

DATE / WEEK:

4/4/16

9/6/16

Warm-Up

Round 1 1-Leg Squat Sit	¹² 15 Reps L:W <u>12 12</u> R:W <u>12 12</u>	15 Reps L:W _____ R:W _____	13 reps 15 15 15 15
Round 2 1-Leg Bridge Pullover	15 Reps L:W <u>25 20</u> R:W <u>25 20</u>		20 20
Round 3 1-Leg Squat Deadlift	¹⁰ 15 Reps R:W <u>20 20</u> L:W <u>20 20</u>	15 Reps R:W _____ L:W _____	20 20 20 20
Round 4 Up-Down	15 Reps R:RP <u>13</u> L:RP <u>13</u>		15 15
Round 5 Split Squat Jump	15 Reps R:RP <u>15</u> L:RP <u>15</u>	15 Reps R:RP _____ L:RP _____	13 12 13 12
Round 6 Renegade Row Leg Lift	15 Reps R:W <u>20 20</u> L:W <u>20 20</u>	15 Reps R:W _____ L:W _____	20 ↑ 20 20 20
Round 7 1-Arm Press Bridge	15 Reps R:W <u>30 30</u> L:W <u>30 30</u>	15 Reps R:W _____ L:W _____	30 30 30 30
Round 8 Balance Row Pistol Squat	¹² 15 Reps R:W <u>15</u> L:W <u>15</u>	15 Reps R:W _____ L:W _____	12 reps 12 ∅ 12 ∅

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Stability Ball)
- Weights
- Beachbody® Core Comfort Mat*

*Optional

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DATE / WEEK:

9/10/16

Warm-Up

Round 1	60 Sec.		Round 2	60 Sec.
Bench Run Ups - L milk + step crate	35 30 45 Sec. 60s	Break	Bench Run Ups - L	_____ Sec.
Bench Run Ups - R milk + stairs crate	35 45 Sec. 60s		Bench Run Ups - R	_____ Sec.
Negative Pull-Ups + jump pulls	10 / 10 RP 5 / 30		Negative Pull-Ups	RP _____
Step-Up Cross Over - R bench	20 18 RP W 20 20		Step-Up Cross Over - R	RP _____ W _____
Step-Up Cross Over - L bench	20 18 RP W 20 20		Step-Up Cross Over - L	RP _____ W _____
Decline Push-Up	20 + 5 RP		Decline Push-Up	RP _____
1-Hand Row Leg Ext. - R	10 + 10 RP 30 30 W 20 20		1-Hand Row Leg Ext. - R	RP _____ W _____
1-Hand Row Leg Ext. - L	30 30 RP W 20 20		1-Hand Row Leg Ext. - L	RP _____ W _____
Incline Press	25 27 RP W 20 20		Incline Press	RP _____ W _____
Plank Hold Knee Taps	40 20 SLOW Sec. 60s		Plank Hold Knee Taps	_____ Sec.

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Stability Ball)
- Weights
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*
- Beachbody® Core Comfort Mat*

*Optional

DATE / WEEK:	9/13/16	9/29/16	10/14/16	10/30/16		
Warm-Up						
Round 1	30 Sec.	R	W	R	W	R
Squat	20 W X2	16	41 X2	12	41 X2	12
Front Back Lunge - R	30 W X2	8	35 X2	6	30 X2	6
Front Back Lunge - L	30 W X2	8	35 X2	6	30 X2	6
Step-Up - R	15 Sec. 35 W X2	8	25 X2	8	25 X2	8
Step-Up - L	35 W X2	8	25 X2	8	25 X2	8
Break						
Round 2	30 Sec.					
Pull-Up	RP 16	16	16	16	10+6	
Reverse Grip Row	30 W	16	30	16	30	14
Pullover	25 W X2	10	30 X2	8	30 X2	8
Reverse Fly	20 W	14	20 X2	16	20 X2	16
Break						
Round 3	15 Sec.					
1-Hand Push-Up - R	RP 12	12	12	12	12	
1-Hand Push-Up - L	RP 12	12	12	12	12	
Bench Fly	30 Sec. 20 W	12	20 X2	12	25 X2	10
Feet on Ball Push-Up	RP 16	16	16	16	16	
Incline Press	39 W	10	41 X2	10	41 X2	12
Break						
Round 4	30 Sec.					
Ball Military Press	25 W	12	30 X2	10	35 X2	10
Lateral Raise	12 W	15	12 X2	16	12 X2	16
Upright Row	30 W	10	30 X2	10	30 X2	10
Anterior Raise	12 W X2	10	12 X2	12	12 X2	12
Break						

