



DUMBBELL TRACKER SHEET

STAGE 2: WEEK 5

LOWER BODY STRENGTH (DAY 29)					
BLOCK 1 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Deadlift (15 reps)					
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
Drop Goblet Squat (8/8 reps)					N/A
Plank Row (30 reps)					N/A
Adductor Plank (20/20 sec)	N/A	N/A	N/A	N/A	N/A
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Side Lunge Rack (15/15 reps)					N/A
DB Rotation Pull (15/15 reps)					N/A
Half Kneel Warrior Chop (20/20 sec)					N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY POWER (DAY 30)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
Curl + Press (15 reps)					N/A
Elevated Push-Up (15 reps)	N/A	N/A	N/A	N/A	N/A
Knee Tucks (15 reps)	N/A	N/A	N/A	N/A	N/A
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
American Swings (40 sec)					N/A
Icky Lateral Bound (40 sec)	N/A	N/A	N/A	N/A	N/A
Plank Walkout (15 reps)	N/A	N/A	N/A	N/A	N/A
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Depth Drop (40 sec)	N/A	N/A	N/A	N/A	N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

UPPER BODY STRENGTH (DAY 32)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
Hang Clean (40 sec)					N/A
Low Plank (40 sec)	N/A	N/A	N/A	N/A	N/A
X Bent Over Row (15 reps)					N/A
BLOCK 2 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Tricep Kickbacks (15 reps)					
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Around the World (15 reps)					N/A
DB Pull Over (15 reps)					N/A
Beast Ab Drag (40 sec)					N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO (DAY 33)				
BLOCK 1				
	SET 1	SET 2	SET 3	
Pause Press (15 reps)				
Scarecrow (15 reps)	N/A	N/A	N/A	N/A
BLOCK 2				
	SET 1	SET 2	SET 3	
Bridge March Press (30 reps)				
Underswitch Crab Reach (40 sec)	N/A	N/A	N/A	N/A
BLOCK 3				
	SET 1	SET 2	SET 3	
Goblet Squat (15 reps)				
Swimmer (15 reps)	N/A	N/A	N/A	N/A
Single Arm Carry (20/20 sec)				
RATE YOUR PERFORMANCE	LOW 1	2	3	HIGH 5

WHAT DID YOU LEARN?



DUMBBELL TRACKER SHEET

STAGE 2: WEEK 6

LOWER BODY STRENGTH (DAY 36)					
BLOCK 1 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Front Rack Squat (15 reps)					
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
Single Leg Deadlift (15/15 reps)					N/A
Adductor Plank (22.5/22.5 sec)	N/A	N/A	N/A	N/A	N/A
Alt Dead Pull Row (15/15 reps)					N/A
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Transverse Lunge (15/15 reps)					N/A
DB Rotation Plank (45 sec)					N/A
DB Banded Hip Thrust (15 reps)					N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY POWER (DAY 37)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
Carry Push Press (15/15 reps)					N/A
Weighted Russian Twist (45 sec)					N/A
Drop Push-Ups (45 sec)	N/A	N/A	N/A	N/A	N/A
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
Snatch (15/15 reps)					N/A
Warrior Chop (45 sec)					N/A
1/4 Get Up Lift (22.5/22.5 sec)	N/A	N/A	N/A	N/A	N/A
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Depth Jump Squat (45 sec)	N/A	N/A	N/A	N/A	N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

UPPER BODY STRENGTH (DAY 39)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
Squat + Pull (15 reps)					N/A
Side Plank DB Rotation (15/15 reps)					N/A
Bent Over Row + Alt Row (15 reps)					N/A
BLOCK 2 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Lateral Raise & Bicep Curl (15 reps)					
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Reverse Lunge Chop (15/15 reps)					N/A
Butterfly Sit-Up (15 reps)	N/A	N/A	N/A	N/A	N/A
Plank DB Drag/Row (45 sec)					N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO (DAY 40)				
BLOCK 1				
	SET 1	SET 2	SET 3	
SL Bridge Press (15/15 reps)				
Unload Beast (45 sec)	N/A	N/A	N/A	N/A
BLOCK 2				
	SET 1	SET 2	SET 3	
Split Squat (22.5/22.5 sec)				
Beast Side Kick Throughs (45 sec)	N/A	N/A	N/A	N/A
BLOCK 3				
	SET 1	SET 2	SET 3	
DB Sumo Squat (15 reps)				
Get Up Leg Circles (22.5/22.5 sec)				
Half Kneel Windmill (22.5/22.5 sec)				
RATE YOUR PERFORMANCE	LOW 1	2	3	HIGH 5

WHAT DID YOU LEARN?



