



PLYO FIX EXTREME

"Now's your chance to change your life"

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DATE / WEEK						
Squat Jumps (30 sec w/ 2 heavy wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
Split Lunge Jump R (30 sec w/ 2 heavy wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
Split Lunge Jump L (30 sec w/ 2 heavy wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
1-Leg Squat Jump R (30 sec w/ 2 light wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
1-Leg Squat Jump L (30 sec w/ 2 light wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
Narrow-Wide Sumo Squat Jump (30 sec w/ 1 heavy wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
Burpee Tuck Jump (30 sec)	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____
Globe Squat Hops (30 sec w/ 2 light wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
Twisted Skaters (30 sec w/ 2 heavy wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
Calf Jumps (30 sec w/ 2 heavy wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
Squat Thrusts "Ski Abs/In&Outs" (30 sec)	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____
Sumo Squat Lateral Hop w/Curl (30 sec w/ 1 heavy wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
BONUS: X Parallel Squat (60 sec)	Reps _____		Reps _____		Reps _____	
HEART RATE DATA 	AVG _____ PEAK _____ CALORIES _____ TIME _____		AVG _____ PEAK _____ CALORIES _____ TIME _____		AVG _____ PEAK _____ CALORIES _____ TIME _____	



PILATES FIX EXTREME

"Train with a purpose; eat with a plan"

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DATE / WEEK & BAND COLOR			
Roll Down w/ Row (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Hundreds (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Scissor (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Circle Teaser (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Frog Leg Drop w/Crunch Row (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Curve Flat Back (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Russian Curve (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Heel Curve Taps (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Heel Press (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Abductor Lift L (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Abductor Lift R (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Bird Dog Press L (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Bird Dog Press R (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Fire Hydrant L (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Fire Hydrant R (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Hamstring Curl L (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Hamstring Curl R (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Superman (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Swans (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
Camel Front Raise (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____
HEART RATE DATA 	AVG _____ PEAK _____ CAL _____ TIME _____	AVG _____ PEAK _____ CAL _____ TIME _____	AVG _____ PEAK _____ CAL _____ TIME _____



LOWER FIX EXTREME

"It's not easy, but it's worth it"

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DATE / WEEK & BAND COLOR						
Squat / Squat Jump (30 sec w/ 2 heavy wt, 30 sec jump w/o wt)	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____
Lunge R / Lunge Kick R (30 sec w/ 2 heavy wt, 30 sec kick w/o wt)	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____
Lunge L / Lunge Kick L (30 sec w/ 2 heavy wt, 30 sec kick w/o wt)	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____
1-Leg Squat R / 1-Leg Squat Jump R (30 sec w/ 2 light wt, 30 sec jump w/o wt)	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____
1-Leg Squat L / 1-Leg Squat Jump L (30 sec w/ 2 light wt, 30 sec jump w/o wt)	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____
Side Lunge R / Side Lunge Lift R (30 sec w/ 2 light wt, 30 sec lift w/o wt)	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____
Side Lunge L / Side Lunge Lift L (30 sec w/ 2 light wt, 30 sec lift w/o wt)	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____
Sumo Squat / Sumo Squat Jump (30 sec w/ 2 heavy wt, 30 sec jump w/o wt)	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____
Back Lunge R / Back Lunge Plyo R (30 sec w/ 2 heavy wt, 30 sec plyo w/o wt)	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____
Back Lunge L / Back Lunge Plyo L (30 sec w/ 2 heavy wt, 30 sec plyo w/o wt)	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____	Weight _____ Reps _____ Reps _____
Band Heel Press R (30 sec w/ resistance band)	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____
Band Heel Press L (30 sec w/ resistance band)	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____
Lat Band Walk (60 sec w/ resistance band)	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____
HEART RATE DATA 	AVG _____ PEAK _____ CALORIES _____ TIME _____		AVG _____ PEAK _____ CALORIES _____ TIME _____		AVG _____ PEAK _____ CALORIES _____ TIME _____	



CARDIO FIX EXTREME

"Replace excuses with effort"

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DATE / WEEK						
Low - High Squat (60 sec w/ 1 light wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
High Plank Butt Kicks (60 sec)	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____
Run In Place Butt Kicks (30 sec)	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____
Jack Press Jump (60 sec w/ 2 light wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
Back Lunge Kick (60 sec w/ 2 heavy wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
High Knees Run (30 sec)	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____
Narrow Squat / Sumo Squat Curl (60 sec w/ 2 heavy wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
Fast Football Feet w/Jump (60 sec)	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____
Jumping Jacks (30 sec)	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____
Squat Clean Lunge Jump (60 sec w/ 1 light wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
Shuffle Burpee w/Jump (60 sec)	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____	Reps _____
Twisted Skater (30 sec w/ 2 light wt)	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____	Weight _____ Reps _____
HEART RATE DATA 	AVG _____	PEAK _____	AVG _____	PEAK _____	AVG _____	PEAK _____
	CALORIES _____	TIME _____	CALORIES _____	TIME _____	CALORIES _____	TIME _____

