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| Worksheet • Chest & BACK • Disc 1 |
| DATE / WEEK |  |  |  |  |  |
| Warm-Up (2:30 + 6:30) |
| 01 Chest - standard Push-Ups | R  | R  | R  | R  | R  |
| 02 BACK - Wide Front Pull-Ups | R  | R  | R  | R  | R  |
| 03 Chest - Military Push-Ups | R  | R  | R  | R  | R  |
| 04 BACK - Reverse Grip Chin-Ups | R  | R  | R  | R  | R  |
| Water Break (0:49) |
| 05 Chest - Wide Fly Push-Ups | R  | R  | R  | R  | R  |
| 06 BACK - Closed Grip Overhand Pull-Ups | R  | R  | R  | R  | R  |
| 07 Chest - Decline Push-Ups | R  | R  | R  | R  | R  |
| 08 BACK - heavy Pants | R W  | R W  | R W  | R W  | R W  |
| Water Break (0:47) |
| 09 Chest - Diamond Push-Ups | R  | R  | R  | R  | R  |
| 10 BACK - Lawnmowers | R W  | R W  | R W  | R W  | R W  |
| 11 Chest - Dive-Bomber Push-Ups | R  | R  | R  | R  | R  |
| 12 BACK - Back Fly’s | R W  | R W  | R W  | R W  | R W  |
| Water Break (1:04) |
| 13 BACK - Wide Front Pull-Ups | R  | R  | R  | R  | R  |
| 14 Chest - standard Push-Ups | R  | R  | R  | R  | R  |
| 15 BACK - Reverse Grip Chin-Ups | R W  | R W  | R W  | R W  | R W  |
| 16 Chest - Military Push-Ups | R  | R  | R  | R  | R  |
| Water Break (1:00) |
| 17 BACK - Closed Grip Overhand Pull-Ups | R  | R  | R  | R  | R  |
| 18 Chest - Wide Fly Push-Ups | R  | R  | R  | R  | R  |
| 19 BACK - heavy Pants | R W  | R W  | R W  | R W  | R W  |
| 20 Chest - Decline Push-Ups | R  | R  | R  | R  | R  |
| Water Break (0:37) |
| 21 BACK - Lawnmowers | R W  | R W  | R W  | R W  | R W  |
| 22 Chest - Diamond Push-Ups | R  | R  | R  | R  | R  |
| 23 BACK - Back Fly’s | R W  | R W  | R W  | R W  | R W  |
| 24 Chest - Dive-Bomber Push-Ups | R  | R  | R  | R  | R  |
| Cool Down (3:22) R: reps W: weight |



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| Worksheet • shoulders & ARMs • Disc 3 |
| DATE / WEEK |  |  |  |  |  |
| Warm-Up (2:46 + 7:23) |
| 01 shoulders - Alternating shoulder Presses | R W  | R W  | R W  | R W  | R W  |
| 02 BICEPs - In & Out Bicep Curls | R W  | R W  | R W  | R W  | R W  |
| 03 TRICEPs - Two-Arm Triceps Kickback | R W  | R W  | R W  | R W  | R W  |
| 04 shoulders - Alternating shoulder Presses | R W  | R W  | R W  | R W  | R W  |
| 05 BICEPs - In & Out Bicep Curls | R W  | R W  | R W  | R W  | R W  |
| 06 TRICEPs - Two-Arm Triceps Kickback | R W  | R W  | R W  | R W  | R W  |
| Ballistic Stretch (0:30) |
| 07 shoulders - Deep swimmer’s Presses | R W  | R W  | R W  | R W  | R W  |
| 08 BICEPs - Full supination Concentration Curls | R W  | R W  | R W  | R W  | R W  |
| 09 TRICEPs - Chair Dips | R  | R  | R  | R  | R  |
| Ten shoulders - Deep swimmer’s Presses | R W  | R W  | R W  | R W  | R W  |
| 11 BICEPs - Full supination Concentration Curls | R W  | R W  | R W  | R W  | R W  |
| 12 TRICEPs - Chair Dips | R  | R  | R  | R  | R  |
| Ballistic Stretch (0:30) |
| Thirteen shoulders - Upright Rows | R W  | R W  | R W  | R W  | R W  |
| 14 BICEPs - static Arm Curls | R W  | R W  | R W  | R W  | R W  |
| 15 TRICEPs - Flip-Grip Twist Triceps Kickbacks | R W  | R W  | R W  | R W  | R W  |
| Sixteen shoulders - Upright Rows | R W  | R W  | R W  | R W  | R W  |
| 17 BICEPs - static Arm Curls | R W  | R W  | R W  | R W  | R W  |
