell Row 2/2 Count		8				8				8				8				8				8		
Reverse Grip Dumbbell Row 2/2 Count		12				12				12				12				12				12		
One Arm Dumbbell Row		12				12				12				12				12				12		
One Arm Dumbbell Row Slightly Forward		12				12				12				12				12				12		
T-Back Squeeze with Band, Single Count	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
T-Back Squeeze with Band, 7/1 Pulse	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
T-Back Squeeze with Band, Single Count	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
T-Back Squeeze with Band, 15/1 Pulse	N/A	1			N/A	1			N/A	1			N/A	1			N/A	1			N/A	1		
Barbell Pullovers, 4/4 count		8				8				8				8				8				8		
Barbell Pullovers, 4/4 count		8				8				8				8				8				8		
Prone Leg Lifts for Back 2/2 count, 2 singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Superman Tilts	N/A	6			N/A	6			N/A	6			N/A	6			N/A	6			N/A	6		
Seated Overhead Dumbbell Press		10				10				10				10				10				10		
Seated Overhead Dumbbell Press		10				10				10				10				10				10		
Seated Overhead Dumbbell Press		10				10				10				10				10				10		
Standing Lateral Raise		10				10				10				10				10				10		
Standing Lateral Raise		10				10				10				10				10				10		
Standing Lateral Raise, Band, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Standing Lateral Raise, Band, 7/1 Pulse	N/A	2			N/A	2			N/A	2			N/A	2			N/A	2			N/A	2		
Standing Lateral Raise, Band, Thumbs Up, 7/1 Pulse	N/A	2			N/A	2			N/A	2			N/A	2			N/A	2			N/A	2		
Standing Lateral Raise, Band, 7/1 Pulse	N/A	1			N/A	1			N/A	1			N/A	1			N/A	1			N/A	1		
Standing Lateral Raise, Band, Thumbs Up, 7/1 Pulse	N/A	1			N/A	1			N/A	1			N/A	1			N/A	1			N/A	1		
Front Raise, Band, 7/1 Pulse	N/A	2			N/A	2			N/A	2			N/A	2			N/A	2			N/A	2		
Front Raise, Band, 3/1 Pulse	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Seated Rear Flys, 2/2 Count		4				4				4				4				4				4		
Seated Rear Flys, Singles		8				8				8				8				8				8		
Seated Rear Flys, 2/2 Count		4				4				4				4				4				4		
Seated Rear Flys, Singles		8				8				8				8				8				8		
Bonus Band, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Bonus Band 3/1 Pulse	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Bonus Band, 7/1 Pulse	N/A	2			N/A	2			N/A	2			N/A	2			N/A	2			N/A	2		
Bonus Band, 15/1 Pulse	N/A	1			N/A	1			N/A	1			N/A	1			N/A	1			N/A	1		
Barbell Curl, 4/4 Count		10				10				10				10				10				10		
Barbell Curl, 4/4 Count		10				10				10				10				10				10		
Dumbbell Partial Reps, 2/2 count low end		8				8				8				8				8				8		
Dumbbell Partial Reps, 2/2 count high end		8				8				8				8				8				8		
Dumbbell Partial Reps, 2/2 count low end		8				8				8				8				8				8		
Dumbbell Partial Reps, 2/2 count high end		8				8				8				8				8				8		
Concentration Curls, 6/2 Count		8				8				8				8				8				8		
Concentration Curls,Halfway Hold, Up 1 Down 3		4				4				4				4				4				4		
Concentration Curls, 3/1 Count		8				8				8				8				8				8		
Curl Up, Roll Down, 4/4 Count		10				10				10				10				10				10		
Dumbbell Hammer Curls, 2/2 Count		10				10				10				10				10				10		
Dumbbell Hammer Curls, 6/2 Count		4				4				4				4				4				4		
Wrist Curls 2/2 Count		8				8				8				8				8				8		
Wrist Curls, Singles		16				16				16				16				16				16		
Wrist Curls, Singles		16				16				16				16				16				16		

Notes:

	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps
Exercise																								
Barbell Squats		16				16				16				16				16				16		
Barbell Squats		16				16				16				16				16				16		
Barbell Squats		4				4				4				4				4				4		
Barbell Squats Bonus, 3 Hold,		8				8				8				8				8				8		
Barbell Squats Bonus Low End 7		2				2				2				2				2				2		
Barbell Squats Bonus Low End 3		2				2				2				2				2				2		
Dumbbell Front Lunges, 1.5's		8				8				8				8				8				8		
Dumbbell Front Lunges, 1.5's		8				8				8				8				8				8		
Dumbbell Front Lunges Bonus, 15/1 Pulse		2				2				2				2				2				2		
Dumbbell Front Lunge Bonus, 7/1 pulse		1				1				1				1				1				1		
Dumbbell Front Lunge Bonus, 3/1 Pulse		2				2				2				2				2				2		
Rear Lunges, 3/1 Pulse		4				4				4				4				4				4		
Rear Lunges, Singles		8				8				8				8				8				8		
Rear Lunges, 3/1 Pulse		4				4				4				4				4				4		
Rear Lunges, Singles		4				4				4				4				4				4		
Plie Squats, Singles		16				16				16				16				16				16		
Plie Squats, 15/1 Pulse		2				2				2				2				2				2		
Plie Squats, Singles		16				16				16				16				16				16		
Plie Squats, 15/1 Pulse		2				2				2				2				2				2		
Leg Press with Band	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Leg Press with Band	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Elevated Dead Lifts, 3/1 Count		8				8				8				8				8				8		
Elevated Dead Lifts, 2/2 Count		8				8				8				8				8				8		
Stiff Legged Deadlift, Low End, 2/2 Count		16				16				16				16				16				16		
Slow Count Lunges		4				4				4				4				4				4		
Calf Raises, Singles	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Calf Raises, Faster	N/A	32			N/A	32			N/A	32			N/A	32			N/A	32			N/A	32		
Calf Raises, Peak Contraction	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Calf Raises, Faster	N/A	48			N/A	48			N/A	48			N/A	48			N/A	48			N/A	48		
Calf Raises, 2/2 Count	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Calf Raises, Peak Contraction	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Calf Raises, Singles	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Stability Ball Floorwork																								
Shin Presses, Singles	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Shin Presses,3/1 Pulses	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Shin Presses, Hold, Singles	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Glute Squeezes, Singles	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Glute Squeezes, 2/2 Count	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Glute Squeeze, 3/1 Pulse	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Glute Squeezes, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Rollouts	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Rollouts and Lift	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
High Step Band Lifts, Singles	N/A	18			N/A	18			N/A	18			N/A	18			N/A	18			N/A	18		
High Step Band Lifts, 3/1 Pulse	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
High Step Band Lifts, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Roll Ins, 2/2	N/A	6			N/A	6			N/A	6			N/A	6			N/A	6			N/A	6		
1 Leg Rollins in for 2, 2 Singles	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Inner Thigh Squeezes, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Inner Thigh Squeezes, 3/1 Hold	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Inner Thigh Squeezes, up 2 Down 2, 2 Singles	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Inner Thigh Lifts with Band, Singles	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Inner Thigh Lifts, all Pulses	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		
Inner Thigh Lifts Pulses, 3/1 Pulse	N/A	6			N/A	6			N/A	6			N/A	6			N/A	6			N/A	6		
Inner Thigh Lifts with Band, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Inner Thigh Lifts with Band Peak Contraction	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Outer Thigh Band Extensions, Singles	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Outer Thigh Band Extensions, Pulses	N/A	32			N/A	32			N/A	32			N/A	32			N/A	32			N/A	32		
Outer Thigh Band Extensions, Singles	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Outer Thigh Lifts with Band, Singles	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		
Outer Thigh Lifts with Band, 15/1 Pulse	N/A	1			N/A	1			N/A	1			N/A	1			N/A	1			N/A	1		

Notes:

	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps
Exercise																								
Squats, Dumbbells, Single		24				24				24				24				24				24		
Barbell Squats, 4/4		3				3				3				3				3				3		
Barbell Squats, 2/2		4				4				4				4				4				4		
Barbell Squats, Singles		8				8				8				8				8				8		
Barbell Squats 7/1 Low End		2				2				2				2				2				2		
Barbell Squats 3/1 Low End		2				2				2				2				2				2		
Barbell Squats, Singles		8				8				8				8				8				8		
Barbell Static Lunges, 3/1 Count		4				4				4				4				4				4		
Barbell Static Lunges, 2/2 Count		4				4				4				4				4				4		
Barbell Static Lunges, Singles		8				8				8				8				8				8		
Barbell Static Lunges 7/1 Low End		2				2				2				2				2				2		
Barbell Static Lunges, 3/1 Low End		4				4				4				4				4				4		
Barbell Static Lunges, Singles		8				8				8				8				8				8		
Pushups, Singles	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Pushups, Singles	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Chest Flys, 2/2 Count		12				12				12				12				12				12		
Chest Flys, 4/4 Count		12				12				12				12				12				12		
Pushups 4/2/2	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Underhand Barbell Rows 15/1		2				2				2				2				2				2		
One Arm Row 4/2/2		8				8				8				8				8				8		
Barbell Pullovers, 4/4 Count		8				8				8				8				8				8		
Leg Press with Band	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Plie Squats Pulses 4/1 Change Hands		16				16				16				16				16				16		
Plie Squats Pulses 2/1 Change Hands		16				16				16				16				16				16		
Standing Lateral Raise		12				12				12				12				12				12		
Standing Lateral Raise		12				12				12				12				12				12		
Standing Lateral Raise with Band, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Standing Lateral Raise with Band 7/1 Count	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Standing Lateral Raise with Band, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Upright Row		16				16				16				16				16				16		
Upright Row		12				12				12				12				12				12		
Barbell Pull Ins		9				9				9				9				9				9		
Barbell Pull Ins		9				9				9				9				9				9		
Barbell Curls 4/4 count		8				8				8				8				8				8		
Barbell Curls 4/4 count		6				6				6				6				6				6		
Dumbbell Partial Reps		16				16				16				16				16				16		
Dumbbell Partial Reps		8				8				8				8				8				8		
Dumbbell Curls, 4/4 Count		4				4				4				4				4				4		
Seated Overhead Press, Both Arms, 2/2 Count		10				10				10				10				10				10		
Tricep Dips 1/3 Count	N/A	3			N/A	3			N/A	3			N/A	3			N/A	3			N/A	3		
Tricep Dips Singles	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Seated Overhead Press, Both Arms, 2/2 Count		10				10				10				10				10				10		
Tricep Dips 1/3 Count	N/A	3			N/A	3			N/A	3			N/A	3			N/A	3			N/A	3		
Tricep Dips Singles	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
Kickbacks with the Band, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Kickbacks with the Band, 7/1 Pulse	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Kickbacks with the Band, 15/1 Pulse	N/A	1			N/A	1			N/A	1			N/A	1			N/A	1			N/A	1		
Core Work																								

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Barbell Leg Squats, Singles		16				16				16				16				16				16		
Barbell Leg Squats, 7/1 Low End		2				2				2				2				2				2		
Barbell Leg Squats, 3/1 Low End		2				2				2				2				2				2		
Barbell Deadlifts, 2/2 Count		16				16				16				16				16				16		
Barbell Bench Press, Singles		16				16				16				16				16				16		
Barbell Bench Press, 7/1 Low End		2				2				2				2				2				2		
Seated Side to Front Raises on Stability Ball		4				4				4				4				4				4		
Seated Lateral Raises on Stability Ball		8				8				8				8				8				8		
Wood Chops, 2/2 Count		16				16				16				16				16				16		
Plie Squats, Singles		16				16				16				16				16			35	16		
Plie Squats, 7/1/ Low End		2				2				2				2				2				2		
Plie Squats, 3/1 Low End		2				2				2				2				2				2		
Pullovers on Stability Ball		16				16				16				16				16				16		
Incline Chest Flys on Stability Ball		16				16				16				16				16				16		
Side Leaning External Rotations on Stability Ball		16				16				16				16				16				16		
Rollouts on Stability Ball	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Rollouts 4/2/2	N/A	6			N/A	6			N/A	6			N/A	6			N/A	6			N/A	6		
One Legged Elevetated Lunge, Singles		24				24				24				24				24				24		
One Legged Elevetated Lunge, 7/1/ Pulse		4				4				4				4				4				4		
Seated Overhead Press		14				14				14				14				14				14		
Barbell Preacher Curls on Stability Ball, 2/2 Count		12				12				12				12				12				12		
Barbell Preacher Curls on Stability Ball, 1/3 Count		3				3				3				3				3				3		
Barbell Preacher Curls on Stability Ball, 2/2 Count		4				4				4				4				4				4		
Barbell Preacher Curls on Stablity Ball, 3/1 Count		4				4				4				4				4				4		
Barbell Preacher Curls on Stability Ball, Half Way Hold		2				2				2				2				2				2		
Lying Extensions on Stability Ball 2/2 Count		16				16				16				16				16				16		
Bicycle Maneuvers	N/A	32			N/A	32			N/A	32			N/A	32			N/A	32			N/A	32		
Bicycle Maneuvers, Slow and Hold	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Bicycle Maneuvers	N/A	32			N/A	32			N/A	32			N/A	32			N/A	32			N/A	32		
Bicycle Maneuvers, Slow and Hold	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Bicycle Maneuvers, 3 and Hold	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Forward/Backward/5 Explosive Lunges	N/A	6			N/A	6			N/A	6			N/A	6			N/A	6			N/A	6		
Rear to Front Flys		5				5				5				5				5				5		
Concentration Curls on Stability Ball, 2/2 Count		16				16				16				16				16				16		
Concentration Curls on Stability Ball, Half Way		6				6				6				6				6				6		
Concentration Curls on Stability Ball, 4/4 Count		2				2				2				2				2				2		
Concentration Curls on Stability Ball, Half Way		4				4				4				4				4				4		
Concentration Curls on Stability Ball, 4/4 Count		2				2				2				2				2				2		
SeeSaw Tricep Push Ups, 2/2 count	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Oblique Curls	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Barbell Squats, 2/2 Count		16				16				16				16				16				16		
Barbell Squats, 3/1 Pulse		4				4				4				4				4				4		
Barbell Squats, Down Half Way up		6				6				6				6				6				6		
Deadlifts 2/2 Count		20				20				20				20				20				20		
Static Lunge with a Heel Elevation, 2/2 Count		16				16				16				16				16				16		
Static Lunge with a Heel Elevation, 2/2/4 Count		4				4				4				4				4				4		
Leg Press on High Step		16				16				16				16				16				16		
Dumbell Bench Press, 2/2 Count		16				16				16				16				16				16		
Barbell Overhand Row		8				8				8				8				8				8		
Barbell Overhand Row, 15/1		1				1				1				1				1				1		
Chest Flys on Stability Ball, 2/2		16				16				16				16				16				16		
Y's on Stability Ball	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Inverted Shoulder Presses	N/A	10			N/A	10			N/A	10			N/A	10			N/A	10			N/A	10		
One Arm Rows		12				12				12				12				12				12		
Front Raises		10				10				10				10				10				10		
Rear Flys on Stability Ball		10				10				10				10				10				10		
Hammer Curls, Foot on Ball		12				12				12				12				12				12		
Triceps Dips 2/2/4	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Double Arm Kickback		12				12				12				12				12				12		
Outer Thigh on Stability Ball	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Outer Thigh on Stability Ball 3/1 Count	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Inner Thigh Squeezes, Singles	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Inner Thigh Squeezes, 3/1/ Pulse	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Inner Thigh Squeezes, Singles	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Supermans	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Reverse Crunch with Stability Ball	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		
Reverse Crunch with Stability Ball	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Calf Raises, Singles	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Calf Raises, 2/2 Count	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Calf Raises, Singles	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Toe Ins for Tibialis, Singles	N/A	20			N/A	20			N/A	20			N/A	20			N/A	20			N/A	20		
Toe Ins for Tibialis, 2/2 Count	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Toe Ins for Tibialis, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																				
Leg Press on Step		12				12				12				12				12		
Leg Press on Step		10				10				10				10				10		
Leg Press on Step		8				8				8				8				8		
Leg Press on Step		10				10				10				10				10		
Leg Press on Step		12				12				12				12				12		
Lunges		12				12				12				12				12		
Lunges		10				10				10				10				10		
Lunges		8				8				8				8				8		
Lunges		10				10				10				10				10		
Lunges		12				12				12				12				12		
Squats		12				12				12				12				12		
Plie Squat		12				12				12				12				12		
Squats		10				10				10				10				10		
Plie Squat		10				10				10				10				10		
Squats		8				8				8				8				8		
Plie Squat		8				8				8				8				8		
Squats		10				10				10				10				10		
Plie Squat		10				10				10				10				10		
Squats		12				12				12				12				12		
Plie Squat		12				12				12				12				12		
Deadlift		12				12				12				12				12		
Deadlift		10				10				10				10				10		
Deadlift		8				8				8				8				8		
Deadlift		10				10				10				10				10		
Deadlift		12				12				12				12				12		
Calf Raises	N/A	28			N/A	28			N/A	28			N/A	28			N/A	28		
Calf Raises	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Calf Raises	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Stability Ball Floor Work																				
One Legged Glute Press	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Froggy Style Rollins	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Froggy Style Rollins	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Froggy Style Rollins	N/A	12			N/A	12			N/A	12			N/A	12			N/A	12		
Inner Thigh Squeezes, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Inner Thigh Squeezes, 3/1 hold	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Inner Thigh Squeezes, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Inner Thigh Squeezes, 3/1 hold	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
Glute Lifts on Ball, Single Count	N/A	24			N/A	24			N/A	24			N/A	24			N/A	24		
Glute Lifts on Ball, 3/1 Hold	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Glute Lifts on Ball, Single Count	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
Outer Thigh Lifts, Singles	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
Outer Thigh Lifts, 7/1 Pulses	N/A	3			N/A	3			N/A	3			N/A	3			N/A	3		
Outer Thigh Lifts, 3/1/ Hold	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																								
Chest Flys		12				12				12				12				12				12		
Flat Bench Press		12				12				12				12				12				12		
Chest Flys		10				10				10				10				10				10		
Flat Bench Press		10				10				10				10				10				10		
Chest Flys		8				8				8				8				8				8		
Flat Bench Press		8				8				8				8				8				8		
Chest Flys		10				10				10				10				10				10		
Flat Bench Press		10				10				10				10				10				10		
Chest Flys		12				12				12				12				12				12		
Flat Bench Press		12				12				12				12				12				12		
Pullovers		12				12				12				12				12				12		
Double Arm Row		12				12				12				12				12				12		
Pullovers		10				10				10				10				10				10		
Double Arm Row		10				10				10				10				10				10		
Pullovers		8				8				8				8				8				8		
Double Arm Row		8				8				8				8				8				8		
Pullovers		10				10				10				10				10				10		
Double Arm Row		10				10				10				10				10				10		
Pullovers		12				12				12				12				12				12		
Double Arm Row		12				12				12				12				12				12		
Seated Rear Flys		12				12				12				12				12				12		
Standing Lateral Raise		12				12				12				12				12				12		
Standing Front Raise		12				12				12				12				12				12		
Seated Rear Flys		10				10				10				10				10				10		
Standing Lateral Raise		10				10				10				10				10				10		
Standing Front Raise		10				10				10				10				10				10		
Seated Rear Flys		8				8				8				8				8				8		
Standing Lateral Raise		8				8				8				8				8				8		
Standing Front Raise		8				8				8				8				8				8		
Seated Rear Flys		10				10				10				10				10				10		
Standing Lateral Raise		10				10				10				10				10				10		
Standing Front Raise		10				10				10				10				10				10		
Seated Rear Flys		12				12				12				12				12				12		
Standing Lateral Raise		12				12				12				12				12				12		
Standing Front Raise		12				12				12				12				12				12		
Kickbacks		12				12				12				12				12				12		
Seated Overhead Press		12				12				12				12				12				12		
Kickbacks		10				10				10				10				10				10		
Seated Overhead Press		10				10				10				10				10				10		
Kickbacks		8				8				8				8				8				8		
Seated Overhead Press		8				8				8				8				8				8		
Kickbacks		10				10				10				10				10				10		
Seated Overhead Press		10				10				10				10				10				10		
Kickbacks		12				12				12				12				12				12		
Seated Overhead Press		12				12				12				12				12				12		
Hammer Curls		12				12				12				12				12				12		
Traditional Curls		12				12				12				12				12				12		
Hammer Curls		10				10				10				10				10				10		
Traditional Curls		10				10				10				10				10				10		
Hammer Curls		8				8				8				8				8				8		
Traditional Curls		8				8				8				8				8				8		
Hammer Curls		10				10				10				10				10				10		
Traditional Curls		10				10				10				10				10				10		
Hammer Curls		12				12				12				12				12				12		
Traditional Curls		12				12				12				12				12				12		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Legs																								
Barbell Squats																								
Barbell Plié Squats																								
Hover Squats																								
Shoulders																								
Barbell Shoulder Press																								
BB/DB Upright Row																								
Lateral Raises																								
Rear Delt Flys																								
Bonus Band																								
Back																								
Wide Grip Overhand Barbell Row																								
One Arm Row with Band																								
Underhand Barbell Row																								
One Arm Row with Band																								
Bonus Band Ys																								
Bonus Band Ts																								
Legs																								
Lunges - Barbell																								
Deadlifts - Dumbbells																								
Calf Raises																								
Biceps																								
Dumbbell Curls with Tubing																								
Dumbbell Hammer Curls																								
Barbell Curls																								
Triceps																								
Standing Tricep Extensions																								
Double Arm Band Kickback																								
Lying Extensions																								
Dips																								
Legs																								
Back Slide Lunges																								
Cross Back Lunges																								
Chest																								
Push Ups																								
Flys																								
Push Ups																								

