



BOOTY

PHASE 2 | DAY 27

2 SETS • 15 REPS | TRACKER SHEET

DATE:				
SERIES 1: STANDING	SET 1		SET 2	
Squat to Hinge	W	RL	W	RL
Curtsy Lunge Lift	W	RL	W	RL
Rotating Back Side Lunge	W	RL	W	RL
SERIES 2: QUAD PED	SET 1		SET 2	
Heel Press Up on Angle	RL		RL	
Single-Leg Hamstring Curl	RL		RL	
Bear Fire Hydrant	RL		RL	
SERIES 3: WEIGHTED	SET 1		SET 2	
KB Swings	W		W	
Sumo Hinge	W		W	
Reverse Lunge	W		W	
SERIES 4: FLOOR WEIGHTED	SET 1		SET 2	
Single-Leg Bridge	W		W	
Press Up & Over	W		W	
Camels	W		W	
EQUIPMENT:				
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Mat (optional)				



TOTAL BODY CORE

PHASE 2 | DAY 29

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1: SHOULDERS	SET 1	SET 2
Squat, Row, Twist, Row	W	W
Kneeling Lunge Clean & Press	W	W
Quad Ped Opposite Arm Knee Crunch		
SERIES 2: CHEST	SET 1	SET 2
Chest Press to Half Turkish Get Up	W	W
Spider Man Push-Ups		
Frog Sliders		
SERIES 3: BACK	SET 1	SET 2
“T” to Single-Leg Hip Hinge	W	W
Lat Pull Over w/Leg Raise	W	W
Weighted Plank Hip Drop	W	W
SERIES 4: BICEPS	SET 1	SET 2
Low Twisting Lunge Hammer Curl	W	W
Press Out to Curl	W	W
Weighted Standing Torso Rotation	W	W
SERIES 5: TRICEPS	SET 1	SET 2
Crab Position Tricep Dip to Sit Through		
Alt. Skull Crushers with Bicycle Legs	W	W
French Twist		
EQUIPMENT:		
W=Weights (light, medium, heavy), Strength Slides, Mat (optional)		



LEGS

PHASE 2 | DAY 30

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1	SET 1	SET 2
Reverse Lunges	W	W
Reverse Slider Lunges		
SERIES 2	SET 1	SET 2
Weighted Goblet Squat	W	W
Modified Pistol on Sliders		
SERIES 3	SET 1	SET 2
Single-Arm Weighted Curtsy	W	W
Curtsy Sliders		
SERIES 4	SET 1	SET 2
Sumo Squat	W	W
Sumo Heel on Sliders		
SERIES 5	SET 1	SET 2
Weighted Warrior 3	W	W
Hamstring Curls on Sliders		
EQUIPMENT:		
W=Weights (light, medium, heavy), Strength Slides, Mat (optional)		

DATE:		
SERIES 1	SET 1	SET 2
Shoulders: <ul style="list-style-type: none"> • Bilateral Press • Alt. Unilateral Press 	W W	W
Delts: <ul style="list-style-type: none"> • Lateral Raise • “Y” 	W W	W
Abs: <ul style="list-style-type: none"> • Lat Side Bend • Standing Weighted Knee Driver 	W W	W
Butt: <ul style="list-style-type: none"> • Loop Standing Donkey • Forearm Plank Jumping Jacks 	RL RL	RL
SERIES 2	SET 1	SET 2
Chest: <ul style="list-style-type: none"> • Chest Press • Fly 	W W	W
Triceps: <ul style="list-style-type: none"> • Kickback in Plank • Tricep Push-Up 	W	W
Abs: <ul style="list-style-type: none"> • Corkscrew • Teaser 		
Butt: <ul style="list-style-type: none"> • 1st Position Bridge • Single-Leg Bridge w/Loop 	RL RL	RL
SERIES 3	SET 1	SET 2
Back: <ul style="list-style-type: none"> • Pullovers • Renegade Row 	W W	W
Biceps: <ul style="list-style-type: none"> • Curls • Turned out Curl 	W W	W
Abs: <ul style="list-style-type: none"> • Loop Scissor Twist • V Leg Raises 	RL RL	RL
Butt: <ul style="list-style-type: none"> • Narrow Bridge, Clam • Straight Leg Circles 	RL RL	RL
EQUIPMENT:		
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)		

