

DATE / WEEK:

**Warm-Up**

<b>Round 1</b> 1-Leg Squat Sit	<b>15 Reps</b> L:W _____ R:W _____	<b>15 Reps</b> L:W _____ R:W _____	
<b>Round 2</b> 1-Leg Bridge Pullover	<b>15 Reps</b> L:W _____ R:W _____		
<b>Round 3</b> 1-Leg Squat Deadlift	<b>15 Reps</b> R:W _____ L:W _____	<b>15 Reps</b> R:W _____ L:W _____	
<b>Round 4</b> Up-Down	<b>15 Reps</b> R:RP _____ L:RP _____		
<b>Round 5</b> Split Squat Jump	<b>15 Reps</b> R:RP _____ L:RP _____	<b>15 Reps</b> R:RP _____ L:RP _____	
<b>Round 6</b> Renegade Row Leg Lift	<b>15 Reps</b> R:W _____ L:W _____	<b>15 Reps</b> R:W _____ L:W _____	
<b>Round 7</b> 1-Arm Press Bridge	<b>15 Reps</b> R:W _____ L:W _____	<b>15 Reps</b> R:W _____ L:W _____	
<b>Round 8</b> Balance Row Pistol Squat	<b>15 Reps</b> R:W _____ L:W _____	<b>15 Reps</b> R:W _____ L:W _____	

**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:

**Warm-Up**

Round 1	10 Reps	8 Reps	6 Reps	10 Reps	8 Reps	6 Reps
Bench Press	W_____	W_____	W_____	W_____	W_____	W_____
Squat	W_____	W_____	W_____	W_____	W_____	W_____
Reverse Grip Row	W_____	W_____	W_____	W_____	W_____	W_____

**Break**

Round 2	10 Reps	8 Reps	6 Reps	10 Reps	8 Reps	6 Reps
Incline Fly	W_____	W_____	W_____	W_____	W_____	W_____
Reverse Lunge	R:W_____	R:W_____	R:W_____	L:W_____	L:W_____	L:W_____
Wide Pull-Up	RP_____	RP_____	RP_____	RP_____	RP_____	RP_____

**Break**

Round 3	10 Reps	8 Reps	6 Reps	10 Reps	8 Reps	6 Reps
Military Press	W_____	W_____	W_____	W_____	W_____	W_____
Split Squat	L:W_____	L:W_____	L:W_____	R:W_____	R:W_____	R:W_____
Post Delt Fly	R:W_____	R:W_____	R:W_____	L:W_____	L:W_____	L:W_____

**Cooldown**

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**Equipment**

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

\*Optional

DATE / WEEK:

**Warm-Up**

Round 1	12 Reps	12 Reps	
Clock Push-Up Crunch	RP _____	RP _____	
Side Lunge Row	W _____	W _____	

**Break**

Round 2	12 Reps	12 Reps	
Fly Lunge Twist	W _____	W _____	
Sumo Squat Press	W _____	W _____	

**Break**

Round 3	12 Reps	12 Reps	
Burpee Renegade Upright Row	W _____	W _____	
Stiff Leg Deadlift Crunch	W _____	W _____	

**Break**

Round 4	12 Reps	12 Reps	
Plank Raise Tap Crunch	RP _____	RP _____	
Reverse Lunge Curl Kickback	W _____	W _____	

**Cooldown**

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**Equipment**

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

DATE / WEEK:

## Warm-Up

### Round 1

**30 Sec.**

Vertical Jump

RP \_\_\_\_\_

Burpee Pull-Up

RP \_\_\_\_\_

Leg In & Outs

RP \_\_\_\_\_

Plyo Push-Up Taps

RP \_\_\_\_\_

Crazy Horse

RP \_\_\_\_\_

Chin-Up Crunch Squat Jump

RP \_\_\_\_\_

Knee Driver

RP \_\_\_\_\_

W \_\_\_\_\_

Sumo Tuck Jump

RP \_\_\_\_\_

Lunge Lunge Squat

RP \_\_\_\_\_

## Break

### Round 2

**30 Sec.**

Vertical Jump

RP \_\_\_\_\_

Burpee Pull-Up

RP \_\_\_\_\_

Leg In & Outs

RP \_\_\_\_\_

Plyo Push-Up Taps

RP \_\_\_\_\_

Crazy Horse

RP \_\_\_\_\_

Chin-Up Crunch Squat Jump

RP \_\_\_\_\_

Knee Driver

RP \_\_\_\_\_

W \_\_\_\_\_

Sumo Tuck Jump

RP \_\_\_\_\_

Lunge Lunge Squat

RP \_\_\_\_\_

## Cooldown

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

## Equipment

- Bench (or Floor)
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\*Optional