RP = reps W = weight R = right L = left Sec = time

DATE / WEEK:	9/13/16	9/29/16	10/14/16	10/30/16	
Round 5	30 Sec.				
Standard Curl	<u>W 30 8</u>	30 8	35 5 30 3	35 8	
Hammer Curl	<u>W 25 6</u>	25 8	25 8	30 6	
	15 Sec.				
Concentration Curl - L	<u>W 15 10</u>	15 10	15 12	20 10	
Concentration Curl - R	<u>W 15 10</u>	15 10	15 12	20 10	
	30 Sec.				
Rotation Curl	<u>W 20 8</u>	20 10	20 10	25 5 20 5	
Break					
Round 6	30 Sec.				
Dips	<u>RP 30</u>	30	30	30	
Kickbacks - R	<u>W 20 16</u>	20 16	25 10	25 12	
Kickbacks - L	<u>W 20 16</u>	20 16	25 10	25 12	
Skull Crusher	<u>W 25 8</u>	25 ↓ 8 ↑	20 12	20 12	
Break					
Round 7	30 Sec.				
Ball Plank Hold	<u>30 Sec.</u>	30 s	45 s	45 s	
Ball Mountain Climber	<u>RP 30</u>	30	45	45	
Windshield Wipers - R	<u>RP 8 8</u>	8 8	8 8	8 8	
Windshield Wipers - L	<u>RP 8 8</u>	8 8	8 8	8 8	
Cooldown					

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Floor)
- Weights
- Medicine Ball
- B-LINES® Resistance Band (or Towel)
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*
- Beachbody® Core Comfort Mat*

*Optional

DATE / WEEK:

9/24/16 10/3/16 10/17/16 10/28/16

Warm-Up

Round 1

10 Reps

10 Reps

10 Reps

Squat

49 44 44
W _____

35 →
W _____

44 →
W _____

49 →

Bench Press

49 49 49
W _____ ↑

54 →
W _____

44 →
W incline

49 →

Reverse Grip Row

35 30 30
W _____

35 →
W _____

35 →
W _____

35 →

Break

Round 2

10 Reps

10 Reps

10 Reps

Lunge - R

35 30 30
W _____

35 →
W _____

35 25 25
W _____

35 →

Lunge - L

35 30 30
W _____

35 →
W _____

35 25 25
W _____

35 →

Incline Fly

25 25 25
W _____

25 →
W _____

25 →
W _____

25 →

Lat Pull Over

25 25 25
W _____
x2 ↑

54 →
W _____
x1

30 →
W _____
x2

30 →
x2

Break

Round 3

10 Reps

10 Reps

10 Reps

Step Down Cross Back - R

25 20 20
W bench

20 →
W bench

20 →
W _____

20 →

Step Down Cross Back - L

25 20 20
W bench

20 →
W _____

20 →
W _____

20 →

Incline Curl

25 30 25
W _____

30 25 25
W _____

30 30 30
W (8)

30 →

Bench Dips

40 30 30
RP _____

40 30 30
RP _____

40 30 30
RP _____

40 40 40

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Stability Ball)
- Weights

DATE / WEEK:

9/7/16 | 10/27/16

Warm-Up

Round 1

30 Sec.

Vertical Jump

RP 23 25

Burpee Pull-Up

RP 6 6

Leg In & Outs

RP 30 30

Plyo Push-Up Taps

RP 10 3 (shoulder)