DATE:						
SERIES 1: STANDING	SET 1		SET 2		SET 3	
Squat to Hinge	W	RL	W	RL	W	RL
Curtsy Lunge Lift	W	RL	W	RL	W	RL
Rotating Back Side Lunge	W	RL	W	RL	W	RL
SERIES 2: QUAD PED	SET 1		SET 2		SET 3	
Heel Press Up on Angle	RL		RL		RL	
Single-Leg Hamstring Curl	RL		RL		RL	
Bear Fire Hydrant	RL		RL		RL	
SERIES 3: WEIGHTED	SET 1		SET 2		SET 3	
KB Swings	W		W		W	
Sumo Hinge	W		W		W	
Reverse Lunge	W		W		W	
SERIES 4: FLOOR WEIGHTED	SET 1		SET 2		SET 3	
Single-Leg Bridge	W		W		W	
Press Up & Overs	W		W		W	
Camels	W		W		W	
EQUIPMENT:						
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Mat (optional)						



TOTAL BODY CORE

PHASE 2 | DAY 35

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1: SHOULDERS	SET 1	SET 2	SET 3
Squat, Row, Twist, Row	W	W	W
Kneeling Lunge Clean & Press	W	W	W
Quad Ped Opposite Arm Knee Crunch			
SERIES 2: CHEST	SET 1	SET 2	SET 3
Chest Press to Half Turkish Get Up	W	W	W
Spider Man Push-Ups			
Frog Sliders			
SERIES 3: BACK	SET 1	SET 2	SET 3
“T” to Single-Leg Hip Hinge	W	W	W
Lat Pull Over w/Leg Raise	W	W	W
Weighted Plank Hip Drop	W	W	W
SERIES 4: BICEPS	SET 1	SET 2	SET 3
Low Twisting Lunge Hammer Curl	W	W	W
Press Out to Curl	W	W	W
Weighted Standing Torso Rotation	W	W	W
SERIES 5: TRICEPS	SET 1	SET 2	SET 3
Crab Position Tricep Dip to Sit Through			
Alt. Skull Crushers with Bicycle Legs	W	W	W
French Twist			
EQUIPMENT:			
W=Weights (light, medium, heavy), Strength Slides, Mat (optional)			



LEGS

PHASE 2 | DAY 36

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1	SET 1	SET 2	SET 3
Reverse Lunges	W	W	W
Reverse Slider Lunges			
SERIES 2	SET 1	SET 2	SET 3
Weighted Goblet Squat	W	W	W
Modified Pistol on Sliders			
SERIES 3	SET 1	SET 2	SET 3
Single-Arm Weighted Curtsy	W	W	W
Curtsy Sliders			
SERIES 4	SET 1	SET 2	SET 3
Sumo Squat	W	W	W
Sumo Heel on Sliders			
SERIES 5	SET 1	SET 2	SET 3
Weighted Warror 3	W	W	W
Hamstring Curls on Sliders			
EQUIPMENT:			
W=Weights (light, medium, heavy), Strength Slides, Mat (optional)			

DATE:			
SERIES 1	SET 1	SET 2	SET 3
Shoulders: <ul style="list-style-type: none"> • Bilateral Press • Alt. Unilateral Press 	W W	W W	W
Delts: <ul style="list-style-type: none"> • Lateral Raise • “Y” 	W W	W W	W
Abs: <ul style="list-style-type: none"> • Lat Side Bend • Standing Weighted Knee Driver 	W W	W W	W
Butt: <ul style="list-style-type: none"> • Loop Standing Donkey • Forearm Plank Jumping Jacks 	RL RL	RL RL	RL
SERIES 2	SET 1	SET 2	SET 3
Chest: <ul style="list-style-type: none"> • Chest Press • Fly 	W W	W W	W
Triceps: <ul style="list-style-type: none"> • Kickback in Plank • Tricep Push-Up 	W	W	W
Abs: <ul style="list-style-type: none"> • Corkscrew • Teaser 			
Butt: <ul style="list-style-type: none"> • 1st Position Bridge • Single-Leg Bridge w/Loop 	RL RL	RL RL	RL
SERIES 3	SET 1	SET 2	SET 3
Back: <ul style="list-style-type: none"> • Pullovers • Renegade Row 	W W	W W	W
Biceps: <ul style="list-style-type: none"> • Curls • Turned out Curl 	W W	W W	W
Abs: <ul style="list-style-type: none"> • Loop Scissor Twist • V Leg Raises 	RL RL	RL RL	RL
Butt: <ul style="list-style-type: none"> • Narrow Bridge, Clam • Straight Leg Circles 	RL RL	RL RL	RL
EQUIPMENT:			
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)			

