

Date / Week					
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## Warm-Up

<b>Circuit Set</b>	<b>15 Reps</b>	<b>15 Reps</b>	
Pull-Up	R _____	R _____	
Push-Up	R _____	R _____	
Squat	W _____	W _____	
Crunch	R _____	R _____	

<b>Circuit Set</b>	<b>15 Reps</b>	<b>15 Reps</b>	
Incline Press	W _____	W _____	
Bent-Over Row	W _____	W _____	
Reverse Alternating Lunge	W _____	W _____	
Plank Twist-Twist	R _____	R _____	

<b>Circuit Set</b>	<b>15 Reps</b>	<b>15 Reps</b>	
1,1,2 Military Press	W _____	W _____	
Post Delt Raise	RT: W _____ LT: W _____	RT: W _____ LT: W _____	
Stiff Leg Deadlift	W _____	W _____	
Russian Twist	R _____	R _____	

<b>Circuit Set</b>	<b>15 Reps</b>	<b>15 Reps</b>	
Bicep Curl-Up-Hammer Down	W _____	W _____	
Tricep Extension-Kickback	RT: W _____ LT: W _____	RT: W _____ LT: W _____	
Calf Raise-Weight at Shoulder	W _____	W _____	
Side Forearm Plank	RT: R _____ LT: R _____	RT: R _____ LT: R _____	

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## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max \* (and Sturdy Chair)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

30 lbs., 40 lbs., 50 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

\*Optional

Date / Week						
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## Warm-Up

<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Deadlift	W _____	W _____	W _____	W _____	
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Dumbbell Pull-Over	W _____	W _____	W _____	W _____	
	<b>10 Reps</b>	<b>10 Reps</b>	<b>10 Reps</b>		
Pull-Up	R _____	R _____	R _____		
<b>Giant Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
EZ Bar Row	W _____	W _____	W _____		
One-Arm Row	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____		
Reverse Fly	W _____	W _____	W _____		
<b>Single Set</b>	<b>30 Sec.</b>	<b>30 Sec.</b>	<b>8 Sec.</b>		
Close-Grip Chin-Up	R _____	R _____	R _____		
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Seated Bicep Curl	W _____	W _____	W _____	W _____	
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
1,1,2 Hammer Curl	W _____	W _____	W _____		
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Neutral EZ Bar Curl	W _____	W _____	W _____	W _____	
<b>Single Set</b>	<b>30 Sec.</b>	<b>30 Sec.</b>			
Airplane Cobra	R _____	R _____			

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- Chin-Up Bar  
{or Bands With Door Attachment}
- Chin-Up Max \* (and Sturdy Chair)
- Weights

- EZ Curl Bar W/Weighted Plates  
{And Spring Collars}
- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

**8 lbs., 15 lbs., 20 lbs.**

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

\*Optional

Date / Week \_\_\_\_\_

## Warm-Up

<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Dumbbell Chest Press	W _____	W _____	W _____	W _____	
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Incline Dumbbell Fly	W _____	W _____	W _____		
Incline Dumbbell Press	W _____	W _____	W _____	W _____	
<b>Giant Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
Close Grip Press	W _____	W _____	W _____		
Partial Chest Fly	W _____	W _____	W _____		
Decline Push-Up	R _____	R _____	R _____		
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Tricep Extension	W _____	W _____	W _____	W _____	
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Single Arm Kickback	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	
Tricep Extension	R _____	R _____	R _____		
<b>Super Set</b>	<b>60 Sec.</b>				
Dips on Bench	R _____				
In and Outs	R _____				

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- Sturdy Chair
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

Date / Week						
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## Warm-Up

<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Sumo Squat	W _____	W _____	W _____	W _____	

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	
Alternating Lunge	W _____	W _____	W _____	
Step-Up to Reverse Lunge	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	

<b>Giant Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	
Parallel Squat	W _____	W _____	W _____	
Bulgarian Squat	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	
Straight Leg Deadlift	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	

<b>Giant Set</b>	<b>30 Sec.</b>	<b>30 Sec.</b>	
Single Leg Calf Raise	LT: R _____ RT: R _____	LT: R _____ RT: R _____	
Seated Calf Raise	R _____	R _____	
In and Outs	R _____	R _____	

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

Date / Week						
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## Warm-Up

<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Shoulder Press	W _____	W _____	W _____	W _____	
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Lateral Raise	W _____	W _____	W _____		
Upright Row	W _____	W _____	W _____	W _____	
<b>Giant Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
EZ Bar Underhand Press	W _____	W _____	W _____		
1,1,2 Front Raise	W _____	W _____	W _____		
Rear Delt Raise	W _____	W _____	W _____		
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Standing Dumbbell Shrug	W _____	W _____	W _____	W _____	
Dumbbell Scap Trap	W _____	W _____	W _____		
<b>Super Set</b>	<b>12 Reps</b>	<b>8 Reps</b>			
Sagi Six-Way	W _____	W _____			
<b>Tuck &amp; Roll</b>	<b>15 Reps</b>	<b>15 Reps</b>			
	R _____	R _____			

