

21 day FIX™

WORKSHEET ● TOTAL BODY CARDIO

“One day at a time. One pound at a time.”

DATE/WEEK						
Surrenders	Right Side R _____ WT _____	Left Side R _____ WT _____	Right Side R _____ WT _____	Left Side R _____ WT _____	Right Side R _____ WT _____	Left Side R _____ WT _____
Side Shuffles	R _____	R _____	R _____	R _____	R _____	R _____
	BREAK		BREAK		BREAK	
Squat Wood Chop	Right Side R _____ WT _____	Left Side R _____ WT _____	Right Side R _____ WT _____	Left Side R _____ WT _____	Right Side R _____ WT _____	Left Side R _____ WT _____
X Country Skiers	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	BREAK		BREAK		BREAK	
Weighted Jog	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
Knee Pulls	Right Side R _____ WT _____	Left Side R _____ WT _____	Right Side R _____ WT _____	Left Side R _____ WT _____	Right Side R _____ WT _____	Left Side R _____ WT _____
	BREAK		BREAK		BREAK	
Frog Crunches	R _____	R _____	R _____	R _____	R _____	R _____
Oblique Crunches	RS _____ LS _____	RS _____ LS _____	RS _____ LS _____	RS _____ LS _____	RS _____ LS _____	RS _____ LS _____
COOLDOWN					REPS=R / WEIGHT=W	
EQUIPMENT NEEDED:						
Beachbody Mini-Mat		Dumbbells/Bands		Water/Towel		
NOTES						

21 day FIX™

WORKSHEET ● LOWER BODY FIX

*“If you’re tired of starting over,
stop giving up.”*

DATE/WEEK						
Side Back Lunge	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Squat Lunge Raise	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
	BREAK		BREAK		BREAK	
Curtsey Lunge	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Calf Raises	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
	BREAK		BREAK		BREAK	
Split Squats	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Sumo Squats	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
	BREAK		BREAK		BREAK	
Thigh Leg Lift	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Quad Raise	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
BONUS	RS ____	LS ____	RS ____	LS ____	RS ____	LS ____
COOLDOWN						REPS=R / WEIGHT=W
EQUIPMENT NEEDED:						
Beachbody Mini-Mat		Dumbbells/Bands		Water/Towel		
NOTES						

21 day FIX™

WORKSHEET • DIRTY 30

“Don’t wish for it. Work for it.”

DATE/WEEK						
Alt. Side Lunge	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Renegade Row	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
	BREAK		BREAK		BREAK	
Sumo Row	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Chest Fly Raise	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
	BREAK		BREAK		BREAK	
Squat Lat Raise	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Tricep Kickback	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
	BREAK		BREAK		BREAK	
Side Bend	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Side Plank Raise	Reps ____	Reps ____	Reps ____	Reps ____	Reps ____	Reps ____
BONUS	RS ____	LS ____	RS ____	LS ____	RS ____	LS ____
COOLDOWN	REPS=R / WEIGHT=W					
EQUIPMENT NEEDED:						
Beachbody Mini-Mat		Dumbbells/Bands			Water/Towel	
NOTES						

21 day FIX™

WORKSHEET ● PLYO FIX

"You can do anything."

DATE/WEEK						
Squat Jumps	R_____	R_____	R_____	R_____	R_____	R_____
1-Leg Squat Jump	Right Leg R_____	Left Leg R_____	Right Leg R_____	Left Leg R_____	Right Leg R_____	Left Leg R_____
	BREAK		BREAK		BREAK	
Tuck Jumps	R_____	R_____	R_____	R_____	R_____	R_____
Frog Jumps	R_____	R_____	R_____	R_____	R_____	R_____
	BREAK		BREAK		BREAK	
Burpee Push-up	R_____	R_____	R_____	R_____	R_____	R_____
Plyo Push-up	R_____	R_____	R_____	R_____	R_____	R_____
	BREAK		BREAK		BREAK	
Moguls	R_____	R_____	R_____	R_____	R_____	R_____
Skater Jumps	R_____	R_____	R_____	R_____	R_____	R_____
	BREAK		BREAK		BREAK	
Jumping Lunges	R_____	R_____	R_____	R_____	R_____	R_____
Twisted Lunges	R_____	R_____	R_____	R_____	R_____	R_____
	BREAK		BREAK		BREAK	
Full Hops	R_____	R_____	R_____	R_____	R_____	R_____
Sumo Jumps	R_____	R_____	R_____	R_____	R_____	R_____
COOLDOWN						REPS=R

21 day FIX™

WORKSHEET • UPPER BODY FIX

"It doesn't get easier, you get better."

DATE/WEEK						
Bent-Over Row	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Transverse Twist	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Push Ups	_____	_____	_____	_____	_____	_____
Plank	_____ sec.	_____ sec.	_____ sec.	_____ sec.	_____ sec.	_____ sec.
Curl/Press	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
	Round Two		Round Two		Round Two	
Lat Pullover	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Circle Sit-ups	_____	_____	_____	_____	_____	_____
Chest Press	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
Scissor Twist	_____	_____	_____	_____	_____	_____
Front Raise	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____	R ____ WT ____
COOLDOWN	REPS=R / WEIGHT=W					
EQUIPMENT NEEDED:						
Beachbody Mini-Mat		Dumbbells/Bands		Water/Towel		
NOTES						