DATE:						
SERIES 1: STANDING	SET 1		SET 2		SET 3	
Squat to Hinge	W	RL	W	RL	W	RL
Curtsy Lunge Lift	W	RL	W	RL	W	RL
Rotating Back Side Lunge	W	RL	W	RL	W	RL
SERIES 2: QUAD PED	SET 1		SET 2		SET 3	
Heel Press Up on Angle	RL		RL		RL	
Single-Leg Hamstring Curl	RL		RL		RL	
Bear Fire Hydrant	RL		RL		RL	
SERIES 3: WEIGHTED	SET 1		SET 2		SET 3	
KB Swings	W		W		W	
Sumo Hinge	W		W		W	
Reverse Lunge	W		W		W	
SERIES 4: FLOOR WEIGHTED	SET 1		SET 2		SET 3	
Single-Leg Bridge	W		W		W	
Press Up & Overs	W		W		W	
Camels	W		W		W	
EQUIPMENT:						
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Mat (optional)						



TOTAL BODY CORE

PHASE 2 | DAY 41

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1: SHOULDERS	SET 1	SET 2	SET 3
Squat, Row, Twist, Row	W	W	W
Kneeling Lunge Clean & Press	W	W	W
Quad Ped Opposite Arm Knee Crunch			
SERIES 2: CHEST	SET 1	SET 2	SET 3
Chest Press to Half Turkish Get Up	W	W	W
Spider Man Push-Ups			
Frog Sliders			
SERIES 3: BACK	SET 1	SET 2	SET 3
“T” to Single-Leg Hip Hinge	W	W	W
Lat Pull Over w/Leg Raise	W	W	W
Weighted Plank Hip Drop	W	W	W
SERIES 4: BICEPS	SET 1	SET 2	SET 3
Low Twisting Lunge Hammer Curl	W	W	W
Press Out to Curl	W	W	W
Weighted Standing Torso Rotation	W	W	W
SERIES 5: TRICEPS	SET 1	SET 2	SET 3
Crab Position Tricep Dip to Sit Through			
Alt. Skull Crushers w/Bicycle Legs	W	W	W
French Twist			
EQUIPMENT:			
W=Weights (light, medium, heavy), Strength Slides, Mat (optional)			



LEGS

PHASE 2 | DAY 42

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1	SET 1	SET 2	SET 3
Reverse Lunges	W	W	W
Reverse Slider Lunges			
SERIES 2	SET 1	SET 2	SET 3
Weighted Goblet Squat	W	W	W
Modified Pistol on Sliders			
SERIES 3	SET 1	SET 2	SET 3
Single-Arm Weighted Curtsy	W	W	W
Curtsy Sliders			
SERIES 4	SET 1	SET 2	SET 3
Sumo Squat	W	W	W
Sumo Heel on Sliders			
SERIES 5	SET 1	SET 2	SET 3
Weighted Warror 3	W	W	W
Hamstring Curls on Sliders			
EQUIPMENT:			
W=Weights (light, medium, heavy), Strength Slides, Mat (optional)			

DATE:			
SERIES 1	SET 1	SET 2	SET 3
Shoulders: <ul style="list-style-type: none"> • Bilateral Press • Alt. Unilateral Press 	W	W	W W
Delts: <ul style="list-style-type: none"> • Lateral Raise • “Y” 	W	W	W W
Abs: <ul style="list-style-type: none"> • Lat Side Bend • Standing Weighted Knee Driver 	W	W	W W
Butt: <ul style="list-style-type: none"> • Loop Standing Donkey • Forearm Plank Jumping Jacks 	RL	RL	RL RL
SERIES 2	SET 1	SET 2	SET 3
Chest: <ul style="list-style-type: none"> • Chest Press • Fly 	W	W	W W
Triceps: <ul style="list-style-type: none"> • Kickback in Plank • Tricep Push-Up 	W	W	W
Abs: <ul style="list-style-type: none"> • Corkscrew • Teaser 			
Butt: <ul style="list-style-type: none"> • 1st Position Bridge • Single-Leg Bridge w/Loop 	RL	RL	RL RL
SERIES 3	SET 1	SET 2	SET 3
Back: <ul style="list-style-type: none"> • Pullovers • Renegade Row 	W	W	W W
Biceps: <ul style="list-style-type: none"> • Curls • Turned out Curl 	W	W	W W
Abs: <ul style="list-style-type: none"> • Loop Scissor Twist • V Leg Raises 	RL	RL	RL RL
Butt: <ul style="list-style-type: none"> • Narrow Bridge, Clam • Straight Leg Circles 	RL	RL	RL RL
EQUIPMENT:			
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)			