DUMBBELL TRACKER SHEET

STAGE 2: WEEK 7

LOWER BODY STRENGTH (DAY 43)				
BLOCK 1 (4 min EMOM)				
	SET 1	SET 2	SET 3	SET 4
Deadlift (10 reps)				
BLOCK 2				
	SET 1	SET 2	SET 3	SET 4
Drop Goblet Squat (5/5 reps)				N/A
Plank Row (20 reps)				N/A
Adductor Plank (25/25 sec)	N/A	N/A	N/A	N/A
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
Side Lunge Rack (20 reps)				N/A
DB Rotation Pull (10/10 reps)				N/A
Warrior Chops (10/10 reps)				N/A

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY POWER (DAY 44)				
BLOCK 1				
	SET 1	SET 2	SET 3	SET 4
Curl + Press (10 reps)				N/A
Elevated Push-Up (5/5 reps)				N/A
Knee Tucks (50 sec)	N/A	N/A	N/A	N/A
BLOCK 2				
	SET 1	SET 2	SET 3	SET 4
American Swings (10 reps)				N/A
Icky Lateral Bound (50 sec)				N/A
Plank Walkout (50 sec)	N/A	N/A	N/A	N/A
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
Depth Drop (10 reps)	N/A	N/A	N/A	N/A

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

UPPER BODY STRENGTH (DAY 46)				
BLOCK 1				
	SET 1	SET 2	SET 3	SET 4
Hang Clean (10 reps)				N/A
Low Plank (50 sec)	N/A	N/A	N/A	N/A
X Bent Over Row (10 reps)				N/A
BLOCK 2 (4 min EMOM)				
	SET 1	SET 2	SET 3	SET 4
Tricep Kickbacks (10 reps)				
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
Around the World (10 reps)				N/A
DB Pull Over (10 reps)				N/A
Beast Ab Drag (50 sec)				N/A

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO (DAY 47)			
BLOCK 1			
	SET 1	SET 2	SET 3
Pause Press (10 reps)			
Scarecrow (10 reps)	N/A	N/A	N/A
BLOCK 2			
	SET 1	SET 2	SET 3
Bridge March Press (20 reps)			
Underswitch Crab Reach (50 sec)	N/A	N/A	N/A
BLOCK 3			
	SET 1	SET 2	SET 3
Goblet Squat (10 reps)			
Swimmers (10 reps)	N/A	N/A	N/A
Single Arm Carry (25/25 sec)			

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?



DUMBBELL TRACKER SHEET

STAGE 2: WEEK 8

LOWER BODY STRENGTH DELOAD (DAY 50)					
BLOCK 1 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Front Rack Squat (10 reps)					
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
Single Leg Deadlift (10/10 reps)			N/A	N/A	
Adductor Plank (22.5/22.5 sec)	N/A	N/A	N/A	N/A	
Alt Dead Pull Row (20 reps)			N/A	N/A	
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Transverse Lunge (10/10 reps)			N/A	N/A	
DB Rotation Plank (20 reps)			N/A	N/A	
DB Banded Hip Thrust (10 reps)			N/A	N/A	
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY POWER DELOAD (DAY 51)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
Carry Push Press (10/10 reps)			N/A	N/A	
Weighted Russian Twist (45 sec)			N/A	N/A	
Drop Push-Ups (10 reps)	N/A	N/A	N/A	N/A	
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
Snatch (10/10 reps)			N/A	N/A	
Warrior Chop (10/10 reps)			N/A	N/A	
1/4 Get Up Lift (22.5/22.5 sec)			N/A	N/A	
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Depth Jump Squat (10 reps)	N/A	N/A	N/A	N/A	
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

UPPER BODY STRENGTH DELOAD (DAY 53)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
Squat + Pull (10 reps)			N/A	N/A	
Side Plank DB Rotation (22.5/22.5 sec)			N/A	N/A	
Bent Over Row + Alt Row (10 reps)			N/A	N/A	
BLOCK 2 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Lateral Raise & Bicep Curl (10 reps)					
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Reverse Lunge Chop (10/10 reps)			N/A	N/A	
Butterfly Sit-Up (45 sec)			N/A	N/A	
Plank DB Drag/Row (10/10 reps)			N/A	N/A	
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO DELOAD (DAY 54)			
BLOCK 1			
	SET 1	SET 2	
SL Bridge Press (10/10 reps)			
Unload Beast (45 sec)	N/A	N/A	
BLOCK 2			
	SET 1	SET 2	
Split Squat (10/10 reps)			
Beast Side Kick Through (45 sec)	N/A	N/A	
BLOCK 3			
	SET 1	SET 2	
DB Sumo Squat (10 reps)			
Bridge Hip Whip (22.5/22.5 sec)	N/A	N/A	
Half Kneel Windmill (10/10 reps)			
RATE YOUR PERFORMANCE	LOW 1	2	HIGH 5

WHAT DID YOU LEARN?
