



All About Arms										
52 Mins										
DATE / WEEK										
Warm-Up										
Round 1	1	Shoulder Press	W	R	W	R	W	R	W	R
	2	Standing Biceps Curl	W	R	W	R	W	R	W	R
	3	Skull Crushers	W	R	W	R	W	R	W	R
	4	Shoulder Press	W	R	W	R	W	R	W	R
	5	Standing Biceps Curl	W	R	W	R	W	R	W	R
	6	Skull Crushers	W	R	W	R	W	R	W	R
Round 2	7	Alternating Arnold Press	W	R	W	R	W	R	W	R
	8	Hammer Curls	W	R	W	R	W	R	W	R
	9	Standing Tricep Extension	W	R	W	R	W	R	W	R
	10	Alternating Arnold Press	W	R	W	R	W	R	W	R
	11	Hammer Curls	W	R	W	R	W	R	W	R
	12	Standing Tricep Extension	W	R	W	R	W	R	W	R
STOP OPTION 28:23 - 28:47										
Round 3	13	Seated Shoulder Press	W	R	W	R	W	R	W	R
	14	Standing Dumbbell Flys	W	R	W	R	W	R	W	R
	15	Tate Press	W	R	W	R	W	R	W	R
	16	Seated Shoulder Press	W	R	W	R	W	R	W	R
	17	Standing Dumbbell Flys	W	R	W	R	W	R	W	R
	18	Tate Press	W	R	W	R	W	R	W	R
Bonus Round	19	Lateral Shoulder Raise Drop Set	W W W W	R R R R	W W W W	R R R R	W W W W	R R R R	W W W W	R R R R
	20	Crazy Eights	W	R	W	R	W	R	W	R
	21	Seesaw Plank w/Sphinx Push-Up	W	R	W	R	W	R	W	R
Cool Down 49:28 - 52:01										

Suggested Equipment: Dumbbells/Bands, Mat/Soft Surface, Towel and Water



Core Meltdown					
18 Mins					
DATE / WEEK					
Warm-Up					
1	Double Heel Taps	R	R	R	R
2	Plank Shrugs	R	R	R	R
3	Straight Leg Bicycle	R	R	R	R
4	Boat Press to L Sit	R W	R W	R W	R W
5	Up Down Climbers	R	R	R	R
6	Swimmers	R	R	R	R
7	Knee to Elbow Crunch	R	R	R	R
8	Atomic Sit Up Sit Up	R W	R W	R W	R W
9	X Plank Lift	R	R	R	R
10	Dumbbell Crunch	L	R W	R W	R W
		R	R W	R W	R W
11	Seesaw Plank	R	R	R	R
12	Straddle Crunch	L	R	R	R
		R	R	R	R
13	Plank Callouts	R	R	R	R
14	Dumbbell Up and Over Boat	R	R	R	R
Cool Down 15:29 - 17:38					

Suggested Equipment: Mat / Soft Surface, Dumbbells, Towel and Water



Legs Ga-Lore-ious											
48 Mins											
DATE / WEEK											
Warm-Up											
Round 1	1	Banded Leg Extension	R		R		R		R		
	2	Dumbbell Log Squat	W	R	W	R	W	R	W	R	
	3	Lunge Kick Back	L	W	R	W	R	W	R	W	R
			R	W	R	W	R	W	R	W	R
Round 2	4	Lateral Bear Crawl Kick Back	R		R		R		R		
	5	Transformer Jump Squat / Climber Climber Jack Jump Squat	R		R		R		R		
	6	Single Leg Dumbbell Deadlift to Lunge	W	R	W	R	W	R	W	R	
Round 3	7	Lateral Ape Jump to Burpee	R		R		R		R		
	8	Squat Shuffle Squat	R		R		R		R		
	9	Overhead Squats	W	R	W	R	W	R	W	R	
STOP OPTION 21:22 - 22:21											
Round 4	10	Up Down Butt Runner	R		R		R		R		
	11	Box Squat Pistol Jumps	L	R	R		R		R		
			R	R	R		R		R		
Round 5	12	Lateral Lunge to Regular Lunge	L	R	R		R		R		
			R	R	R		R		R		
Round 5	13	Romanian Deadlifts	W	R	W	R	W	R	W	R	
	14	Weighted Step Ups	W	R	W	R	W	R	W	R	
	15	Single Leg Bridge	L	R	R		R		R		
			R	R	R		R		R		
STOP OPTION 34:25 - 34:39											
Round 6	16	Bulgarian Split Squats	L	W	R	W	R	W	R	W	R
			R	W	R	W	R	W	R	W	R
	17	Jump Lunge w/Pulse	R		R		R		R		
Round 7	18	Sumo Deadlift	W	R	W	R	W	R	W	R	
	19	Curtsy Lunge to Skater	R		R		R		R		
	20	Hip Thrusts	W	R	W	R	W	R	W	R	
	21	Lateral Burpee	R		R		R		R		
Cool Down 43:29 - 47:44											

Suggested Equipment: Dumbbells/Bands, Bench/Chair, Towel and Water



Primal Push Pull										
61 Mins										
DATE / WEEK										
Warm-Up										
Round 1	1	Floor Press	W	R	W	R	W	R	W	R
	2	Wide Grip Pull-Up	R		R		R		R	
	3	Floor Press	W	R	W	R	W	R	W	R
	4	Wide Grip Pull-Up	R		R		R		R	
	5	Max Reps: Standard Push-Up	R		R		R		R	
Round 2	6	Alternating Floor Press	W	R	W	R	W	R	W	R
	7	Close Grip Pull-Up	R		R		R		R	
	8	Alternating Floor Press	W	R	W	R	W	R	W	R
	9	Close Grip Pull-Up	R		R		R		R	
	10	Max Reps: Wide Push-Up	R		R		R		R	
Round 3	11	Pinch Press	W	R	W	R	W	R	W	R
	12	Alternating Bent Over Row	W	R	W	R	W	R	W	R
	13	Pinch Press	W	R	W	R	W	R	W	R
	14	Alternating Bent Over Row	W	R	W	R	W	R	W	R
	15	Max Reps: Pike Press Push-Up	R		R		R		R	
STOP OPTION 32:53 - 34:33										
Round 4	16	Close Grip Press	W	R	W	R	W	R	W	R
	17	Sumo Deadlift High Pulls	W	R	W	R	W	R	W	R
	18	Close Grip Press	W	R	W	R	W	R	W	R
	19	Sumo Deadlift High Pulls	W	R	W	R	W	R	W	R
	20	Max Reps: Military Push-Up	R		R		R		R	
Round 5	19	Floor Flys	W	R	W	R	W	R	W	R
	20	Reverse Flys	W	R	W	R	W	R	W	R
	21	Floor Flys	W	R	W	R	W	R	W	R
	23	Reverse Flys	W	R	W	R	W	R	W	R
	24	Max Reps: Plyometric Push-Up	R		R		R		R	
Cool Down 56:55 - 1:00:34										

Suggested Equipment: Dumbbells/Bands, Pull-Up Bar, Power Stands, Mat, Towel and Water