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

Date / Week						
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## Warm-Up

<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Standing Curl	W _____	W _____	W _____	W _____	W _____	W _____
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Tricep Extension	W _____	W _____	W _____	W _____		
<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
Wide EZ Bar Curl	W _____	W _____	W _____	W _____	W _____	
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Skull Crusher	W _____	W _____	W _____	W _____		
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Hammer Curl	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____
	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Tricep Kickback	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____
	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____
<b>Single Set</b>	<b>30 Reps</b>					
Weighted Crunch	R _____					

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

Date / Week						
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## Warm-Up

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Pull-Over	W _____	W _____	W _____	W _____		
	<b>10 Reps</b>	<b>10 Reps</b>	<b>10 Reps</b>			
Pull-Up	R _____	R _____	R _____			
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Reverse Grip Row	W _____	W _____	W _____	W _____	W _____	W _____
<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
One-Arm Row	LT: W _____ RT: W _____	W _____ W _____	W _____ W _____	W _____ W _____	W _____ W _____	
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Deadlift	W _____	W _____	W _____	W _____		
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>				
Reverse Fly	W _____	W _____				
	<b>30 Sec.</b>	<b>30 Sec.</b>				
Plank Rotation	R _____	R _____				

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max \* (and Sturdy Chair)
- Weights
- E-Z Curl Bar w/Weighted Plates (and Spring Collars)
- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.  
Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

\*Optional

Date / Week						
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## Warm-Up

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Incline Fly	W _____	W _____	W _____			
Incline Press	W _____	W _____	W _____	W _____		
<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
Chest Press w/ Rotation	W _____	W _____	W _____	W _____	W _____	
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Incline Press	W _____	W _____	W _____	W _____	W _____	W _____
<b>Combo Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>			
Close-Grip Press to Fly	W _____	W _____	W _____			
<b>Multi Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>			
Decline Push-Up	R _____	R _____	R _____			
	<b>10 Reps</b>					
Cobra to Airplane	R _____					
		<b>30 Sec.</b>				
Russian Twist		R _____				

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball).
- Weights
- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.



Date / Week						
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## Warm-Up

<b>Single Set</b>	<b>12 Reps</b>	<b>10 Reps</b>	<b>8 Reps</b>			
Front to Back Lunge	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____			
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Squat	W _____	W _____	W _____	W _____	W _____	W _____
<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
Full to 1/2 Sumo Squat	W _____	W _____	W _____	W _____	W _____	
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Split Squat w/ EZ Bar	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Stiff Leg Deadlift	W _____	W _____	W _____	W _____		
	<b>10 Reps</b>	<b>10 Reps</b>	<b>10 Reps</b>			
Alt. Side Squat	W _____	W _____	W _____			
<b>Super Set</b>	<b>50 Reps</b>	<b>50 Reps</b>				
Calf Raise	W _____	W _____				
	<b>30 Sec.</b>	<b>30 Sec.</b>				
Beast Abs	C _____	C _____				

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench\*
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

\*Optional

Date / Week						
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## Warm-Up

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Lateral Raise	W _____	W _____	W _____			
Arnold Press	W _____	W _____	W _____	W _____		

<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Upright Row	W _____	W _____	W _____	W _____	W _____	W _____

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>			
Alt. Front Raise	W _____	W _____	W _____			
	<b>10 Reps</b>	<b>10 Reps</b>	<b>10 Reps</b>			
Plate Twist-Twist	W _____	W _____	W _____			

<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Reverse Fly	W _____	W _____	W _____	W _____	W _____	W _____

<b>Super Set</b>	<b>10 Reps</b>	<b>10 Reps</b>				
Superman Stretch	R _____	R _____				
	<b>30 Sec.</b>	<b>30 Sec.</b>				
Plank Twist-Twist	R _____	R _____				