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Round 1 - Chest																								
Flat Bench Press		12				12				12				12				12				12		
Flat Bench Press		12				12				12				12				12				12		
Flat Bench Press		12				12				12				12				12				12		
Finisher - Push - Ups		15				15				15				15				15				15		
Round 2 - Chest																								
Incline Bench Press		12				12				12				12				12				12		
Incline Bench Press		12				12				12				12				12				12		
Incline Bench Press		12				12				12				12				12				12		
Finisher - Tricep Push - Ups		15				15				15				15				15				15		
Round 3 - Chest																								
Incline Flys		12				12				12				12				12				12		
Incline Flys		12				12				12				12				12				12		
Incline Flys		12				12				12				12				12				12		
Finisher - Decline Push- Ups		15				15				15				15				15				15		
Round 1 - Shoulders																								
Barbell OH Press to Upright Row		10				10				10				10				10				10		
Barbell OH Press to Upright Row		10				10				10				10				10				10		
Barbell OH Press to Upright Row		10				10				10				10				10				10		
Finisher - Scarecrows		20				20				20				20				20				20		
Round 2 - Shoulders																								
Lateral Raise to Front Raise		10				10				10				10				10				10		
Lateral Raise to Front Raise		10				10				10				10				10				10		
Lateral Raise to Front Raise		10				10				10				10				10				10		
Finisher - External Roatation Lateral Raises		15				15				15				15				15				15		
Round 1 - Triceps																								
Overhead Extensions		12				12				12				12				12				12		
Overhead Extensions		12				12				12				12				12				12		
Overhead Extensions		12				12				12				12				12				12		
Finisher - Dips		40				40				40				40				40				40		
Round 2 - Triceps																								
Barbell Lying Extension		12				12				12				12				12				12		
Barbell Lying Extension		12				12				12				12				12				12		
Barbell Lying Extension		12				12				12				12				12				12		
Finisher - Kickbacks		20				20				20				20				20				20		

Notes:

		TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Round 1 - Back																									
	One Arm Row																								
	One Arm Row																								
	One Arm Row																								
	Finisher - BB Rows & Power Pulls																								
Round 2 - Back																									
	Pullovers																								
	Pullovers																								
	Pullovers																								
	Finisher - Tricep Push - Ups																								
Round 3 - Back																									
	One Arm Angled Row																								
	One Arm Angled Row																								
	One Arm Angled Row																								
	Finisher - One Arm Seated Band Pulls																								
Round 1 - Shoulders																									
	Rear Delt Flys																								
	Rear Delt Flys																								
	Rear Delt Flys																								
	Finisher - One Arm Band Pulls																								
Round 2 - Shoulders																									
	Prone Rear Delts																								
	Prone Rear Delts																								
	Prone Rear Delts																								
	Finisher - Seated T-Band Pulls																								
Round 1 - Biceps																									
	Curls																								
	Curls																								
	Curls																								
	Finisher - W Curls																								
Round 2 - Triceps																									
	Concentration Curls																								
	Concentration Curls																								
	Concentration Curls																								
	Finisher - Crazy 8s																								
Round 3 - Biceps																									
	Simultaneous Standing Hammer Curls																								
	Simultaneous Standing Hammer Curls																								
	Simultaneous Standing Hammer Curls																								
	Finisher - Crazy 8s																								

