

Weeks _____

Day	Workout	Weeks		
1				
2				
3				
4				
5				
6				
7				

Weeks _____

Day	Workout	Weeks		
1				
2				
3				
4				
5				
6				
7				

Weeks _____

Day	Workout	Weeks		
1				
2				
3				
4				
5				
6				
7				

Weeks _____

Day	Workout	Weeks		
1				
2				
3				
4				
5				
6				
7				

XTF Arms Weeks _____

Exercise	Week					
	1	2	3	4	5	6
Hammer Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Military Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Diamond Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Tricep Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Inverted Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Overhead Tricep Extension	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Forward Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Dip	Reps	Reps	Reps	Reps	Reps	Reps
90 Degree Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Shoulder Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Kickback	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Hammer Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Military Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Single Arm Tricep Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Inverted Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Overhead Tricep Extension	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Front Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Dip	Reps	Reps	Reps	Reps	Reps	Reps
90 Degree Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Arm Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Kick Back	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp

XTF Arms Weeks _____

Exercise	Week					
	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Hammer Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Military Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Diamond Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Tricep Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Inverted Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Overhead Tricep Extension	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Forward Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Dip	Reps	Reps	Reps	Reps	Reps	Reps
90 Degree Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Shoulder Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Kickback	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Hammer Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Military Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Single Arm Tricep Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Inverted Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Overhead Tricep Extension	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Front Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Dip	Reps	Reps	Reps	Reps	Reps	Reps
90 Degree Bicep Curl	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Arm Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tricep Kick Back	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp

XTF Legs Weeks _____

Exercise	Week					
	1	2	3	4	5	6
Plié Squat	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Forward Alternating Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Deadlift	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Banded Side Step	Band	Band	Band	Band	Band	Band
Calf Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Squat	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Reverse Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Deadlift	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Banded Side Step	Band	Band	Band	Band	Band	Band
Pigeon Toed Calf Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Single Leg Reverse Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Squat	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tick Tock Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Heel In Calf Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Curtsey Lunge	Reps	Reps	Reps	Reps	Reps	Reps

XTF Legs Weeks _____

Exercise	Week					
	1	2	3	4	5	6
Plié Squat	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Forward Alternating Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Deadlift	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridges	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Banded Side Steps	Band	Band	Band	Band	Band	Band
Calf Raises	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Side Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Squats	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Reverse Lunges	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Deadlift	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridges	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Banded Side Steps	Band	Band	Band	Band	Band	Band
Pigeon Toed Calf Raises	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Single Leg Reverse Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Squats	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Tick Tock Lunge	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Bridges	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Heel In Calf Raise	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Curtsey Lunge	Reps	Reps	Reps	Reps	Reps	Reps

Cardio Weeks _____

Exercise	Duration	Week								
		60	45	30	60	45	30	60	45	30
Jumping Jacks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Jump Rope		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Scissor jacks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Thrusts		Lvl			Lvl			Lvl		
Football Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Speed Skaters		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Knee Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Jumps		Lvl			Lvl			Lvl		
Front Kicks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Mogul Hops		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Back Kicks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrusts		Lvl			Lvl			Lvl		
Side Shuffle		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leap Frogs		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Cone Jumps		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrusts		Lvl			Lvl			Lvl		
Left Knee Repeaters		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Toe Taps		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Knee Repeaters		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Heels		Lvl			Lvl			Lvl		

Cardio Weeks _____

Exercise	Duration	Week								
		60	45	30	60	45	30	60	45	30
Jumping Jack		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Jump Rope		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Scissor jack		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Thrust		Lvl			Lvl			lvl		
Football Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Speed Skater		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Knee Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Jump		Lvl			Lvl			lvl		
Front Kick		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Mogul Hop		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Back Kick		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrust		Lvl			Lvl			lvl		
Side Shuffle		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leap Frog		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Cone Jump		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrust		Lvl			Lvl			lvl		
Left Knee Repeater		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Toe Tap		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Knee Repeater		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Heel		Lvl			Lvl			lvl		