| 18 TRICEPs - Flip-Grip Twist Triceps Kickbacks | R W  | R W  | R W  | R W  | R W  |
| Ballistic Stretch (0:34) |
| Nineteen shoulders - seated Two-Angle shoulder Fly’s | R W  | R W  | R W  | R W  | R W  |
| 20 BICEPs - Crouching Cohen Curls | R W  | R W  | R W  | R W  | R W  |
| 21 TRICEPs - Lying-Down Triceps Extensions | R W  | R W  | R W  | R W  | R W  |
| Twenty-two shoulders - seated Two-Angle shoulder Fly’s | R W  | R W  | R W  | R W  | R W  |
| 23 BICEPs - Crouching Cohen Curls | R W  | R W  | R W  | R W  | R W  |
| 24 TRICEPs - Lying-Down Triceps Extensions | R W  | R W  | R W  | R W  | R W  |
| Ballistic Stretch (0:38) |
| Twenty-five shoulders - In & Out Straight-Arm shoulder Fly’s | R W  | R W  | R W  | R W  | R W  |
| 26 BICEPs - Congdon Curls | R W  | R W  | R W  | R W  | R W  |
| 27 TRICEPs - side Tri-Rises | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| Twenty-eight shoulders - In & Out Straight-Arm shoulder Fly’s | R W  | R W  | R W  | R W  | R W  |
| 29 BICEPs - Congdon Curls | R W  | R W  | R W  | R W  | R W  |
| 30 TRICEPs - side Tri-Rises | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| Cool Down (3:29) R: reps W: weight RT: right LT: left |

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| Worksheet • LEGs & BACK • DIs C 5 |
| DATE / WEEK |  |  |  |  |  |
|  | Warm-Up (2:27 | + 7:34) |  |  |  |  |
| 01 LEGs - Balanced Lunges | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| 02 LEGs - Calf-Raise squats | R W  | R W  | R W  | R W  | R W  |
| 03 BACK - Reverse Grip Chin-Ups | R  | R  | R  | R  | R  |
| 04 LEGs - super skaters | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| 05 LEGs - Wall squats | R sec | R sec | R sec | R sec | R sec |
| 06 BACK - Wide Front Pull-Ups | R  | R  | R  | R  | R  |
| 07 LEGs - step Back Lunge | R W  | R W  | R W  | R W  | R W  |
| 08 LEGs - Alternating side Lunge | R W  | R W  | R W  | R W  | R W  |
| 09 BACK - Closed Grip Overhead Pull-Ups | R  | R  | R  | R  | R  |
| 10 LEGs - single-Leg Wall squat | R sec | R sec | R sec | R sec | R sec |
| 11 LEGs - Deadlift squats | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| 12 BACK - switch Grip Pull-Ups(Switch every two reps) | R  | R  | R  | R  | R  |
|  | Water Break | (2:00) |  |  |  |  |
| 13 LEGs - Three-Way Lunge | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| 14 LEGs - sneaky Lunge | R  | R  | R  | R  | R  |
| 15 BACK - Reverse Grip Chin-Ups | R  | R  | R  | R  | R  |
| 16 LEGs - Chair salutations | R sec | R sec | R sec | R sec | R sec |
| 17 LEGs - Toe-Roll Iso Lunge | R W  | R W  | R W  | R W  | R W  |
| 18 BACK - Wide Front Pull-Ups | R  | R  | R  | R  | R  |
| 19 LEGs - Groucho Walk | R sec | R sec | R sec | R sec | R sec |
| 20 LEGs - Calf Raises | **Toes Out Feet Parallel****Toes In** | R W R W R W  | R W R W R W  | R W R W R W  | R W R W R W  | R W R W R W  |
| 21 BACK - Closed Grip Overhand Pull-Ups | R  | R  | R  | R  | R  |
| 22 LEGs - 80/20 sidebars-speed squats | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| 23 BACK - switch Grip Pull-Ups | R  | R  | R  | R  | R  |

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| Worksheet • CORE Synergistics • Disc 8 |
