



DUMBBELL TRACKER SHEET

STAGE 3: WEEK 9

LOWER BODY STRENGTH (DAY 57)					
BLOCK 1 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Deadlift + Front Rack Squat (10 + 5 reps)					
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
Plank Row + Bear Row (20 + 10 reps)					N/A
DB Halo Split Squat (25/25 sec)					N/A
Frog DB Thrust (15 reps)					N/A
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Front Rack Rev Lunges (30 reps)					N/A
Single Arm Sit-Up (25/25 sec)					N/A
Drop Row (15/15 reps)					N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY POWER (DAY 58)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
Ski Swing Step (15 reps)					N/A
Elevated Push-Up (25/25 sec)					N/A
Side Lunge Adductor Drag (30 reps)	N/A	N/A	N/A	N/A	N/A
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
Rotation Chop Press (15/15 reps)					N/A
Side Plank Knee Drive (15/15 reps)	N/A	N/A	N/A	N/A	N/A
Reverse Knee Drive Switch (50 sec)	N/A	N/A	N/A	N/A	N/A
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
2 Pogo + Drop Squat (50 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 60)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
High Pull Step (15 reps)					N/A
Scapular Plank Knee Drive (50 sec)	N/A	N/A	N/A	N/A	N/A
Reverse Fly (15 reps)					N/A
BLOCK 2 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Arnold Press (15 reps)					
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Single Leg Row (15/15 reps)					N/A
Modified Side Plank Ext. Rotation (15/15 reps)					N/A
Farmer Hold (25/25 sec)					N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO (DAY 61)				
BLOCK 1				
	SET 1	SET 2	SET 3	
Frontal Plane Lunge Shift (50 sec)				
Crab Reach Underswitch (50 sec)	N/A	N/A	N/A	N/A
BLOCK 2				
	SET 1	SET 2	SET 3	
Rainbow Squat (16 reps)				
Front Step Through (50 sec)	N/A	N/A	N/A	N/A
BLOCK 3				
	SET 1	SET 2	SET 3	
Overhead Carry (25/25 sec)				
Ape Reach (50 sec)	N/A	N/A	N/A	N/A
T-Raise/ Scaption Raise (50 sec)				
RATE YOUR PERFORMANCE	LOW 1	2	3	HIGH 5

WHAT DID YOU LEARN?



DUMBBELL TRACKER SHEET

STAGE 3: WEEK 10

LOWER BODY STRENGTH (DAY 64)					
BLOCK 1 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Suitcase Squat + Jump Squats (5 + 10 reps)					
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
Bent Over Row Complex (15 reps)					N/A
Torque Rotation (27.5/27.5 sec)					N/A
Single Leg Dynamic Hip Thrust (15/15 reps)	N/A	N/A	N/A	N/A	N/A
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
OH Split Squat (15/15 reps)					N/A
Calf Raise Shrug (15 reps)					N/A
L Sit-Up Chop (27.5/27.5 sec)					N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY POWER (DAY 65)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
Double Hinge Swing + Swing (5 + 10 reps)					N/A
Side to Side Knee Tuck (16 reps)	N/A	N/A	N/A	N/A	N/A
Deceleration Lunge Hop (55 sec)	N/A	N/A	N/A	N/A	N/A
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
Thrusters (15 reps)					N/A
Broad Jump (55 sec)	N/A	N/A	N/A	N/A	N/A
DB Deadbug (55 sec)					N/A
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Split Snatch (27.5/27.5 sec)					
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

UPPER BODY STRENGTH (DAY 67)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
Ski Swing Arnold Press (15 reps)					N/A
Renegade Row (55 sec)					N/A
Bent Over Pull Back (15 reps)					N/A
BLOCK 2 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Bicep 15's (5/5/5 reps)					
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
DB Jammer Press & Front Raise (15 reps)					N/A
DB Pull Over Leg Raise (15 reps)					N/A
DB Side Plank Hip Tap (15/15 reps)					N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO (DAY 68)				
BLOCK 1				
	SET 1	SET 2	SET 3	
Iso Split Squat (27.5/27.5 sec)				
J Curl (55 sec)				
BLOCK 2				
	SET 1	SET 2	SET 3	
Lateral Step Sumo Squat (16 reps)				
Underswitch Crab Reach (55 sec)	N/A	N/A	N/A	N/A
BLOCK 3				
	SET 1	SET 2	SET 3	
Offset Carry (55 sec)				
Ape (55 sec)	N/A	N/A	N/A	N/A
Low Plank Reach (55 sec)	N/A	N/A	N/A	N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	HIGH 5

WHAT DID YOU LEARN?



