



DUMBBELL TRACKER SHEET

STAGE 1: WEEK 1

LOWER BODY STRENGTH (DAY 1)				
BLOCK 1 (4 min EMOM)				
	SET 1	SET 2	SET 3	SET 4
Banded Squats (15 reps)				
BLOCK 2				
	SET 1	SET 2	SET 3	SET 4
Low Plank Tap (30 sec)	N/A	N/A	N/A	N/A
Deadlift (15 reps)				N/A
DB Pullover (15 reps)				N/A
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
See Saw Lunge (30 reps)				N/A
Single Arm Row (15/15 reps)				N/A
Half Kneel Chop (15/15 reps)				N/A

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY POWER (DAY 2)				
BLOCK 1				
	SET 1	SET 2	SET 3	SET 4
Tall Kneel Press (15 reps)				N/A
Spider Plank (30 sec)	N/A	N/A	N/A	N/A
DB Press (15 reps)				N/A
BLOCK 2				
	SET 1	SET 2	SET 3	SET 4
1/4 Turkish Get Up (30/30 sec)				N/A
Lateral Bound (30 reps)	N/A	N/A	N/A	N/A
Banded Bridge Press (15 reps)				N/A
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
DB Swing (15 reps)				

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

UPPER BODY STRENGTH (DAY 4)				
BLOCK 1				
	SET 1	SET 2	SET 3	SET 4
Hang High Pull (15 reps)				N/A
RKC Plank (30 sec)	N/A	N/A	N/A	N/A
Bent Over Row (15 reps)				N/A
BLOCK 2 (4 min EMOM)				
	SET 1	SET 2	SET 3	SET 4
Bicep Curl (15 reps)				
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
DB Thrust (15 reps)				
Reverse Fly (15 reps)				
Clamshell (15/15 reps)				

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO (DAY 5)			
BLOCK 1			
	SET 1	SET 2	SET 3
Iso DB Scaaption Raises (30 reps)			
Prone WY Raises (15 reps)	N/A	N/A	N/A
BLOCK 2			
	SET 1	SET 2	SET 3
Beast/Plank (30 sec)	N/A	N/A	N/A
Low Plank Pike (15 reps)	N/A	N/A	N/A
BLOCK 3			
	SET 1	SET 2	SET 3
Half Kneel Press (15/15 reps)			
Deadbug (30 sec)	N/A	N/A	N/A
Farmer March (30 sec)			

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?



DUMBBELL TRACKER SHEET

STAGE 1: WEEK 2

LOWER BODY STRENGTH (DAY 8)				
BLOCK 1 (4 min EMOM)				
	SET 1	SET 2	SET 3	SET 4
Counter Balance Squat (15 reps)				
BLOCK 2				
	SET 1	SET 2	SET 3	SET 4
Plank Reach/Side Reach (35 sec)	N/A	N/A	N/A	N/A
Deadlift (15 reps)				N/A
Deadbug Variation (35 sec)	N/A	N/A	N/A	N/A
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
Split Squat (15/15 reps)				N/A
Stability Row (15/15 reps)				N/A
DB Drag (35 sec)				N/A

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY POWER (DAY 9)				
BLOCK 1				
	SET 1	SET 2	SET 3	SET 4
DB Push Press (15 reps)				N/A
Plank Downward Dog (35 sec)	N/A	N/A	N/A	N/A
Alt DB Press (30 reps)				N/A
BLOCK 2				
	SET 1	SET 2	SET 3	SET 4
DB Swing/SA High Pull (15/15 reps)				N/A
Side Plank (35 sec)	N/A	N/A	N/A	N/A
SL Hip March (35 sec)	N/A	N/A	N/A	N/A
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
Lateral Bound (35 sec)				

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

UPPER BODY STRENGTH (DAY 11)				
BLOCK 1				
	SET 1	SET 2	SET 3	SET 4
Upright Pull (15 reps)				N/A
Shoulder Taps (35 sec)	N/A	N/A	N/A	N/A
Rev Lunge & Row (15 reps)				N/A
BLOCK 2 (4 min EMOM)				
	SET 1	SET 2	SET 3	SET 4
Lateral Raise (15 reps)				
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
See Saw Row (30 reps)				
DB Pullover Deadbug (30 reps)				
Walkout (35 sec)	N/A	N/A	N/A	N/A

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO (DAY 12)			
BLOCK 1			
	SET 1	SET 2	SET 3
Squeeze Press (15 reps)			
T-Raises (15 reps)	N/A	N/A	N/A
BLOCK 2			
	SET 1	SET 2	SET 3
Eccentric Push-Up (35 sec)	N/A	N/A	N/A
Beast Underswitch (35 sec)	N/A	N/A	N/A
BLOCK 3			
	SET 1	SET 2	SET 3
SA Torque Press (15/15 reps)			
Hollow Hold (35 sec)	N/A	N/A	N/A
Off Set Carry (35 sec)			

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?