Notes:

		TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Back																									
	One Arm Row																								
	One Arm Fly																								
	One Arm Row																								
	One Arm Fly																								
	Pullovers																								
	Pullovers																								
	Rear Delt Flys																								
	Rear Delt Flys																								
	T Band Pulls																								
Chest																									
	Chest Flys																								
	Pushups																								
	Chest Flys																								
	Pushups																								
Triceps																									
	Close Grip Bench Press																								
	Close Grip Bench Press																								
	Dips																								
	Lying Extensions																								
	Lying Extensions																								
	Lying Extensions																								
	Standing Overhead Extensions																								
	Band Kickbacks																								
Shoulders																									
	Front Raises																								
	Lateral Raises																								
	Overhead Presses																								
	Front Raises																								
	Lateral Raises																								
	Lateral Band Circles																								
	Band Kick Backs - Rear Delt																								
Biceps																									
	Hammer Curls																								
	Sweeping Curls																								
	Isolation Curls																								
	Standing Bicep Curls																								
	Crazy Eights																								

Notes:

		TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Round 1																									
	Squats																								
	Rear Sliding Lunges																								
	Plie Squats																								
	Side Side Lunges																								
	Deadlifts																								
Round 2																									
	Shoulder Overhead Press																								
	Upright Rows																								
	Rear Delt Flys																								
	Incline Front Raise																								
	Seated Lateral Raise																								
Round 3																									
	Wide Stance Deadlifts																								
	Cross Back Slide Lunges																								
	Diagonal Lunges																								
	Static Lunges																								
	Warrior Lunges																								
Round 4																									
	One Arm Row																								
	Pullovers																								
	Chest Flys																								
	Incline Press																								
	Pushups																								
Round 5																									
	Squats																								
	Deadlifts																								
	Plie Squats																								
	Sweeper Lunges																								
	Side Slide Pickups																								
Round 6																									
	Plie Squats																								
	Seated Overhead Extensions																								
	Close Grip Bench Press																								
	Lying Extensions																								
	Seated W Curls																								
	Incline Hammer Curls																								
	Preacher Curls																								

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Round One																								
Tempo Push Up		24				24				24				24				24				24		
One Arm Rotational Row		16				16				16				16				16				16		
Side Leaning Lateral Raise		16				16				16				16				16				16		
Round Two																								
Dumbbell Press on Ball		16				16				16				16				16				16		
T- Band Pull		16				16				16				16				16				16		
T- Band Pull		10				10				10				10				10				10		
Shoulder Circle		48				48				48				48				48				48		
Round Three																								
Reach Tap Push Up		24				24				24				24				24				24		
T Prone on Ball		12				12				12				12				12				12		
Seated Alternating DB Overhead Press		12				12				12				12				12				12		
Round Four																								
Chest Flys on Stability Ball		16				16				16				16				16				16		
One Arm Row with Band		32				32				32				32				32				32		
Bent Over Rear Delt Drop Sets		16				16				16				16				16				16		
Bent Over Rear Delt Drop Sets		12				12				12				12				12				12		
Bent Over Rear Delt Drop Sets		8				8				8				8				8				8		
Round Five																								
Lower Chest Incline Fly On Ball		16				16				16				16				16				16		
DB Pullover on Stability Ball		16				16				16				16				16				16		
Double Arm Upright Row		16				16				16				16				16				16		
Round Six																								
Incline Chest Press		16				16				16				16				16				16		
Seated Rear Flys		16				16				16				16				16				16		
Seated "W" Shoulder Press		16				16				16				16				16				16		
Round Seven																								
Three Way Chest Fly		16				16				16				16				16				16		
One Arm Row		16				16				16				16				16				16		
Incline Front Raise on Ball		12+				12+				12+				12+				12+				12+		
Round Eight																								
Push Ups		12				12				12				12				12				12		
Push Ups		10				10				10				10				10				10		
Push Ups		8				8				8				8				8				8		
Superman Y On Ball		32				32				32				32				32				32		
Lateral Raise with 10 degree Tilt		12				12				12				12				12				12		
Lateral Raise with 10 degree Tilt		10				10				10				10				10				10		
Lateral Raise with 10 degree Tilt		8				8				8				8				8				8		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Round One																								
Alternating Standing Curls		12				12				12				12				12				12		
Standing Overhead DB Extension		16				16				16				16				16				16		
Round Two																								
Incline Curls on Stability Ball		16				16				16				16				16				16		
Flat Bench Tricep Extension		16				16				16				16				16				16		
Round Three																								
Seated Concentration Curls		16				16				16				16				16				16		
One Arm Kickbacks with Band and Wt		12				12				12				12				12				12		
Round Four																								
Standing W Curls with DB and Band		16				16				16				16				16				16		
Seesaw Push Ups on Ball		12				12				12				12				12				12		
Round Five																								
Seated Hammer Curls on Ball		16				16				16				16				16				16		
Seated Overhead Extensions One Arm		16				16				16				16				16				16		
Round Six																								
Preacher Curl on Ball		16				16				16				16				16				16		
Side Leaning Overhead Extensions		16				16				16				16				16				16		
Round Seven																								
Slo Mo Eccentric Curls with Band		16				16				16				16				16				16		
Cross Body Kickbacks		16				16				16				16				16				16		
Round Eight																								
Incline Reverse Curls on Ball		16				16				16				16				16				16		
One Arm Plank Kickbacks		16				16				16				16				16				16		
Round Nine																								
Hammer Curl Crazy 8s		24				24				24				24				24				24		
Crazy Dips		16				16				16				16				16				16		

Notes:

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Chest																								
DB Bench Press		10				10				10				10				10				10		
DB Bench Press		10				10				10				10				10				10		
DB Bench Press		TF				TF				TF				TF				TF				TF		
Chest Fly		10				10				10				10				10				10		
Chest Fly		10				10				10				10				10				10		
Chest Fly		TF				TF				TF				TF				TF				TF		
Chest Press Incline		10				10				10				10				10				10		
Chest Press Incline		10				10				10				10				10				10		
Chest Press Incline		TF				TF				TF				TF				TF				TF		
Push Ups		16				16				16				16				16				16		
Back																								
One Arm Row		10				10				10				10				10				10		
One Arm Row		10				10				10				10				10				10		
One Arm Row		TF				TF				TF				TF				TF				TF		
Double Arm Row		10				10				10				10				10				10		
Double Arm Row		10				10				10				10				10				10		
Double Arm Row		TF				TF				TF				TF				TF				TF		
Seated Rear Delts		10				10				10				10				10				10		
Seated Rear Delts		10				10				10				10				10				10		
Seated Rear Delts		TF				TF				TF				TF				TF				TF		
Supermans		TF				TF				TF				TF				TF				TF		
Shoulders																								
Standing Overhead Press		10				10				10				10				10				10		
Standing Overhead Press		10				10				10				10				10				10		
Standing Overhead Press		TF				TF				TF				TF				TF				TF		
Single Arm Lateral Raise		10				10				10				10				10				10		
Single Arm Lateral Raise		10				10				10				10				10				10		
Single Arm Lateral Raise		TF				TF				TF				TF				TF				TF		
Single Arm Rear Delt Fly		10				10				10				10				10				10		
Single Arm Rear Delt Fly		10				10				10				10				10				10		
Single Arm Rear Delt Fly		TF				TF				TF				TF				TF				TF		
Forward Lunging Scarecrow		11				11				11				11				11				11		

Biceps																								
Standing DB Curl		10				10				10				10				10				10		
Standing DB Curl		10				10				10				10				10				10		
Standing DB Curl		TF				TF				TF				TF				TF				TF		
Simultaneous Rotation Curls		10				10				10				10				10				10		
Simultaneous Rotation Curls		10				10				10				10				10				10		
Simultaneous Rotation Curls		TF				TF				TF				TF				TF				TF		
Seated Concentration Curl		10				10				10				10				10				10		
Seated Concentration Curl		10				10				10				10				10				10		
Seated Concentration Curl		TF				TF				TF				TF				TF				TF		
Hammer Curl Crazy 8s		24				24				24				24				24				24		
Triceps																								
Tricep Push Up		N/A				N/A				N/A				N/A				N/A				N/A		
Tricep Push Up		N/A				N/A				N/A				N/A				N/A				N/A		
Tricep Push Up		N/A				N/A				N/A				N/A				N/A				N/A		
Flat Bench Tricep Extension		10				10				10				10				10				10		
Flat Bench Tricep Extension		10				10				10				10				10				10		
Flat Bench Tricep Extension		TF				TF				TF				TF				TF				TF		
One Arm Kickback		10				10				10				10				10				10		
One Arm Kickback		10				10				10				10				10				10		
One Arm Kickback		TF				TF				TF				TF				TF				TF		
Double Arm Overhead Extension with Band		14+				14+				14+				14+				14+				14+		