DUMBBELL TRACKER SHEET

STAGE 3: WEEK 11

LOWER BODY STRENGTH (DAY 71)					
BLOCK 1 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Deadlift + Suitcase Squat (5 + 5 reps)					
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
Plank Row + Bear Row (10 + 10 reps)					N/A
DB Halo Split Squat (10/10 reps)					N/A
Frog DB Thrust (10 reps)					N/A
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Front Rack Rev Lunges (20 reps)					N/A
Single Arm Sit-Up (10/10 reps)					N/A
Drop Row (10/10 reps)					N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY POWER (DAY 72)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
Ski Swing Step (10 reps)					N/A
Elevated Push-Up (5/5 reps)					N/A
Side Lunge Adductor Drag (20 reps)	N/A	N/A	N/A	N/A	N/A
BLOCK 2					
	SET 1	SET 2	SET 3	SET 4	
Rotation Chop Press (10/10 reps)					N/A
Side Plank Knee Drive (30/30 sec)	N/A	N/A	N/A	N/A	N/A
Reverse Knee Drive Switch (20 reps)	N/A	N/A	N/A	N/A	N/A
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
2 Pogo + Drop Squat (30 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 74)					
BLOCK 1					
	SET 1	SET 2	SET 3	SET 4	
High Pull Step (10 reps)					N/A
Scapular Plank Knee Drive (60 sec)	N/A	N/A	N/A	N/A	N/A
Reverse Fly (10 reps)					N/A
BLOCK 2 (4 min EMOM)					
	SET 1	SET 2	SET 3	SET 4	
Arnold Press (10 reps)					
BLOCK 3					
	SET 1	SET 2	SET 3	SET 4	
Single Leg Row (10/10 reps)					N/A
Modified Side Plank Ext. Rotation (10/10 reps)					N/A
Farmer Hold (30/30 sec)					N/A
RATE YOUR PERFORMANCE	LOW 1	2	3	4	HIGH 5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO (DAY 75)				
BLOCK 1				
	SET 1	SET 2	SET 3	
Frontal Plane Lunge Shift (60 sec)				
Crab Reach Underswitch (60 sec)	N/A	N/A	N/A	N/A
BLOCK 2				
	SET 1	SET 2	SET 3	
Rainbow Squat (10 reps)				
Front Step Through (60 sec)	N/A	N/A	N/A	N/A
BLOCK 3				
	SET 1	SET 2	SET 3	
Overhead Carry (30/30 sec)				
Ape Reach (60 sec)	N/A	N/A	N/A	N/A
T-Raise/ Scaaption Raise (60 sec)				
RATE YOUR PERFORMANCE	LOW 1	2	3	HIGH 5

WHAT DID YOU LEARN?



DUMBBELL TRACKER SHEET

STAGE 3: WEEK 12

LOWER BODY STRENGTH DELOAD (DAY 78)				
BLOCK 1 (4 min EMOM)				
	SET 1	SET 2	SET 3	SET 4
Suitcase Squat + Jump Squats (5 + 5 reps)				
BLOCK 2				
	SET 1	SET 2	SET 3	SET 4
Bent Over Row Complex (10 reps)			N/A	N/A
Torque Rotation (10/10 reps)			N/A	N/A
Single Leg Dynamic Hip Thrust (10/10 reps)			N/A	N/A
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
OH Split Squat (10/10 reps)			N/A	N/A
Calf Raise Shrug (10 reps)			N/A	N/A
L Sit-Up Chop (27.5/27.5 sec)			N/A	N/A

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY POWER DELOAD (DAY 79)				
BLOCK 1				
	SET 1	SET 2	SET 3	SET 4
Double Hinge Swing + Swing (5 + 5 reps)			N/A	N/A
Side to Side Knee Tuck (55 sec)	N/A	N/A	N/A	N/A
Deceleration Lunge Hop (20 reps)	N/A	N/A	N/A	N/A
BLOCK 2				
	SET 1	SET 2	SET 3	SET 4
Thrusters (10 reps)			N/A	N/A
Broad Jump (10 reps)	N/A	N/A	N/A	N/A
DB Deadbug (55 sec)			N/A	N/A
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
Split Snatch (5/5 reps)				

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

UPPER BODY STRENGTH DELOAD (DAY 81)				
BLOCK 1				
	SET 1	SET 2	SET 3	SET 4
Arnold Press/ Ski Swing (10 reps)			N/A	N/A
Push-Up/ Renegade Row (10 reps)			N/A	N/A
Bent Over Pull Back (10 reps)			N/A	N/A
BLOCK 2 (4 min EMOM)				
	SET 1	SET 2	SET 3	SET 4
Bicep 10's (5/5 reps)				
BLOCK 3				
	SET 1	SET 2	SET 3	SET 4
DB Jammer Press & Front Raise (10 reps)			N/A	N/A
DB Pull Over Leg Raise (10 reps)			N/A	N/A
DB Side Plank Hip Tap (27.5/27.5 sec)			N/A	N/A

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

TOTAL BODY TEMPO DELOAD (DAY 82)		
BLOCK 1		
	SET 1	SET 2
Iso Split Squat (10/10 reps)		
J Curl (10 reps)		
BLOCK 2		
	SET 1	SET 2
Lateral Step Sumo Squat (55 sec)		
Underswitch Crab Reach (55 sec)		
BLOCK 3		
	SET 1	SET 2
Offset Carry (27.5/27.5 sec)		
Ape (55 sec)	N/A	N/A
RKC Low Plank (55 sec)	N/A	N/A

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?