| DATE / WEEK |  |  |  |  |  |
| Warm-Up (6:31 + 3:30) |
| 01 stacked Foot / staggered hands Push-Ups (switch every five reps) | R  | R  | R  | R  | R  |
| 02 Banana Rolls (16 reps / 2 min) | R  | R  | R  | R  | R  |
| 03 Leaning Crescent Lunges | R W  | R W  | R W  | R W  | R W  |
| 04 squat Runs | R W  | R W  | R W  | R W  | R W  |
| 05 sphinx Push-Ups | R  | R  | R  | R  | R  |
| 06 Bow to Boat (4 sets/1:48 min) | R  | R  | R  | R  | R  |
| 07 Low Lateral skaters | R  | R  | R  | R  | R  |
| 08 Lunge & Reach | R W  | R W  | R W  | R W  | R W  |
| Water Break (0:42) |
| 09 Prison Cell Push-Ups | R  | R  | R  | R  | R  |
| Ten side hip Raise | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| Eleven squat X-Press | R W  | R W  | R W  | R W  | R W  |
| 12 Plank to Chaturanga Run | R  | R  | R  | R  | R  |
| 13 Walking Push-Ups | R  | R  | R  | R  | R  |
| Fourteen superman Banana | R  | R  | R  | R  | R  |
| 15 Lunge Kickback Curl Press | R W  | R W  | R W  | R W  | R W  |
| 16 Towel hoppers | R  | R  | R  | R  | R  |
| Water Break (0:44) |
| 17 Reach high & Under Push-Ups | R  | R  | R  | R  | R  |
| Eighteen steam Engine | R  | R  | R  | R  | R  |
| 19 Draya Rolls | R  | R  | R  | R  | R  |
| 20 Plan to Chaturanga Iso | R  | R  | R  | R  | R  |
| Twenty-one halfbacks | R  | R  | R  | R  | R  |
| 22 Table Dip Leg Raises | R  | R  | R  | R  | R  |
| Cool Down & Stretch (5:06) R: reps W: weight RT: right LT: left |

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| Equipment Required • Weights or resistance bandorksheet • Chest, shoulders, & TRICEPs • Disc 9 |
| DATE / WEEK |  |  |  |  |  |
| Warm-Up (8:52) |
| 01 Chest - slow-Motion 3-in-1 Push-Ups | R  | R  | R  | R  | R  |
| 02 shoulders - In & Out shoulder Fly’s | R W  | R W  | R W  | R W  | R W  |
| 03 TRICEPs - Chair Dips | R  | R  | R  | R  | R  |
| 04 Chest - Plunge Push-Ups | R  | R  | R  | R  | R  |
| 05 shoulders - Pike Presses | R  | R  | R  | R  | R  |
| 06 TRICEPs- side Tri-Rises | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| 07 Chest - Floor Fly’s (switch every four reps) | R  | R  | R  | R  | R  |
| 08 shoulders - scarecrows | R W  | R W  | R W  | R W  | R W  |
| 09 TRICEPs - Overhead Triceps Extensions | R W  | R W  | R W  | R W  | R W  |
| 10 Chest - Two-Twitch speed Push-Ups (4 Fast, three slow) | R  | R  | R  | R  | R  |
| Eleven shoulders - Y-Presses | R W  | R W  | R W  | R W  | R W  |
| 12 TRICEPs - Lying Triceps Extensions | R W  | R W  | R W  | R W  | R W  |
| Water Break (0:53) |
| 13 Chest - side-to-side Push-Ups | R  | R  | R  | R  | R  |
| Fourteen shoulders - Pour Fly’s | R W  | R W  | R W  | R W  | R W  |
| 15 TRICEPs - side-Leaning TricepsExtensions | R W  | R W  | R W  | R W  | R W  |
| 16 Chest - One-Arm Push-Ups | RT LT  | RT LT  | RT LT  | RT LT  | RT LT  |
| Seventeen shoulders - Weighted Circles(2 X 20 reps) | R W  | R W  | R W  | R W  | R W  |
| 18 TRICEPs - Throw the Bomb | R W  | R W  | R W  | R W  | R W  |
| 19 Chest - Clap or Ploy Push-Ups | R  | R  | R  | R  | R  |
| Twenty shoulders - slow-Mo Throws | R W  | R W  | R W  | R W  | R W  |
| 21 TRICEPs - Front-to-Back Triceps Extensions | R W  | R W  | R W  | R W  | R W  |