Crazy Horse

RP 30 30

Chin-Up Crunch Squat Jump

RP 5 6

Knee Driver

RP 14 ~~10~~ 13 ~~10~~

W 8 10

Sumo Tuck Jump

RP 18 10

Lunge Lunge Squat

RP 10 11

Break

Round 2

30 Sec.

Vertical Jump

RP 25 25

Burpee Pull-Up

RP 6 6

Leg In & Outs

RP 32 30

Plyo Push-Up Taps

RP 6 ↑ 4 (shoulder)

Crazy Horse

RP 30 30

Chin-Up Crunch Squat Jump

RP 5 7

Knee Driver

RP 13 15

W 8 ~~10~~ 10

Sumo Tuck Jump

RP 15 20

Lunge Lunge Squat

RP 10 10

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Floor)
- Weights
- B-LINES® Resistance Band (or Towel)
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*

*Optional

DATE / WEEK: 9/15/16 9/21/16 9/27/16 10/25/16

Warm-Up

Round 1	60 Sec. W	8 Reps W	W	W
Reverse Lunge - R	RP _____ 24 44	24 44 ↓	24 35	24 44
Reverse Lunge - Heavy				
Reverse Lunge - L	RP _____ 24 44	24 39	24 35	24 44
Reverse Lunge - Heavy				
Push-Up	RP _____ 49 30 (10 R)	Ø 49	30 55	24 55
Bench Press - Heavy		w 12 R	10 R	
Squat	RP _____ 30 ↑ 25 (10 R)	25 49	25 55	24 55
Shoulder Squat - Heavy		w _____	30	
Pull-Up + Jump Pulls	RP _____ 10 + 20 JP	10 + 20 JP	12 + 25 JP	10 + 5 + 10 JP
Pullover - Heavy	49 (10 R)	50	30 x 2	30 x 2
Good Morning	RP _____ 10 44	20 44	20 46	20 24 46
Stiff Leg Deadlift - Heavy		w _____		
Chin-Up + Jump Pulls	RP _____ 15 + 15 JP	16 + 20 JP	16 + 20 JP	12 + 14 JP
1-Arm Row - R - Heavy	49	w 49 ↑	49	49 ↑
1-Arm Row - L - Heavy	49	w 49 ↑	49	49
Stay Low Sumo	RP _____ 30 79	30 79 ↑	30 84	30 84
Sumo Squat - Heavy		w 10 reps		
Band Military Press	RP _____ 30 35	30 red	30	30
Military Press - Heavy	red	w 35 ↑ 10 reps	39	39
Split Squat - R	RP _____ 25 35	25 35	25 35	25 35
Step-Up - R - Heavy bench		w _____		
Split Squat - L	RP _____ 25 35	25 35	25 35	25 35
Step-Up - L - Heavy bench		w _____		
Ledge Calf Raise	RP _____ 30 30	30 30	30 35	30 35
Calf Raise - Heavy	x 2	w x 2 12 reps	x 2	x 2

Cooldown RP = reps W = weight R = right L = left Sec = time

Equipment				
• Bench (or Stability Ball)				
• Weights				
• B-LINES® Resistance Band (or Towel)				
Tricep Dip	30	30 30	30 30	30 30
Tricep Kickback	25 ↑		1 arm	1 arm
Band Curl	40 red	40 red	40 red	40 red
Standing Curl	30	35 4 reps 30 4 reps	30 x 4 25 x 4	35 x 4 30 x 4



DATE / WEEK:

9/11/16 9/19/16 10/8/16 10/23/16

Warm-Up

Round 1	10 Reps	8 Reps	6 Reps	10 Reps	8 Reps	6 Reps
Bench Press	44 → ↑ 44 → W _____	49 → 49 → W _____	54 → 51 → W _____	59 → W _____	8 Reps W _____	6 Reps W _____
Squat	44 → 44 → W _____	35 → 35 → W _____	44 → 44 → W _____	44 → W _____	8 Reps W _____	6 Reps W _____
Reverse Grip Row	30 → 30 → W _____	30 → 30 → W _____	35 30 30 35 → W _____	35 → W _____	8 Reps W _____	6 Reps W _____