Cardio Weeks _____

Exercise	Duration	Week								
		60	45	30	60	45	30	60	45	30
Jumping Jacks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Jump Rope		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Scissor jacks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Thrusts		Lvl			Lvl			Lvl		
Football Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Speed Skaters		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Knee Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Jumps		Lvl			Lvl			Lvl		
Front Kicks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Mogul Hops		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Back Kicks		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrusts		Lvl			Lvl			Lvl		
Side Shuffle		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leap Frogs		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Cone Jumps		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrusts		Lvl			Lvl			Lvl		
Left Knee Repeaters		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Toe Taps		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Knee Repeaters		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Heels		Lvl			Lvl			Lvl		

Cardio Weeks _____

Exercise	Duration	Week								
		60	45	30	60	45	30	60	45	30
Jumping Jack		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Jump Rope		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Scissor jack		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Thrust		Lvl			Lvl			Lvl		
Football Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Speed Skater		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Knee Run		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Jump		Lvl			Lvl			Lvl		
Front Kick		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Mogul Hop		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Back Kick		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrust		Lvl			Lvl			Lvl		
Side Shuffle		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leap Frog		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Cone Jump		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Squat Thrust		Lvl			Lvl			Lvl		
Left Knee Repeater		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Toe Tap		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Knee Repeater		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
High Heel		Lvl			Lvl			Lvl		

Chest & Back Weeks _____

Exercise	Week					
	Reps	Reps	Reps	Reps	Reps	Reps
Push-Up	Level	Level	Level	Level	Level	Level
Superman	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps
Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Superman X	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps
Decline Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Superman Kick	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps

Chest & Back Weeks _____

Exercise	Week					
	Reps	Reps	Reps	Reps	Reps	Reps
Push-Up	Level	Level	Level	Level	Level	Level
Superman	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps
Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Superman X	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps
Decline Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Superman Kick	Level	Level	Level	Level	Level	Level
Chest Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Back Fly	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Chest Press	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Right Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Left One Arm Row	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp	Wt / Rp
Left Arm Staggered Push-Up	Reps	Reps	Reps	Reps	Reps	Reps
Lat Pull Down	Reps	Reps	Reps	Reps	Reps	Reps

Circuit Burnout Weeks _____

Exercise		Week					
		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Inchworm to Pogo Hop		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
10,9,8's	Plank	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
7,6,5's	Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
4,3,2's	Mountain Climber	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Plié Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Thrusts	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Forward Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Sports Conditioning	Speed Skate	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Bob and Weave	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Football Run	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Side Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leg Shoulder Drills	Side Repeater Leg	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Curtsey Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Inverted Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Power Super Sets	Power Skip	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Diagonal Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Hell Raiser	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Thrust with Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Tri-Cardio	Dip	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Toe Tap	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Tuck Jump	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Abdominal	Crunch	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Crunch to Left Knee	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Crunch to Right Knee	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Heel Toe Tap	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Leg Lowers	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl

Circuit Burnout Weeks _____

Exercise		Week					
		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Inchworm to Pogo Hop		Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
10,9,8's	Plank	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
7,6,5's	Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
4,3,2's	Mountain Climber	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Plié Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Thrusts	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Forward Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Sports Conditioning	Speed Skate	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Bob and Weave	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Football Run	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Side Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leg Shoulder Drills	Side Repeater Leg	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Curtsey Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Inverted Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Power Super Sets	Power Skip	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Diagonal Lunge	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Hell Raiser	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Thrust with Push-Up	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Tri-Cardio	Dip	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Toe Tap	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Squat	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Tuck Jump	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Abdominal	Crunch	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Crunch to Left Knee	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Crunch to Right Knee	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Heel Toe Tap	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
	Leg Lowers	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl

Hard Core Weeks _____

Exercise	Week											
Roll-Ups	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Planks	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Planks Single Arm	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Leg Lowers	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Knee Tucks	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Left Oblique Crunch	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Side Knee Tucks	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Oblique Crunch	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Pikes	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Left Oblique Leg Lift	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Walrus Walk	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Oblique Leg Lift	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Right Starfish	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Left Starfish	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl
Weighted Side lean	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl	Lvl