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DATE / WEEK:

**Warm-Up**

Round 1	10 Reps	10 Fast Reps	
Push-Up	RP _____	RP _____	
Static Lunge – L	W _____	W _____	
Static Lunge – R	W _____	W _____	
Chin-Ups	RP _____	RP _____	
Deadlift	W _____	W _____	
Side Lateral Raise	W _____	W _____	
Sumo Squat	W _____	W _____	
Rear Delt Cross Fly	RP _____ W _____	RP _____ W _____	
Pistol Squat – L	W _____	W _____	
Pistol Squat – R	W _____	W _____	
Curl Face Down	W _____	W _____	
Calf Raises	RP _____ W _____	RP _____ W _____	
Tricep Kickback Twist	W _____	W _____	

**Cooldown**

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**Warm-Up**

Round 1	60 Sec.	8 Reps	
Reverse Lunge – R	RP _____		
Reverse Lunge – Heavy		W _____	
Reverse Lunge – L	RP _____		
Reverse Lunge – Heavy		W _____	
Push-Up	RP _____		
Bench Press – Heavy		W _____	
Squat	RP _____		
Shoulder Squat – Heavy		W _____	
Pull-Up	RP _____		
Pullover – Heavy		W _____	
Good Morning	RP _____		
Stiff Leg Deadlift – Heavy		W _____	
Chin-Up	RP _____		
1-Arm Row – R – Heavy		W _____	
1-Arm Row – L – Heavy		W _____	
Stay Low Sumo	RP _____		
Sumo Squat – Heavy		W _____	
Band Military Press	RP _____		
Military Press – Heavy		W _____	
Split Squat – R	RP _____		
Step-Up – R – Heavy		W _____	
Split Squat – L	RP _____		
Step-Up – L – Heavy		W _____	
Ledge Calf Raise	RP _____		
Calf Raise – Heavy		W _____	

**Cooldown**

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**Warm-Up**

Round 1	60 Sec.		Round 2	60 Sec.
Over The Top	W_____	<b>Break</b>	Over The Top	W_____
Pull-Up	RP_____		Pull-Up	RP_____
Dumbbell Swing	W_____		Dumbbell Swing	W_____
Figure 8	W_____		Figure 8	W_____
Burpee	RP_____		Burpee	RP_____
Sword Pull - L	W_____		Sword Pull - L	W_____
Sword Pull - R	W_____		Sword Pull - R	W_____
Forearm Plank Kick	RP_____		Forearm Plank Kick	RP_____
Side Step-Up Kick - R	W_____		Side Step-Up Kick - R	W_____
Side Step-Up Kick - L	W_____		Side Step-Up Kick - L	W_____

**Cooldown**

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

**Equipment**

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- Weights
- Chin-Up Bar (or Bands with Door Attachment Kit)
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- Beachbody® Core Comfort Mat\*

\*Optional

DATE / WEEK:

**Warm-Up**

Round 1	60 Sec.		Round 2	60 Sec.
Bench Run Ups – L	_____ Sec.	<b>Break</b>	Bench Run Ups – L	_____ Sec.
Bench Run Ups – R	_____ Sec.		Bench Run Ups – R	_____ Sec.
Negative Pull-Ups	RP _____		Negative Pull-Ups	RP _____
Step-Up Cross Over – R	RP _____ W _____		Step-Up Cross Over – R	RP _____ W _____
Step-Up Cross Over – L	RP _____ W _____		Step-Up Cross Over – L	RP _____ W _____
Decline Push-Up	RP _____		Decline Push-Up	RP _____
1-Hand Row Leg Ext. – R	RP _____ W _____		1-Hand Row Leg Ext. – R	RP _____ W _____
1-Hand Row Leg Ext. – L	RP _____ W _____		1-Hand Row Leg Ext. – L	RP _____ W _____
Incline Press	RP _____ W _____		Incline Press	RP _____ W _____
Plank Hold Knee Taps	_____ Sec.		Plank Hold Knee Taps	_____ Sec.