Break

Round 2	10 Reps	8 Reps	6 Reps	10 Reps	8 Reps	6 Reps
Incline Fly	25 → 25 → W _____	25 → 20 → W _____	25 25 20 20 → W _____	25 → W _____	8 Reps W _____	6 Reps W _____
Reverse Lunge	L R 25 → ↑ 25 → ↑ R:W _____	30 → 30 → R:W _____	35 → 35 → R:W _____	35 → L:W (R) L:W _____	8 Reps L:W _____	6 Reps L:W _____
Wide Pull-Up	10 8 6 10a 8a 6a RP _____	10 8 6 10a 8a 6a RP _____	10 10 10a 10 8 10a RP _____	10 10 6 RP _____	8 Reps RP _____	6 Reps RP _____

Break

Round 3	10 Reps	8 Reps	6 Reps	10 Reps	8 Reps	6 Reps
Military Press	30 → ↑ 30 → W _____	35 → 30 → W _____	35 → 30 → W _____	35 39 39 W _____	8 Reps W _____	6 Reps W _____
Split Squat	L R 20 → ↑ 20 → L:W _____	25 → 25 → L:W _____	25 → 25 → L:W _____	25 25 30 R:W (L) R:W _____	8 Reps R:W _____	6 Reps R:W _____
Post Delt Fly	L R 12 → ↑ 12 → R:W _____	15 → 15 → R:W _____	15 → 15 → R:W _____	15 → L:W _____	8 Reps L:W _____	6 Reps L:W _____

Cooldown

RP = reps W = weight R = right L = left Sec = time

Standing Curl 25 → 30 25 20 30 30 25

Equipment Hammer Curl 20 → 20 →

- Bench (or Stability Ball)
- Weights
- B-LINES® Resistance Band (or Towel)
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*

*Optional Tricep kickback L 20 → 20 → 20 →
R 20 → 20 → 20 →

DATE / WEEK:

9/28/16

10/12/16

10/22/16

10/26/16

Warm-Up

Round 1	60 Sec.		Round 2	60 Sec.
Over The Top <i>Bench / crate</i>	17 25 w/15 15	20 23 15 15 <i>crate</i>	Over The Top	W _____
Pull-Up + Chin Up <i>Jump Pulls</i>	10/20 RP 20	12/16 10a 10a	Pull-Up	RP _____
Dumbbell Swing	30 25 w/30 30	30 25 30 30	Dumbbell Swing	W _____
Figure 8	20 20 w/15 15	18 15 15 15	Figure 8	W _____
Burpee	16 16 RP	18 16 Break	Burpee	RP _____
Sword Pull - L	20 20 w/12 10	20 16 10 10	Sword Pull - L	W _____
Sword Pull - R	20 20 w/12 10	20 18 10 10	Sword Pull - R	W _____
Forearm Plank Kick <i>w/tap</i>	15 18 RP	18 18	Forearm Plank Kick	RP _____
Side Step-Up Kick - R	15 20 w/12 12	18 20 12 12	Side Step-Up Kick - R	W _____
Side Step-Up Kick - L	17 20 w/12 12	18 20 12 12	Side Step-Up Kick - L	W _____

*INSANITY
Pure Cardio*

*INSANITY
Cardio Power + Resistance*

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Floor)
- Weights
- Chin-Up Bar (or Bands with Door Attachment Kit)