| 22 Chest - One-Arm Balance Push-Ups | R  | R  | R  | R  | R  |
| Twenty-three shoulders - Fly-Row-Presses | R W  | R W  | R W  | R W  | R W  |
| 24 TRICEPs - Dumbbell Cross-Body Blows | R W  | R W  | R W  | R W  | R W  |

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| Worksheet  | * BACK & BICEPs • DIs C 10
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| DATE / WEEK |  |  |  |  |  |
| Warm-Up (2:36 + 6:32) |
| 01 BACK - Wide Front Pull-Ups | R  | R  | R  | R  | R  |
| 02 BACK - Lawnmowers | R W  | R W  | R W  | R W  | R W  |
| 03 BICEPs - Twenty-Ones | R W  | R W  | R W  | R W  | R W  |
| 04 BICEPs - One-Arm Cross-Body Curls | R W  | R W  | R W  | R W  | R W  |
| 05 BACK - switch Grip Pull-Ups(Switch every two reps) | R  | R  | R  | R  | R  |
| 06 BACK - Elbows-Out Lawnmowers | R W  | R W  | R W  | R W  | R W  |
| 07 BICEPs - standing Bicep Curls | R W  | R W  | R W  | R W  | R W  |
| 08 BICEPs - One-Arm Concentration Curls | R W  | R W  | R W  | R W  | R W  |
| 09 BACK - Corn Cob Pull-Ups | R  | R  | R  | R  | R  |
| 10 BACK - Reverse Grip Bent-Over Rows | R W  | R W  | R W  | R W  | R W  |
| 11 BICEPs - Open-Arm Curls | R W  | R W  | R W  | R W  | R W  |
| 12 BICEPs - static-Arm Curls | R W  | R W  | R W  | R W  | R W  |
| Water Break (0:42) |
| 13 BACK - Towel Pull-Ups (switch every 3) | R  | R  | R  | R  | R  |
| 14 BACK - Congdon Locomotives | R W  | R W  | R W  | R W  | R W  |
| 15 BICEPs - Crouching Cohen Curls | R W  | R W  | R W  | R W  | R W  |
| 16 BICEPs - One-Arm Corkscrew Curls | R W  | R W  | R W  | R W  | R W  |
| 17 BACK - Chin-Ups | R  | R  | R  | R  | R  |
| 18 BACK - seated Bent-Over Back Fly’s | R W  | R W  | R W  | R W  | R W  |
| 19 BICEPs - Curl-Up/hammer Downs | R W  | R W  | R W  | R W  | R W  |
| 20 BICEPs - hammer Curls | R W  | R W  | R W  | R W  | R W  |
| 21 BACK - Max Rep Pull-Ups | R  | R  | R  | R  | R  |
| 22 BACK - superman (6 x 10 seconds) | R  | R  | R  | R  | R  |
| 23 BICEPs - In-Out hammer Curls | R W  | R W  | R W  | R W  | R W  |
|  | R W  | R W  | R W  | R W  | R W  |
| 24 BICEPs - strip-set Curls | R W  | R W  | R W  | R W  | R W  |
| (4 rounds) | R W  | R W  | R W  | R W  | R W  |
|  | R W  | R W  | R W  | R W  | R W  |
|  | Cool Down (2:13) |  | R: reps W: weight | RT: right LT: left |

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| Worksheet • AB RIPPER X • Disc 12  |
| DATE / WEEK |  |  |  |  |  |
| 01 IN & OUTsTarget - 25 | R  | R  | R  | R  | R  |
| 02 seated BICYCLEsTarget - 25 | R  | R  | R  | R  | R  |
| 03 Reverse BICYCLEsTarget - 25 | R  | R  | R  | R  | R  |
| 04 seated Crunchy FROGsTarget - 25 | R  | R  | R  | R  | R  |
| 05 Crossed LEG/WIDE LEG sit-upsTarget - 25 | R  | R  | R  | R  | R  |
| 06 FIFER scissorsTarget - 25 | R  | R  | R  | R  | R  |
| 07 hip ROCK ’N’ RaiseTarget - 25 | R  | R  | R  | R  | R  |
| 08 Pulse-UPs (heels TO heaven)Target - 25 | R  | R  | R  | R  | R  |
| 09 ROLL-UP/ v-UP COMBOsTarget - 25 | R  | R  | R  | R  | R  |
| 10 Oblique v-UPsTarget - 25 | R  | R  | R  | R  | R  |
| 11 LEG CLIMBsTarget - 25 | R  | R  | R  | R  | R  |
| 12 Mason (KAYAK) TwistTarget - 25 | R  | R  | R  | R  | R  |
| Cool Down & Stretch (0:51) R: reps |