**Cooldown**

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

**Equipment**

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\*Optional



DATE / WEEK:

**Warm-Up**

Round 1	10 Reps	10 Sec.	10 Reps	10 Sec.	10 Reps	10 Sec.
Sumo Squat	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Push-Up	RP _____	Hold 10 Sec.	RP _____	Hold 10 Sec.	RP _____	Hold 10 Sec.
Split Squat – R	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Split Squat – L	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Pull-Up	RP _____	Hold 10 Sec.	RP _____	Hold 10 Sec.	RP _____	Hold 10 Sec.
Step-Up Side Hold – R	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Step-Up Side Hold – L	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
1-Arm Row – L	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
1-Arm Row – R	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Sit-Up C-Curve	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.
Lateral Raise	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.	W _____	Hold 10 Sec.

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

**Equipment**

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\*Optional

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DATE / WEEK:

**Warm-Up**

<b>Round 1</b>	<b>30 Sec.</b>	
Squat	W_____	
Front Back Lunge - R	W_____	
Front Back Lunge - L	W_____	
	<b>15 Sec.</b>	
Step-Up - R	W_____	
Step-Up - L	W_____	

**Break**

<b>Round 2</b>	<b>30 Sec.</b>	
Pull-Up	RP_____	
Reverse Grip Row	W_____	
Pullover	W_____	
Reverse Fly	W_____	

**Break**

<b>Round 3</b>	<b>15 Sec.</b>	
1-Hand Push-Up - R	RP_____	
1-Hand Push-Up - L	RP_____	
	<b>30 Sec.</b>	
Bench Fly	W_____	
Feet on Ball Push-Up	RP_____	
Incline Press	W_____	

**Break**

<b>Round 4</b>	<b>30 Sec.</b>	
Ball Military Press	W_____	
Lateral Raise	W_____	
Upright Row	W_____	
Anterior Raise	W_____	

**Break**

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

Continued next page

DATE / WEEK:

**Round 5**

**30 Sec.**

Standard Curl

W\_\_\_\_\_

Hammer Curl

W\_\_\_\_\_

**15 Sec.**

Concentration Curl - L

W\_\_\_\_\_

Concentration Curl - R

W\_\_\_\_\_

**30 Sec.**

Rotation Curl

W\_\_\_\_\_

Break

**Round 6**

**30 Sec.**

Dips

RP\_\_\_\_\_

Kickbacks - R

W\_\_\_\_\_

Kickbacks - L

W\_\_\_\_\_

Skull Crusher

W\_\_\_\_\_

Break

**Round 7**

**30 Sec.**

Ball Plank Hold

\_\_\_\_\_Sec.

Ball Mountain Climber

RP\_\_\_\_\_

Windshield Wipers - R

RP\_\_\_\_\_

Windshield Wipers - L

RP\_\_\_\_\_

Cooldown

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

**Equipment**

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- Weights
- Medicine Ball
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\*Optional

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DATE / WEEK:

**Warm-Up**

Round 1	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.
Ball Squat Jumps	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.
Squat – Heavy	10 Reps W_____							
Upright Row	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.
Pull-Up	10 Reps RP_____							
Hanging Knee Curl	16 Reps RP_____							
Ball Plyo Lunge – R	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.
Lunge – R – Heavy	10 Reps W_____							
Ball Plyo Lunge – L	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.
Lunge – L – Heavy	10 Reps W_____							
Plyo Push-Up	RP_____	Hold 4 Sec.	RP_____	Hold 4 Sec.	RP_____	Hold 4 Sec.	RP_____	Hold 4 Sec.
Chest Press – Heavy	10 Reps W_____							
Half Spiderman	16 Reps RP_____							
Ball Sumo Plyo	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.	W_____	Hold 4 Sec.
Sumo Squat – Heavy	10 Reps W_____							