DATE:				
SERIES 1: STANDING	SET 1		SET 2	
Squat to Hinge	W	RL	W	RL
Curtsy Lunge Lift	W	RL	W	RL
Rotating Back Side Lunge	W	RL	W	RL
SERIES 2: QUAD PED	SET 1		SET 2	
Heel Press Up on Angle	RL		RL	
Single-Leg Hamstring Curl	RL		RL	
Bear Fire Hydrant	RL		RL	
SERIES 3: WEIGHTED	SET 1		SET 2	
KB Swings	W		W	
Sumo Hinge	W		W	
Reverse Lunge	W		W	
SERIES 4: FLOOR WEIGHTED	SET 1		SET 2	
Single-Leg Bridge	W		W	
Press Up & Overs	W		W	
Camels	W		W	
EQUIPMENT:				
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Mat (optional)				



TOTAL BODY CORE

PHASE 2 | DAY 47

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1: SHOULDERS	SET 1	SET 2
Squat, Row, Twist, Row	W	W
Kneeling Lunge Clean & Press	W	W
Quad Ped Opposite Arm Knee Crunch		
SERIES 2: CHEST	SET 1	SET 2
Chest Press to Half Turkish Get Up	W	W
Spider Man Push-Ups		
Frog Sliders		
SERIES 3: BACK	SET 1	SET 2
“T” to Single-Leg Hip Hinge	W	W
Lat Pull Over w/Leg Raise	W	W
Weighted Plank Hip Drop	W	W
SERIES 4: BICEPS	SET 1	SET 2
Low Twisting Lunge Hammer Curl	W	W
Press Out to Curl	W	W
Weighted Standing Torso Rotation	W	W
SERIES 5: TRICEPS	SET 1	SET 2
Crab Position Tricep Dip to sit through		
Alt. Skull Crushers w/Bicycle Legs	W	W
French Twist		
EQUIPMENT:		
W=Weights (light, medium, heavy), Strength Slides, Mat (optional)		



LEGS

PHASE 2 | DAY 48

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1	SET 1	SET 2
Reverse Lunges	W	W
Reverse Slider Lunges		
SERIES 2	SET 1	SET 2
Weighted Goblet Squat	W	W
Modified Pistol on Sliders		
SERIES 3	SET 1	SET 2
Single-Arm Weighted Curtsy	W	W
Curtsy Sliders		
SERIES 4	SET 1	SET 2
Sumo Squat	W	W
Sumo Heel on Sliders		
SERIES 5	SET 1	SET 2
Weighted Warrior 3	W	W
Hamstring Curls on Sliders		
EQUIPMENT:		
W=Weights (light, medium, heavy), Strength Slides		

DATE:		
SERIES 1	SET 1	SET 2
Shoulders: <ul style="list-style-type: none"> • Bilateral Press • Alt. Unilateral Press 	W W	W W
Delts: <ul style="list-style-type: none"> • Lateral Raise • “Y” 	W W	W W
Abs: <ul style="list-style-type: none"> • Lat Side Bend • Standing Weighted Knee Driver 	W W	W W
Butt: <ul style="list-style-type: none"> • Loop Standing Donkey • Forearm Plank Jumping Jacks 	RL RL	RL RL
SERIES 2	SET 1	SET 2
Chest: <ul style="list-style-type: none"> • Chest Press • Fly 	W W	W W
Triceps: <ul style="list-style-type: none"> • Kickback in Plank • Tricep Push-Up 	W	W
Abs: <ul style="list-style-type: none"> • Corkscrew • Teaser 		
Butt: <ul style="list-style-type: none"> • 1st Position Bridge • Single-Leg Bridge w/Loop 	RL RL	RL RL
SERIES 3	SET 1	SET 2
Back: <ul style="list-style-type: none"> • Pullovers • Renegade Row 	W W	W W
Biceps: <ul style="list-style-type: none"> • Hammer Curls • Turned out Curl 	W W	W W
Abs: <ul style="list-style-type: none"> • Loop Scissor Twist • V Leg Raises 	RL RL	RL RL
Butt: <ul style="list-style-type: none"> • Narrow Bridge, Clam • Straight Leg Circles 	RL RL	RL RL
EQUIPMENT:		
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)		