DUMBBELL TRACKER SHEET

STAGE 1: WEEK 3

LOWER BODY STRENGTH (DAY 15)

BLOCK 1 (4 min EMOM)				
	SET 1	SET 2	SET 3	SET 4
Banded Goblet Squats (10 reps)				
BLOCK 2				
	SET 1	SET 2	SET 3	SET 4
Low Plank Reach (40 sec)	N/A	N/A	N/A	N/A
Deadlift (10 reps)				N/A
DB Pullover (10 reps)				N/A
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
See Saw Lunge (20 reps)				N/A
Single Arm Row (10/10 reps)				N/A
Inline Chop (10/10 reps)				N/A

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY POWER (DAY 16)

BLOCK 1				
	SET 1	SET 2	SET 3	SET 4
Tall Kneel Press (10 reps)				N/A
Spider Plank (40 sec)	N/A	N/A	N/A	N/A
DB Press (10 reps)				N/A
BLOCK 2				
	SET 1	SET 2	SET 3	SET 4
DB Lateral Bound (40 sec)				N/A
1/4 Turkish Get Up (20/20 sec)				N/A
Banded Bridge Press (10 reps)				N/A
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
DB Swing (10 reps)				

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

UPPER BODY STRENGTH (DAY 18)

BLOCK 1				
	SET 1	SET 2	SET 3	SET 4
Hang High Pull (10 reps)				N/A
RKC Plank (40 sec)	N/A	N/A	N/A	N/A
Bent Over Row (10 reps)				N/A
BLOCK 2 (4 min EMOM)				
	SET 1	SET 2	SET 3	SET 4
Bicep Curl (10 reps)				
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
Bridge Press (10 reps)				
Reverse Fly (10 reps)				
Clamshell (10/10 reps)				

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO (DAY 19)

BLOCK 1			
	SET 1	SET 2	SET 3
Iso Scaption Raises (20 reps)			
Prone WY Raises (10 reps)	N/A	N/A	N/A
BLOCK 2			
	SET 1	SET 2	SET 3
Beast/Plank (40 sec)			
Low Plank Pike (10 reps)	N/A	N/A	N/A
BLOCK 3			
	SET 1	SET 2	SET 3
Half Kneel Press (10/10 reps)			
DB Deadbug (40 sec)			
OH Farmer March (40 sec)			

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?



DUMBBELL TRACKER SHEET

STAGE 1: WEEK 4

LOWER BODY STRENGTH DELOAD (DAY 22)

BLOCK 1 (4 min EMOM)

	SET 1	SET 2	SET 3	SET 4
Counter Balance Squat (10 reps)				

BLOCK 2

	SET 1	SET 2	SET 3	SET 4
Plank Reach (35 sec)	N/A	N/A	N/A	N/A

Deadlift (10 reps)			N/A	N/A
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Deadbug Variation (35/35 sec)			N/A	N/A
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BLOCK 3

	SET 1	SET 2	SET 3	SET 4
Split Squat (10/10 reps)			N/A	N/A

Stability Row (10/10 reps)			N/A	N/A
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DB Drag Plank (35 sec)			N/A	N/A
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RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY POWER DELOAD (DAY 23)

BLOCK 1

	SET 1	SET 2	SET 3	SET 4
DB Push Press (10 reps)			N/A	N/A

Plank Downward Dog (35 sec)	N/A	N/A	N/A	N/A
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Alt DB Press (20 reps)			N/A	N/A
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BLOCK 2

	SET 1	SET 2	SET 3	SET 4
DB Swing/SA High Pull (10/10 reps)			N/A	N/A

Side Plank (35/35 sec)			N/A	N/A
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SL Hip March (35 sec)	N/A	N/A	N/A	N/A
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BLOCK 3

	SET 1	SET 2	SET 3	SET 4
Lateral Bound (35 sec)				

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

UPPER BODY STRENGTH DELOAD (DAY 25)

BLOCK 1

	SET 1	SET 2	SET 3	SET 4
Upright Pull (10 reps)			N/A	N/A

Shoulder Taps (35 sec)	N/A	N/A	N/A	N/A
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Rev Lunge & Row (5/5 reps)			N/A	N/A
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BLOCK 2 (4 min EMOM)

	SET 1	SET 2	SET 3	SET 4
Lateral Raise (10 reps)				

BLOCK 3

	SET 1	SET 2	SET 3	SET 4
See Saw Row (20 reps)			N/A	N/A

DB Pullover Deadbug (10 reps)			N/A	N/A
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Walkout (35 sec)	N/A	N/A	N/A	N/A
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RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO DELOAD (DAY 26)

BLOCK 1

	SET 1	SET 2
Squeeze Press (10 reps)		

T-Raises (10 reps)	N/A	N/A
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BLOCK 2

	SET 1	SET 2
Elevated Push-Up (10 reps)	N/A	N/A

Beast Underswitch (35 sec)		
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BLOCK 3

	SET 1	SET 2
SA Torque Press (10/10 reps)		

Hollow Hold (35 sec)	N/A	N/A
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Farmer Carry (35/35 sec)		
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RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?