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

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	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.	4 Reps	4 Sec.
<b>Ball Push Press</b>	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
<b>Military Press – Heavy</b>	<b>10 Reps</b> W _____							
<b>Ball Seated Toe Tap</b>	<b>16 Reps</b> W _____							
<b>Ball Knee Drivers – L</b>	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
<b>Side Step-Up – L – Heavy</b>	<b>10 Reps</b> W _____							
<b>Ball Knee Drivers – R</b>	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
<b>Side Step-Up – R – Heavy</b>	<b>10 Reps</b> W _____							
<b>Bicep Curls</b>	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
<b>Bicep Curls – Heavy</b>	<b>10 Reps</b> W _____							
<b>Tricep Kickbacks</b>	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.	W _____	Hold 4 Sec.
<b>Tricep Kickbacks – Heavy</b>	<b>10 Reps</b> W _____							

Cooldown

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

**Equipment**

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

\*Optional

DATE / WEEK:

**Warm-Up**

**Round 1**

**10 Reps**

Overhead Press - Light

W \_\_\_\_\_

Overhead Press - Medium

W \_\_\_\_\_

Squat - Light

W \_\_\_\_\_

Squat - Medium

W \_\_\_\_\_

Thruster - Light

W \_\_\_\_\_

Thruster - Medium

W \_\_\_\_\_

**5 Reps**

Jerk Press - L - Light

W \_\_\_\_\_

Jerk Press - R - Light

W \_\_\_\_\_

Jerk Press - L - Medium

W \_\_\_\_\_

Jerk Press - R - Medium

W \_\_\_\_\_

**10 Reps**

Deadlift - Light

W \_\_\_\_\_

Deadlift - Medium

W \_\_\_\_\_

Shrug - Light

W \_\_\_\_\_

Shrug w/Ext. - Medium

W \_\_\_\_\_

Upright Row - Light

W \_\_\_\_\_

Full Upright Row - Medium

W \_\_\_\_\_

Clean - Light

W \_\_\_\_\_

Full Range Clean - Medium

W \_\_\_\_\_

**Break**

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

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DATE / WEEK:

<b>Round 2</b>		
Clean & Press – Light	<b>10 Reps</b> W _____	
Clean & Press – Heavy	<b>5 Reps</b> W _____	
Clean & Squat – Light	<b>10 Reps</b> W _____	
Clean & Squat – Heavy	<b>5 Reps</b> W _____	
Clean Squat Press – Light	<b>10 Reps</b> W _____	
Clean Squat Press – Heavy	<b>5 Reps</b> W _____	
Clean Squat Jerk – L – Light	<b>5 Reps</b> W _____	
Clean Squat Jerk – R – Light	<b>5 Reps</b> W _____	
Clean Squat Jerk – Heavy	<b>5 Reps</b> W _____	
1-Arm Clean Squat Jerk – L – Light	<b>10 Reps</b> W _____	
1-Arm Clean Squat Jerk – L – Heavy	<b>5 Reps</b> W _____	
1-Arm Clean Squat Jerk – R – Light	<b>10 Reps</b> W _____	
1-Arm Clean Squat Jerk – R – Heavy	<b>5 Reps</b> W _____	
<b>Cooldown</b>		<b>RP = reps W = weight R = right L = left Sec = time</b>

**Equipment**

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

DATE / WEEK:

**Warm-Up**

Round 1	10 Reps	10 Reps	10 Reps	
Squat	W_____	W_____	W_____	
Bench Press	W_____	W_____	W_____	
Reverse Grip Row	W_____	W_____	W_____	

**Break**

Round 2	10 Reps	10 Reps	10 Reps	
Lunge - R	W_____	W_____	W_____	
Lunge - L	W_____	W_____	W_____	
Incline Fly	W_____	W_____	W_____	
Lat Pull Over	W_____	W_____	W_____	

**Break**

Round 3	10 Reps	10 Reps	10 Reps	
Step Down Cross Back - R	W_____	W_____	W_____	
Step Down Cross Back - L	W_____	W_____	W_____	
Incline Curl	W_____	W_____	W_____	
Bench Dips	RP_____	RP_____	RP_____	

**Cooldown**

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

**Equipment**

- Bench (or Stability Ball)
- Weights



*The Master's*

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