Notes:

		TW	TR	Wt	Reps	TW	TR	Wt	Reps	TW	TR	Wt	Reps	TW	TR	Wt	Reps	TW	TR	Wt	Reps	TW	TR	Wt	Reps	TW	TR	Wt	Reps
#	Exercise																												
319	Flat Bench Press		12				12				12				12				12				12				12		
319	Flat Bench Press		12				12				12				12				12				12				12		
319	Flat Bench Press		8				8				8				8				8				8				8		
83	Barbell Rows		8				8				8				8				8				8				8		
319	Flat Bench Press		8				8				8				8				8				8				8		
83	Barbell Rows		8				8				8				8				8				8				8		
319	Flat Bench Press		8				8				8				8				8				8				8		
83	Barbell Rows		8				8				8				8				8				8				8		
319	Flat Bench Press		8				8				8				8				8				8				8		
83	Barbell Rows		8				8				8				8				8				8				8		
297	Chest Flys		8				8				8				8				8				8				8		
134	One Arm Row		8				8				8				8				8				8				8		
297	Chest Flys		8				8				8				8				8				8				8		
134	One Arm Row		8				8				8				8				8				8				8		
297	Chest Flys		8				8				8				8				8				8				8		
134	One Arm Row		8				8				8				8				8				8				8		
324	Incline Bench Press		8				8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8				8		
324	Incline Bench Press		8				8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8				8		
324	Incline Bench Press		8				8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8				8		
324	Incline Bench Press		8				8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8				8		
326	Incline Chest Flys		8				8				8				8				8				8				8		
133	One Arm Horizontal Row		8				8				8				8				8				8				8		
326	Incline Chest Flys		8				8				8				8				8				8				8		
133	One Arm Horizontal Row		8				8				8				8				8				8				8		
326	Incline Chest Flys		8				8				8				8				8				8				8		
133	One Arm Horizontal Row		8				8				8				8				8				8				8		
326	Incline Chest Flys		8				8				8				8				8				8				8		
133	One Arm Horizontal Row		8				8				8				8				8				8				8		

Leg Squat Rack

		TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
#	Exercise																												
516	Squats		12				12				12				12				12				12				12		
516	Squats		12				12				12				12				12				12				12		
516	Squats		8				8				8				8				8				8				8		
516	Squats		8				8				8				8				8				8				8		
516	Squats		8				8				8				8				8				8				8		
516	Squats		8				8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8				8		
405	Front Squat		8				8				8				8				8				8				8		
405	Front Squat		8				8				8				8				8				8				8		
405	Front Squat		8				8				8				8				8				8				8		
405	Front Squat		8				8				8				8				8				8				8		
524	Static Lunge		8				8				8				8				8				8				8		
524	Static Lunge		8				8				8				8				8				8				8		
524	Static Lunge		8				8				8				8				8				8				8		
524	Static Lunge		8				8				8				8				8				8				8		

		TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
#	Exercise																												
690	Standing Barbell Front Press		15				15				15				15				15				15				15		
690	Standing Barbell Front Press		12				12				12				12				12				12				12		
690	Standing Barbell Front Press		8				8				8				8				8				8				8		
178	Barbell Curl		8				8				8				8				8				8				8		
717	Flat Bench Tricep Extension		8				8				8				8				8				8				8		
690	Standing Barbell Front Press		8				8				8				8				8				8				8		
178	Barbell Curl		8				8				8				8				8				8				8		
717	Flat Bench Tricep Extension		8				8				8				8				8				8				8		
690	Standing Barbell Front Press		8				8				8				8				8				8				8		
178	Barbell Curl		8				8				8				8				8				8				8		
717	Flat Bench Tricep Extension		8				8				8				8				8				8				8		
690	Standing Barbell Front Press		8				8				8				8				8				8				8		
178	Barbell Curl		8				8				8				8				8				8				8		
717	Flat Bench Tricep Extension		8				8				8				8				8				8				8		
676	Seated Lateral Raise		8				8				8				8				8				8				8		
204	Incline Curls on Stability Ball		8				8				8				8				8				8				8		
738	Seated Overhead Extensions One Arm		8				8				8				8				8				8				8		
676	Seated Lateral Raise		8				8				8				8				8				8				8		
204	Incline Curls on Stability Ball		8				8				8				8				8				8				8		
738	Seated Overhead Extensions One Arm		8				8				8				8				8				8				8		
676	Seated Lateral Raise		8				8				8				8				8				8				8		
204	Incline Curls on Stability Ball		8				8				8				8				8				8				8		
738	Seated Overhead Extensions One Arm		8				8				8				8				8				8				8		
676	Seated Lateral Raise		8				8				8				8				8				8				8		
204	Incline Curls on Stability Ball		8				8				8				8				8				8				8		
738	Seated Overhead Extensions One Arm		8				8				8				8				8				8				8		
679	Seated Rear Delts		8				8				8				8				8				8				8		
237	Seated Concentration Curls		8				8				8				8				8				8				8		
712	Cross Body Kickbacks		8				8				8				8				8				8				8		
679	Seated Rear Delts		8				8				8				8				8				8				8		
237	Seated Concentration Curls		8				8				8				8				8				8				8		
712	Cross Body Kickbacks		8				8				8				8				8				8				8		
679	Seated Rear Delts		8				8				8				8				8				8				8		
237	Seated Concentration Curls		8				8				8				8				8				8				8		
712	Cross Body Kickbacks		8				8				8				8				8				8				8		
679	Seated Rear Delts		8				8				8				8				8				8				8		
237	Seated Concentration Curls		8				8				8				8				8				8				8		
712	Cross Body Kickbacks		8				8				8				8				8				8				8		

		TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
#	Exercise																												
319	Flat Bench Press		12				12				12				12				12				12				12		
319	Flat Bench Press		12				12				12				12				12				12				12		
319	Flat Bench Press		7				7				7				7				7				7				7		
83	Barbell Rows		7				7				7				7				7				7				7		
319	Flat Bench Press		7				7				7				7				7				7				7		
83	Barbell Rows		7				7				7				7				7				7				7		
319	Flat Bench Press		7				7				7				7				7				7				7		
83	Barbell Rows		7				7				7				7				7				7				7		
319	Flat Bench Press		7				7				7				7				7				7				7		
83	Barbell Rows		7				7				7				7				7				7				7		
297	Chest Flys		7				7				7				7				7				7				7		
134	One Arm Row		7				7				7				7				7				7				7		
297	Chest Flys		7				7				7				7				7				7				7		
134	One Arm Row		7				7				7				7				7				7				7		
297	Chest Flys		7				7				7				7				7				7				7		
134	One Arm Row		7				7				7				7				7				7				7		
297	Chest Flys		7				7				7				7				7				7				7		
134	One Arm Row		7				7				7				7				7				7				7		
324	Incline Bench Press		7				7				7				7				7				7				7		
108	Deadlifts		7				7				7				7				7				7				7		
324	Incline Bench Press		7				7				7				7				7				7				7		
108	Deadlifts		7				7				7				7				7				7				7		
324	Incline Bench Press		7				7				7				7				7				7				7		
108	Deadlifts		7				7				7				7				7				7				7		
324	Incline Bench Press		7				7				7				7				7				7				7		
108	Deadlifts		7				7				7				7				7				7				7		
326	Incline Chest Flys		7				7				7				7				7				7				7		
133	One Arm Horizontal Row		7				7				7				7				7				7				7		
326	Incline Chest Flys		7				7				7				7				7				7				7		
133	One Arm Horizontal Row		7				7				7				7				7				7				7		
326	Incline Chest Flys		7				7				7				7				7				7				7		
133	One Arm Horizontal Row		7				7				7				7				7				7				7		
326	Incline Chest Flys		7				7				7				7				7				7				7		
133	One Arm Horizontal Row		7				7				7				7				7				7				7		