- Chin-Up Max*
- Beachbody® Core Comfort Mat*

*Optional

DATE / WEEK:	9/17/16	10/11/16	10/21/16	
Warm-Up				
Round 1	12 Reps	12 Reps		
Clock Push-Up Crunch	12 12 RP _____	12 12 12 12 RP _____		
Side Lunge Row	16 16 W _____	20 20 20 20 W _____		
Break				
Round 2	12 Reps	12 Reps		
Fly Lunge Twist	5 5 W _____	5 5 5 5 W _____		
Sumo Squat Press	20 20 W _____	20 20 20 15 W _____		
Break				
Round 3	12 Reps	12 Reps		
Burpee Renegade Upright Row	10 reps 10 10 W _____	9R 9R 15 15 W _____	(back) no weight	
Stiff Leg Deadlift Crunch	20 20 W _____	20 20 20 20 W _____		
Break				
Round 4	12 Reps	12 Reps		
Plank Raise Tap Crunch	12 12 RP _____	12 12 12 12 RP _____		
Reverse Lunge Curl Kickback	15 10 W _____ 9R 10R	15 ↓ 12 W _____ 10R	15 10 12R	
Cooldown				

RP = reps W = weight R = right L = left Sec = time

Equipment

- Weights
- B-LINES® Resistance Band (or Towel)

DATE / WEEK:

9/8/16

9/25/16

10/19/16

Warm-Up

Round 1	10 Reps	10 Sec.	10 Reps	10 Sec.	10 Reps	10 Sec.
Sumo Squat	W <u>35 x 2</u>	Hold 10 Sec.	W <u>35 x 2</u>	Hold 10 Sec.	W <u>35 x 2</u>	Hold 10 Sec.
Push-Up	RP <u>20 + 10K</u>	Hold 10 Sec.	RP <u>20 + 10K</u>	Hold 10 Sec.	RP <u>20 + 10K</u>	Hold 10 Sec.
Split Squat - R	W <u>12 12 ∅</u>	Hold 10 Sec.	W <u>12 12 ∅</u>	Hold 10 Sec.	W <u>12 12 ∅</u>	Hold 10 Sec.
Split Squat - L	W <u>12 12 ∅</u>	Hold 10 Sec.	W <u>12 12 ∅</u>	Hold 10 Sec.	W <u>12 12 ∅</u>	Hold 10 Sec.
Pull-Up	RP <u>10 6 5</u> no hold	Hold 10 Sec.	RP <u>10 6 5</u> no hold	Hold 10 Sec.	RP <u>10 10 8</u> no hold	Hold 10 Sec.
Step-Up Side Hold - R	W <u>20 20 15</u>	Hold 10 Sec.	W <u>20 20 15</u>	Hold 10 Sec.	W <u>20 20 20</u>	Hold 10 Sec.
Step-Up Side Hold - L	W <u>20 20 15</u>	Hold 10 Sec.	W <u>20 20 15</u>	Hold 10 Sec.	W <u>20 20 20</u>	Hold 10 Sec.
1-Arm Row - L	W <u>20</u>	Hold 10 Sec.	W <u>20</u>	Hold 10 Sec.	W <u>20</u>	Hold 10 Sec.
1-Arm Row - R	W <u>20</u>	Hold 10 Sec.	W <u>20</u>	Hold 10 Sec.	W <u>20</u>	Hold 10 Sec.
Sit-Up C-Curve	W <u>12</u>	Hold 10 Sec.	W <u>12</u>	Hold 10 Sec.	W <u>12</u>	Hold 10 Sec.
Lateral Raise	W <u>8</u>	Hold 10 Sec.	W <u>8</u>	Hold 10 Sec.	W <u>8</u>	Hold 10 Sec.

RP = reps W = weight R = right L = left Sec = time

Equipment	Bicep Curl 15	15	—
	Tricep Kickback 10 ↓	8	—

- Bench (or Floor)
- Weights
- Chin-Up Bar (or Bands with Door Attachment Kit)

- Chin-Up Max*
- Beachbody® Core Comfort Mat*

*Optional

DATE / WEEK:

9/9/16 10/1/16 10/16/16 10/18/16

Warm-Up

Round 1	10 Reps	10 Fast Reps	S F H	S F H
Push-Up	10 10 10 RP	10 10 10 RP	10 10 -	10 10 10
Static Lunge - L	15 15 30 W	15 15 30 W	20 20 -	20 20 25
Static Lunge - R	15 15 30 W	15 15 30 W	20 20 -	20 20 25
Chin-Ups	10 6 6 RP	10 10 10 RP	10 6 -	10 10 10
Deadlift	15 15 30 W	15 15 30 W	20 20 -	20 20 30
Side Lateral Raise	10 10 15 W	10 10 15 W	10 10 -	10 10 15
Sumo Squat	35 35 53 W	35 35 70 W	35 35 -	35 35 70
Rear Delt Cross Fly	10r 10r 15 RP W Red	10r 10r 15 RP W Red/15	10 10 -	10 10 15 Red
Pistol Squat - L	12 12 20 W	15 15 - W	15 15 -	12 12 20
Pistol Squat - R	12 12 20 W	15 15 - W	15 15 -	12 12 20
Curl Face Down	15 15 25 W	15 15 25 W	15 15 -	15 15 25
Calf Raises	10 10 10 RP W - 20	10r 10r 20 RP W	10 10 -	10 10 25
Tricep Kickback Twist	10 10 20 W	10 10 20 W	12 12 -	12 12 20

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Bench (or Stability Ball)
- Weights
- B-LINES® Resistance Band (or Towel)

- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*

Add 10 Reps Heavy (no ↑ heavy)

*Optional

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DATE / WEEK:	9/6/16	9/26/16	10/5/16	10/15/16	
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Warm-Up

Round 1	13 15 Reps	15 Reps			
1-Leg Squat Sit	L:W 15 15 R:W 15 15	L:W 15 15 R:W 15 15	15 15 15 15	15 15 15 15	
Round 2	15 Reps				
1-Leg Bridge Pullover	L:W 20 R:W 20	25 25	25 25	25 ↑ 30	
Round 3	15 Reps	15 Reps			
1-Leg Squat Deadlift	R:W 20 20 L:W 20 20	R:W 20 20 L:W 20 20	20 20 20 20	20 20 20 20	
Round 4	15 Reps				
Up-Down	R:RP 15 L:RP 15	15 15 Floor	15 15 Floor	15 15 Floor	
Round 5	15 Reps	15 Reps			
Split Squat Jump	R:RP 13 12 L:RP 13 12	R:RP 15 15 L:RP 15 15 crate	15 15 15 15 crate	15 15 15 15 crate	
Round 6	15 Reps	15 Reps			
Renegade Row Leg Lift	R:W 20 20 ↑ L:W 20 20	R:W 25 25 L:W 25 25	25 30 25 30	30 30 30 30	
Round 7	15 Reps	15 Reps			
1-Arm Press Bridge	R:W 30 30 L:W 30 30	R:W 30 30 L:W 30 30	30 ↑ 30 30 30	35 35 35 35	
Round 8	12 15 Reps	12 15 Reps			
Balance Row Pistol Squat	R:W 12 ∅ L:W 12 ∅	R:W 12 ∅ L:W 12 ∅	12 ∅ 12 ∅	12 ∅ 12 ∅	

Cooldown RP = reps W = weight R = right L = left Sec = time

- Equipment**
- Bench (or Stability Ball)
 - Weights
 - Beachbody® Core Comfort Mat*

*Optional



DATE / WEEK:

9/16/16 10/6/16

Warm-Up

Round 1	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.
Ball Squat Jumps	W 10 12 x1	Hold 4 Sec.	W 12 x1	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
Squat - Heavy	10 Reps W 49		49					
Upright Row	W 25	Hold 4 Sec.	W 25	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
Pull-Up	10 Reps RP 10		10					
Hanging Knee Curl	16 Reps RP 11 ↑		16					
Ball Plyo Lunge - R	W 12 x1	Hold 4 Sec.	W 12 x1	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
Lunge - R - Heavy	10 Reps W 35		35					
Ball Plyo Lunge - L	W 12 x1	Hold 4 Sec.	W 12 x1	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
Lunge - L - Heavy	10 Reps W 35		35					
Plyo Push-Up	RP 16	Hold 4 Sec.	RP 16	Hold 4 Sec.	RP _____	Hold 4 Sec.	RP _____	Hold 4 Sec.
Chest Press - Heavy	10 Reps W 49		49					
Half Spiderman	16 Reps RP 16		16					
Ball Sumo Plyo	W 12 x1	Hold 4 Sec.	W 10 12 x1	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
Sumo Squat - Heavy	10 Reps W 69	35 x2	69					