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

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Date / Week

Warm-Up

**Combo Set**

EZ Push-Up + Clean + Squat

W \_\_\_\_\_

**Circuit 1**

**Circuit 2**

**Circuit 3**

**Circuit 4**

**Circuit 5**

**Circuit 6**

**Circuit 7**

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

**Combo Set**

Dead Lift + Bent-Over Row

W \_\_\_\_\_

**Circuit 1**

**Circuit 2**

**Circuit 3**

**Circuit 4**

**Circuit 5**

**Circuit 6**

**Circuit 7**

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

**Combo Set**

Skull Crusher + Press + Crunch

W \_\_\_\_\_

**Circuit 1**

**Circuit 2**

**Circuit 3**

**Circuit 4**

**Circuit 5**

**Circuit 6**

**Circuit 7**

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

**Combo Set**

Curl + Military Press + EZ Squat

W \_\_\_\_\_

**Circuit 1**

**Circuit 2**

**Circuit 3**

**Circuit 4**

**Circuit 5**

**Circuit 6**

**Circuit 7**

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

**Combo Set**

Delt Raise + Reverse Lunge

W \_\_\_\_\_

**Circuit 1**

**Circuit 2**

**Circuit 3**

**Circuit 4**

**Circuit 5**

**Circuit 6**

**Circuit 7**

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

Date / Week

Warm-Up

**Combo Set**

Lat Oblique Twist

W \_\_\_\_\_

**Circuit 1**

R \_\_\_\_\_

**Circuit 2**

R \_\_\_\_\_

**Circuit 3**

R \_\_\_\_\_

**Circuit 4**

R \_\_\_\_\_

**Circuit 5**

R \_\_\_\_\_

**Circuit 6**

R \_\_\_\_\_

**Circuit 7**

R \_\_\_\_\_

**Combo Set**

Upright Row + Calf Raise

W \_\_\_\_\_

**Circuit 1**

R \_\_\_\_\_

**Circuit 2**

R \_\_\_\_\_

**Circuit 3**

R \_\_\_\_\_

**Circuit 4**

R \_\_\_\_\_

**Circuit 5**

R \_\_\_\_\_

**Circuit 6**

R \_\_\_\_\_

**Circuit 7**

R \_\_\_\_\_

Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

**Equipment**

- EZ Curl Bar w/Weighted Plates (and Spring Collars) Or Weights
- Worksheet and Pen
- Water and Towel

Date / Week						
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**Warm-Up**

<b>Tempo-Single Set</b> Pull-Over W _____ <b>10 Repts</b> Wide Plank In & Out R _____	<b>15 Repts</b> W _____ <b>10 Repts</b> R _____	<b>12 Repts</b> W _____ <b>10 Repts</b> R _____	<b>8 Repts</b> W _____ <b>8 Repts</b> R _____ <b>8 Repts</b> R _____	
<b>Tempo-Single Set</b> Pull-Up R _____ <b>10 Repts</b> Hanging Circle R _____	<b>10 Repts</b> R _____ <b>10 Repts</b> R _____	<b>10 Repts</b> R _____ <b>10 Repts</b> R _____	<b>8 Repts</b> R _____ <b>8 Repts</b> R _____	
<b>Tempo-Single Set</b> Reverse Bent-Over Row W _____ <b>10 Repts</b> Lat Oblique Twist R _____	<b>15 Repts</b> W _____ <b>10 Repts</b> R _____	<b>12 Repts</b> W _____ <b>10 Repts</b> R _____	<b>8 Repts</b> W _____ <b>8 Repts</b> R _____	
<b>Tempo-Single Set</b> Preacher Curl RT: W _____ LT: W _____ <b>10 Repts</b> Hanging Curl R _____	<b>15 Repts</b> RT: W _____ LT: W _____ <b>10 Repts</b> R _____	<b>12 Repts</b> RT: W _____ LT: W _____ <b>10 Repts</b> R _____	<b>8 Repts</b> RT: W _____ LT: W _____ <b>8 Repts</b> R _____	
<b>Tempo-Single Set</b> All-Angle Bicep W _____ <b>30 Sec.</b> Speed Mountain Climber _____ sec.	<b>15 Repts</b> W _____ <b>30 Sec.</b> _____ sec.	<b>12 Repts</b> W _____ <b>30 Sec.</b> _____ sec.	<b>8 Repts</b> W _____ <b>30 Sec.</b> _____ sec.	

**Cool-Down**

R = reps W = weight RT = right LT = left Sec = time C = completed

**Equipment**

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max \* (and Sturdy Chair)
- Weights
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Worksheet and Pen
- Water and Towel

\*Optional

Date / Week \_\_\_\_\_

## Warm-Up

<b>Tempo-Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	
Chest Press	W _____	W _____	W _____	
	<b>10 Reps</b>			
Figure 4 Crunch	RT: R _____			
	LT: R _____			

<b>Tempo-Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	
Incline Press	W _____	W _____	W _____	
	<b>10 Reps</b>			
Cricket Crunch	RT: R _____			
	LT: R _____			

<b>Tempo-Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	
Incline Fly	W _____	W _____	W _____	
	<b>10 Reps</b>			
Tempo Plank	R _____			

<b>Tempo-Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	
Skull Crusher	W _____	W _____	W _____	
	<b>10 Reps</b>			
EZ Bar Crunch	R _____			

<b>Tempo-Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	
Tricep Kickback	LT: W _____	LT: W _____	LT: W _____	
	RT: W _____	RT: W _____	RT: W _____	
Dips	R _____	R _____	R _____	
	<b>10 Reps</b>			
Plank Twist-Twist	R _____			

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- Sturdy Chair
- Weights
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Worksheet and Pen
- Water and Towel