Leg Squat Rack

		TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
#	Exercise																												
516	Squats		12				12				12				12				12				12				12		
516	Squats		12				12				12				12				12				12				12		
516	Squats		7				7				7				7				7				7				7		
516	Squats		7				7				7				7				7				7				7		
516	Squats		7				7				7				7				7				7				7		
516	Squats		7				7				7				7				7				7				7		
108	Deadlifts		7				7				7				7				7				7				7		
108	Deadlifts		7				7				7				7				7				7				7		
108	Deadlifts		7				7				7				7				7				7				7		
108	Deadlifts		7				7				7				7				7				7				7		
405	Front Squat		7				7				7				7				7				7				7		
405	Front Squat		7				7				7				7				7				7				7		
405	Front Squat		7				7				7				7				7				7				7		
405	Front Squat		7				7				7				7				7				7				7		
524	Static Lunge		7				7				7				7				7				7				7		
524	Static Lunge		7				7				7				7				7				7				7		
524	Static Lunge		7				7				7				7				7				7				7		
524	Static Lunge		7				7				7				7				7				7				7		

		TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
#	Exercise																								
690	Standing Barbell Front Press		15				15				15				15				15				15		
690	Standing Barbell Front Press		12				12				12				12				12				12		
690	Standing Barbell Front Press		7				7				7				7				7				7		
178	Barbell Curl		7				7				7				7				7				7		
717	Flat Bench Tricep Extension		7				7				7				7				7				7		
690	Standing Barbell Front Press		7				7				7				7				7				7		
178	Barbell Curl		7				7				7				7				7				7		
717	Flat Bench Tricep Extension		7				7				7				7				7				7		
690	Standing Barbell Front Press		7				7				7				7				7				7		
178	Barbell Curl		7				7				7				7				7				7		
717	Flat Bench Tricep Extension		7				7				7				7				7				7		
690	Standing Barbell Front Press		7				7				7				7				7				7		
178	Barbell Curl		7				7				7				7				7				7		
717	Flat Bench Tricep Extension		7				7				7				7				7				7		
676	Seated Lateral Raise		7				7				7				7				7				7		
204	Incline Curls on Stability Ball		7				7				7				7				7				7		
738	Seated Overhead Extensions One Arm		7				7				7				7				7				7		
676	Seated Lateral Raise		7				7				7				7				7				7		
204	Incline Curls on Stability Ball		7				7				7				7				7				7		
738	Seated Overhead Extensions One Arm		7				7				7				7				7				7		
676	Seated Lateral Raise		7				7				7				7				7				7		
204	Incline Curls on Stability Ball		7				7				7				7				7				7		
738	Seated Overhead Extensions One Arm		7				7				7				7				7				7		
679	Seated Rear Delts		7				7				7				7				7				7		
237	Seated Concentration Curls		7				7				7				7				7				7		
712	Cross Body Kickbacks		7				7				7				7				7				7		
679	Seated Rear Delts		7				7				7				7				7				7		
237	Seated Concentration Curls		7				7				7				7				7				7		
712	Cross Body Kickbacks		7				7				7				7				7				7		
679	Seated Rear Delts		7				7				7				7				7				7		
237	Seated Concentration Curls		7				7				7				7				7				7		
712	Cross Body Kickbacks		7				7				7				7				7				7		
679	Seated Rear Delts		7				7				7				7				7				7		
237	Seated Concentration Curls		7				7				7				7				7				7		
712	Cross Body Kickbacks		7				7				7				7				7				7		

Chest And Back

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																												
Flat Bench Press		12				12				12				12				12				12				12		
Flat Bench Press		12				12				12				12				12				12				12		
Flat Bench Press		6				6				6				6				6				6				6		
Barbell Rows		6				6				6				6				6				6				6		
Flat Bench Press		6				6				6				6				6				6				6		
Barbell Rows		6				6				6				6				6				6				6		
Flat Bench Press		6				6				6				6				6				6				6		
Barbell Rows		6				6				6				6				6				6				6		
Flat Bench Press		6				6				6				6				6				6				6		
Barbell Rows		6				6				6				6				6				6				6		
Chest Flys		6				6				6				6				6				6				6		
One Arm Row		6				6				6				6				6				6				6		
Chest Flys		6				6				6				6				6				6				6		
One Arm Row		6				6				6				6				6				6				6		
Chest Flys		6				6				6				6				6				6				6		
One Arm Row		6				6				6				6				6				6				6		
Chest Flys		6				6				6				6				6				6				6		
One Arm Row		6				6				6				6				6				66						
Incline Bench Press		6				6				6				6				6				6				6		
Deadlifts		6				6				6				6				6				6				6		
Incline Bench Press		6				6				6				6				6				6				6		
Deadlifts		6				6				6				6				6				6				6		
Incline Bench Press		6				6				6				6				6				6				6		
Deadlifts		6				6				6				6				6				6				6		
Incline Bench Press		6				6				6				6				6				6				6		
Deadlifts		6				6				6				6				6				6				6		
Incline Chest Flys		6				6				6				6				6				6				6		
One Arm Horizontal Row		6				6				6				6				6				6				6		
Incline Chest Flys		6				6				6				6				6				6				6		
One Arm Horizontal Row		6				6				6				6				6				6				6		
Incline Chest Flys		6				6				6				6				6				6				6		
One Arm Horizontal Row		6				6				6				6				6				6				6		
Incline Chest Flys		6				6				6				6				6				6				6		
One Arm Horizontal Row		6				6				6				6				6				6				6		

		TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
#	Exercise																												
516	Squats		10				10				10				10				10				10				10		
516	Squats		10				10				10				10				10				10				10		
516	Squats		6				6				6				6				6				6				6		
516	Squats		6				6				6				6				6				6				6		
516	Squats		6				6				6				6				6				6				6		
516	Squats		6				6				6				6				6				6				6		
108	Deadlifts		6				6				6				6				6				6				6		
108	Deadlifts		6				6				6				6				6				6				6		
108	Deadlifts		6				6				6				6				6				6				6		
108	Deadlifts		6				6				6				6				6				6				6		
405	Front Squat		6				6				6				6				6				6				6		
405	Front Squat		6				6				6				6				6				6				6		
405	Front Squat		6				6				6				6				6				6				6		
405	Front Squat		6				6				6				6				6				6				6		
524	Static Lunge		6				6				6				6				6				6				6		
524	Static Lunge		6				6				6				6				6				6				6		
524	Static Lunge		6				6				6				6				6				6				6		
524	Static Lunge		6				6				6				6				6				6				6		

	TW	TR	WT	Reps	TW	TR	WT	Reps	TW	TR	WT	Reps	TW	TR	WT	Reps	TW	TR	WT	Reps	TW	TR	WT	Reps	TW	TR	WT	Reps
Exercise																												
Standing Barbell Front Press		15				15				15				15				15				15				15		
Standing Barbell Front Press		12				12				12				12				12				12				12		
Standing Barbell Front Press		6				6				6				6				6				6				6		
Barbell Curl		6				6				6				6				6				6				6		
Flat Bench Tricep Extension		6				6				6				6				6				6				6		
Standing Barbell Front Press		6				6				6				6				6				6				6		
Barbell Curl		6				6				6				6				6				6				6		
Flat Bench Tricep Extension		6				6				6				6				6				6				6		
Standing Barbell Front Press		6				6				6				6				6				6				6		
Barbell Curl		6				6				6				6				6				6				6		
Flat Bench Tricep Extension		6				6				6				6				6				6				6		
Standing Barbell Front Press		6				6				6				6				6				6				6		
Barbell Curl		6				6				6				6				6				6				6		
Flat Bench Tricep Extension		6				6				6				6				6				6				6		
Seated Lateral Raise		6				6				6				6				6				6				6		
Incline Curls on Stability Ball		6				6				6				6				6				6				6		
Seated Overhead Extensions One Arm		6				6				6				6				6				6				6		
Seated Lateral Raise		6				6				6				6				6				6				6		
Incline Curls on Stability Ball		6				6				6				6				6				6				6		
Seated Overhead Extensions One Arm		6				6				6				6				6				6				6		
Seated Lateral Raise		6				6				6				6				6				6				6		
Incline Curls on Stability Ball		6				6				6				6				6				6				6		
Seated Overhead Extensions One Arm		6				6				6				6				6				6				6		
Seated Rear Delts		6				6				6				6				6				6				6		
Seated Concentration Curls		6				6				6				6				6				6				6		
Cross Body Kickbacks		6				6				6				6				6				6				6		
Seated Rear Delts		6				6				6				6				6				6				6		
Seated Concentration Curls		6				6				6				6				6				6				6		
Cross Body Kickbacks		6				6				6				6				6				6				6		
Seated Rear Delts		6				6				6				6				6				6				6		
Seated Concentration Curls		6				6				6				6				6				6				6		
Cross Body Kickbacks		6				6				6				6				6				6				6		
Seated Rear Delts		6				6				6				6				6				6				6		
Seated Concentration Curls		6				6				6				6				6				6				6		
Cross Body Kickbacks		6				6				6				6				6				6				6		