RP = reps W = weight R = right L = left Sec = time

Continued next page

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DATE / WEEK:	9/16/16		10/6/16					
	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.
Ball Push Press	w <u>12</u> x1	Hold 4 Sec.	w <u>12</u> x1	Hold 4 Sec.	w _____	Hold 4 Sec.	w _____	Hold 4 Sec.
Military Press - Heavy	10 Reps w <u>30</u>		35					
Ball Seated Toe Tap	12 rep 16 Reps w <u>8 #</u>		8#					
Ball Knee Drivers - L	w <u>12</u> x1	Hold 4 Sec.	w <u>12</u> x1	Hold 4 Sec.	w _____	Hold 4 Sec.	w _____	Hold 4 Sec.
Side Step-Up - L - Heavy	10 Reps w <u>25</u>		25					
Ball Knee Drivers - R	w <u>12</u> x1	Hold 4 Sec.	w <u>12</u> x1	Hold 4 Sec.	w _____	Hold 4 Sec.	w _____	Hold 4 Sec.
Side Step-Up - R - Heavy	10 Reps w <u>25</u>		25					
Bicep Curls	w <u>20</u>	Hold 4 Sec.	w <u>20</u>	Hold 4 Sec.	w _____	Hold 4 Sec.	w _____	Hold 4 Sec.
Bicep Curls - Heavy	10 Reps w <u>25</u>		25					
Tricep Kickbacks	w <u>12</u>	Hold 4 Sec.	w <u>12</u>	Hold 4 Sec.	w _____	Hold 4 Sec.	w _____	Hold 4 Sec.
Tricep Kickbacks - Heavy	10 Reps w <u>20</u>		20					
Cooldown					RP = reps W = weight R = right L = left Sec = time			

Equipment

- Bench (or Floor)
- Weights
- Medicine Ball
- Chin-Up Bar (or Bands with Door Attachment Kit)
- Chin-Up Max*

*Optional

DATE / WEEK:

10/4/16

Warm-Up

Round 1

10 Reps

Overhead Press - Light

w 20

Overhead Press - Medium

w 25 ↓

Squat - Light

w 15

Squat - Medium

w 20

Thruster - Light

w 12

Thruster - Medium

w 15

5 Reps

Jerk Press - L - Light

w 12

Jerk Press - R - Light

w 12

Jerk Press - L - Medium

w 15

Jerk Press - R - Medium

w 15

10 Reps

Deadlift - Light

w 15

Deadlift - Medium

w 20

Shrug - Light

w 15

Shrug w/Ext. - Medium

w 20

Upright Row - Light

w 15

Full Upright Row - Medium

w 20

Clean - Light

w 15

Full Range Clean - Medium

w 20

Break

RP = reps W = weight R = right L = left Sec = time

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DATE / WEEK:

10/4/16

Round 2

Clean & Press - Light	10 Reps w 15
Clean & Press - Heavy	5 Reps w 25
Clean & Squat - Light	10 Reps w 15
Clean & Squat - Heavy	5 Reps w 25
Clean Squat Press - Light	10 Reps w 15
Clean Squat Press - Heavy elbows in	5 Reps 25 w 20
Clean Squat Jerk - L - Light	5 Reps w 15
Clean Squat Jerk - R - Light	5 Reps w 15
Clean Squat Jerk - Heavy	5 Reps w 25
1-Arm Clean Squat Jerk - L - Light	10 Reps w 15
1-Arm Clean Squat Jerk - L - Heavy	5 Reps w 25
1-Arm Clean Squat Jerk - R - Light	10 Reps w _____
1-Arm Clean Squat Jerk - R - Heavy	5 Reps w _____

Cooldown

RP = reps W = weight R = right L = left Sec = time

Equipment

- Weights
- B-LINES® Resistance Band (or Towel)