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																												
Flat Bench Press		12				12				12				12				12				12				12		
Flat Bench Press		12				12				12				12				12				12				12		
Flat Bench Press		8				8				8				8				8				8				8		
Barbell Rows		8				8				8				8				8				8				8		
Flat Bench Press		8				8				8				8				8				8				8		
Barbell Rows		8				8				8				8				8				8				8		
Flat Bench Press		8				8				8				8				8				8				8		
Barbell Rows		8				8				8				8				8				8				8		
Flat Bench Press		8				8				8				8				8				8				8		
Barbell Rows		8				8				8				8				8				8				8		
Chest Flys		8				8				8				8				8				8				8		
One Arm Row		8				8				8				8				8				8				8		
Chest Flys		8				8				8				8				8				8				8		
One Arm Row		8				8				8				8				8				8				8		
Chest Flys		8				8				8				8				8				8				8		
One Arm Row		8				8				8				8				8				8				8		
Chest Flys		8				8				8				8				8				8				8		
One Arm Row		8				8				8				8				8				8				8		
Incline Bench Press		8				8				8				8				8				8				8		
Deadlifts		8				8				8				8				8				8				8		
Incline Bench Press		8				8				8				8				8				8				8		
Deadlifts		8				8				8				8				8				8				8		
Incline Bench Press		8				8				8				8				8				8				8		
Deadlifts		8				8				8				8				8				8				8		
Incline Bench Press		8				8				8				8				8				8				8		
Deadlifts		8				8				8				8				8				8				8		
Incline Chest Flys		8				8				8				8				8				8				8		
One Arm Horizontal Row		8				8				8				8				8				8				8		
Incline Chest Flys		8				8				8				8				8				8				8		
One Arm Horizontal Row		8				8				8				8				8				8				8		
Incline Chest Flys		8				8				8				8				8				8				8		
One Arm Horizontal Row		8				8				8				8				8				8				8		
Incline Chest Flys		8				8				8				8				8				8				8		
One Arm Horizontal Row		8				8				8				8				8				8				8		

		TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
#	Exercise																								
516	Squats		12				12				12				12				12				12		
516	Squats		12				12				12				12				12				12		
516	Squats		8				8				8				8				8				8		
516	Squats		8				8				8				8				8				8		
516	Squats		8				8				8				8				8				8		
516	Squats		8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8		
108	Deadlifts		8				8				8				8				8				8		
405	Front Squat		8				8				8				8				8				8		
405	Front Squat		8				8				8				8				8				8		
405	Front Squat		8				8				8				8				8				8		
405	Front Squat		8				8				8				8				8				8		
524	Static Lunge		8				8				8				8				8				8		
524	Static Lunge		8				8				8				8				8				8		
524	Static Lunge		8				8				8				8				8				8		
524	Static Lunge		8				8				8				8				8				8		

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Exercise																												
Standing Barbell Front Press		15				15				15				15				15				15				15		
Standing Barbell Front Press		12				12				12				12				12				12				12		
Standing Barbell Front Press		8				8				8				8				8				8				8		
Barbell Curl		8				8				8				8				8				8				8		
Flat Bench Tricep Extension		8				8				8				8				8				8				8		
Standing Barbell Front Press		8				8				8				8				8				8				8		
Barbell Curl		8				8				8				8				8				8				8		
Flat Bench Tricep Extension		8				8				8				8				8				8				8		
Standing Barbell Front Press		8				8				8				8				8				8				8		
Barbell Curl		8				8				8				8				8				8				8		
Flat Bench Tricep Extension		8				8				8				8				8				8				8		
Standing Barbell Front Press		8				8				8				8				8				8				8		
Barbell Curl		8				8				8				8				8				8				8		
Flat Bench Tricep Extension		8				8				8				8				8				8				8		
Seated Lateral Raise		8				8				8				8				8				8				8		
Incline Curls on Stability Ball		8				8				8				8				8				8				8		
Seated Overhead Extensions One Arm		8				8				8				8				8				8				8		
Seated Lateral Raise		8				8				8				8				8				8				8		
Incline Curls on Stability Ball		8				8				8				8				8				8				8		
Seated Overhead Extensions One Arm		8				8				8				8				8				8				8		
Seated Lateral Raise		8				8				8				8				8				8				8		
Incline Curls on Stability Ball		8				8				8				8				8				8				8		
Seated Overhead Extensions One Arm		8				8				8				8				8				8				8		
Seated Lateral Raise		8				8				8				8				8				8				8		
Incline Curls on Stability Ball		8				8				8				8				8				8				8		
Seated Overhead Extensions One Arm		8				8				8				8				8				8				8		
Seated Rear Delts		8				8				8				8				8				8				8		
Seated Concentration Curls		8				8				8				8				8				8				8		
Cross Body Kickbacks		8				8				8				8				8				8				8		
Seated Rear Delts		8				8				8				8				8				8				8		
Seated Concentration Curls		8				8				8				8				8				8				8		
Cross Body Kickbacks		8				8				8				8				8				8				8		
Seated Rear Delts		8				8				8				8				8				8				8		
Seated Concentration Curls		8				8				8				8				8				8				8		
Cross Body Kickbacks		8				8				8				8				8				8				8		
Seated Rear Delts		8				8				8				8				8				8				8		
Seated Concentration Curls		8				8				8				8				8				8				8		
Cross Body Kickbacks		8				8				8				8				8				8				8		

	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Round 1 - Chest, Shoulders, Triceps																												
Walking Plank Pushups (8) or Pushups (16)		16				16				16				16				16				16				16		
Shoulder Press (4) to Chest Bench Press (4)		16				16				16				16				16				16				16		
Lying Tricep Extensions on Ball		16				16				16				16				16				16				16		
Walking Plank Pushups (8) or Pushups (16)		16				16				16				16				16				16				16		
Shoulder Press (4) to Chest Bench Press (4)		16				16				16				16				16				16				16		
Lying Tricep Extensions on Ball		16				16				16				16				16				16				16		
Round 2 - Chest, Shoulders, Triceps																												
Crossover Pushups (6 Sets) or Pushups (16)		16				16				16				16				16				16				16		
Incline Shoulder Arcs on Stability Ball		16				16				16				16				16				16				16		
Wide Stance Plank Kickback		16				16				16				16				16				16				16		
Crossover Pushups (6 Sets) or Pushups (16)		16				16				16				16				16				16				16		
Incline Shoulder Arcs on Stability Ball		16				16				16				16				16				16				16		
Wide Stance Plank Kickback		16				16				16				16				16				16				16		
Round 3 - Chest, Shoulders, Triceps																												
Alternating DB Chest Fly on Ball		16				16				16				16				16				16				16		
External Rotations with Lateral Raises		16				16				16				16				16				16				16		
Modified Dive Bombers (8) or Triceps Pushups (16)		16				16				16				16				16				16				16		
Alternating DB Chest Fly on Ball		16				16				16				16				16				16				16		
External Rotations with Lateral Raises		16				16				16				16				16				16				16		
Modified Dive Bombers (8) or Triceps Pushups (16)		16				16				16				16				16				16				16		
Round 4 - Back, Biceps, & Core																												
One Arm Row on Stability Ball		16				16				16				16				16				16				16		
Incline DB Curls on Stability Ball		16				16				16				16				16				16				16		
Inverse Crunches on Stability Ball		16				16				16				16				16				16				16		
One Arm Row on Stability Ball		16				16				16				16				16				16				16		
Incline DB Curls on Stability Ball		16				16				16				16				16				16				16		
Inverse Crunches on Stability Ball		16				16				16				16				16				16				16		
Round 5 - Back, Biceps, & Core																												
Pullovers		16				16				16				16				16				16				16		
Simultaneous Traditional Curls		16				16				16				16				16				16				16		
Ball Exchange		16				16				16				16				16				16				16		
Pullovers		16				16				16				16				16				16				16		
Simultaneous Traditional Curls		16				16				16				16				16				16				16		
Ball Exchange		16				16				16				16				16				16				16		
Round 6 - Back, Biceps, & Core																												
Alternating Rear Delt Fly and Stability Ball		16				16				16				16				16				16				16		
Concentration Curls		16				16				16				16				16				16				16		
Double Crunches with Stability Ball		16				16				16				16				16				16				16		
Alternating Rear Delt Fly and Stability Ball		16				16				16				16				16				16				16		
Concentration Curls		16				16				16				16				16				16				16		
Double Crunches with Stability Ball		16				16				16				16				16				16				16		

Page 55
Lower Body Tri-Sets

		TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps	TW	TR	Weight	Reps
Round 1																									
	Wall Squats		16				16				16				16				16				16		
	Dixie Cups Front Lunges		16				16				16				16				16				16		
	Dixie Cups Side Lunges		16				16				16				16				16				16		
	Wall Squats		16				16				16				16				16				16		
	Dixie Cups Front Lunges		16				16				16				16				16				16		
	Dixie Cups Side Lunges		16				16				16				16				16				16		
	Wall Squats		16				16				16				16				16				16		
	Dixie Cups Front Lunges		16				16				16				16				16				16		
	Dixie Cups Side Lunges		16				16				16				16				16				16		
Round 2																									
	Step Up, Step Lunge Back		16				16				16				16				16				16		
	Elevated Lunges with Cup		16				16				16				16				16				16		
	Squats		16				16				16				16				16				16		
	Step Up, Step Lunge Back		16				16				16				16				16				16		
	Elevated Lunges with Cup		16				16				16				16				16				16		
	Squats		16				16				16				16				16				16		
	Step Up, Step Lunge Back		16				16				16				16				16				16		
	Elevated Lunges with Cup		16				16				16				16				16				16		
	Squats		16				16				16				16				16				16		
Round 3																									
	Deadlifts		16				16				16				16				16				16		
	Crossover Dip Squats		16				16				16				16				16				16		
	Glute Roll - ins or Lifts		16				16				16				16				16				16		
	Deadlifts		16				16				16				16				16				16		
	Crossover Dip Squats		16				16				16				16				16				16		
	Glute Roll - ins or Lifts		16				16				16				16				16				16		
	Deadlifts		16				16				16				16				16				16		
	Crossover Dip Squats		16				16				16				16				16				16		
	Glute Roll - ins or Lifts		16				16				16				16				16				16		

#	Blue	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps	TW	Reps	Weight	Reps
#	Exercise																												
	Walking Lunges	5	N/A			5	N/A			5	N/A			5	N/A			5	N/A			5	N/A			5	N/A		
	Barbell Deadlifts, 4/4	35	4			35	4			35	4			35	4			35	4			35	4			35	4		
	Barbell Deadlifts, 2/2/4	35	4			35	4			35	4			35	4			35	4			35	4			40	4		
	Barbell Deadlifts, 4/4	35	2			35	2			35	2			35	2			35	2			35	2			35	2		
	Elevated Lunge, 4 Risers, Singles	5	8			5	8			5	8			5	8			5	8			5	8			5	8		
	Elevated Lunge, 4 Risers, Pulses	5	16			5	16			5	16			5	16			5	16			5	16			5	16		
	Elevated Lunge, 3/1 Low End	5	4			5	4			5	4			5	4			5	4			5	4			5	4		
	Elevated Lunge, Singles	30	8			30	8			30	8			30	8			30	8			5	8			5	8		
	Forward Thrusting Hammer Punch Lunges	30	24			30	24			30	24			30	24			30	24			N/A	24			N/A	24		
	Squats, Singles	30	16			30	16			30	16			30	16			30	16			35	16			35	16		
	Squats, 15/1 Pulses	30	3			30	3			30	3			30	3			30	3			35	3			35	3		
	Walking Lunges	30	N/A			30	N/A			30	N/A			30	N/A			30	N/A			5	N/A			5	N/A		
	Toes Elevated Deadlifts, 4/4	30	8			30	8			30	8			30	8			30	8			30	8			35	8		
	Toes Elevated Deadlifts, 2/4/4	35	4			35	4			35	4			35	4			35	4			35	4			35	4		
	Toes Elevated Deadlifts, 4/4	35	2			35	2			35	2			35	2			35	2			35	2			35	2		
	Elevated Lunge, 3 Risers, Singles	5	8			5	8			5	8			5	8			5	8			5	8			5	8		
	Elevated Lunge, 3 Risers, Pulses	5	16			5	16			5	16			5	16			5	16			5	16			5	16		
	Elevated Lunge, 3 Risers, 3/1 Low End	5	4			5	4			5	4			5	4			5	4			5	4			5	4		
	Elevated Lunge, 3 Risers, Singles	5	8			5	8			5	8			5	8			5	8			5	8			5	8		
	Side Hammer Thrust Lunges	N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A		
	Lunge Squat Sequence	N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A		
	Firewalkers	N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A			N/A	N/A		
	Low Pulse Lunges, With or Without Toe Elevation, Singles	5	8			5	8			5	8			5	8			5	8			5	8			5	8		
	Low Pulse Lunges, With or Without Toe Elevation, 3/1 Pulse	5	4			5	4			5	4			5	4			5	4			5	4			5	4		
	Low Pulse Lunges, With or Without Toe Elevation, Singles	5	4			5	4			5	4			5	4			5	4			5	4			5	4		
	Low Pulse Lunges, With or Without Toe Elevation, 3/1 Pulse	5	2			5	2			5	2			5	2			5	2			5	2			5	2		
	Low Pulse Lunges, With or Without Toe Elevation, Singles	5	4			5	4			5	4			5	4			5	4			5	4			5	4		
Floorwork																													
	Stability Ball Outer Thigh, Singles	N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16			N/A	16		
	Stability Ball Outer Thigh, 3/1 Pulse	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
	Stability Ball Outer Thigh, Singles	N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8			N/A	8		
	Hamstring Roll-ins, 2/2	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
	Hamstring Roll-ins with Glute Tuck 2/2/2	N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4			N/A	4		
	Right Leg Hold	N/A	16 ct			N/A	16 ct			N/A	16 ct			N/A	16 ct			N/A	16 ct			N/A	16 ct			N/A	16 ct		
	Left Leg Hold	N/A	16 ct			N/A	16 ct			N/A	16 ct			N/A	16 ct			N/A	16 ct			N/A	16 ct			N/A	16 ct		
	Hamstring Roll-ins with Glute Tuck 2/2/2	N/A	2			N/A	2			N/A	2			N/A	2			N/A	2			N/A	2			N/A	2		
	Bonus Hamstring Roll-ins	N/A	1			N/A	1			N/A	1			N/A	1			N/A	1			N/A	1			N/A	1		
	One Legged Glute Squeeze on Platform, Singles	2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16		
	One Legged Glute Squeeze on Platform, Pulses	2.5	32			2.5	32			2.5	32			2.5	32			2.5	32			2.5	32			2.5	32		
	One Legged Glute Squeeze on Platform, Singles	2.5	8			2.5	8			2.5	8			2.5	8			2.5	8			2.5	8			2.5	8		
	Inner Thigh Lifts, Singles	2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16		
	Inner Thigh Lifts, 3/1 Hold	2.5	4			2.5	4			2.5	4			2.5	4			2.5	4			2.5	4			2.5	4		
	Inner Thigh Lifts, Singles	2.5	8			2.5	8			2.5	8			2.5	8			2.5	8			2.5	8			2.5	8		
	Inner Thigh Lifts, 15/1 Pulse	2.5	2			2.5	2			2.5	2			2.5	2			2.5	2			2.5	2			2.5	2		
	Straight Leg Lift, Singles	2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16		
	Zig Zag Singles	2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16		
	Bent Leg Pizza Press, Singles	2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16		
	Bent Elbow Pizza Press Pulses	2.5	32			2.5	32			2.5	32			2.5	32			2.5	32			2.5	32			2.5	32		
	Modified Hydrant, Singles	2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16		
	Modified Hydrant, Pulses	2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16		
	Knee Toward Arm Singles	2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16			2.5	16		