

This routine is performed during weeks 1, 2, 3, 9, and 11. Use the spaces provided for each exercise to record the number of reps performed and, when using dumbbells, the weight lifted. If using a band, indicate its color along with the number of reps performed. This is a “repeat” workout, so for each exercise use the top line for the first round and the bottom line for the second round.

R = REPS    W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 9	WEEK 11
01 Standard Push-Ups	R 10 R 11	R R	R R	R R	R R
02 Wide Front Pull-Ups	R 7 R 7	R R	R R	R R	R R
03 Military Push-Ups	R 8 R 8	R R	R R	R R	R R
04 Reverse Grip Chin-Ups	R 7 R 8	R R	R R	R R	R R
05 Wide Fly Push-Ups	R 8 R 7 + 1	R R	R R	R R	R R
06 Closed Grip Overhand Pull-Ups	R 7 R 6	R R	R R	R R	R R
07 Decline Push-Ups	R 7 R 6	R R	R R	R R	R R
08 Heavy Pants	R 10 W BB R 10 W BB	R W R W	R W R W	R W R W	R W R W
09 Diamond Push-Ups	R 8 R 7	R R	R R	R R	R R
10 Lawnmowers	R 10 W BB R 10 W BB	R W R W	R W R W	R W R W	R W R W
11 Dive-Bomber Push-Ups	R 6 R 5	R R	R R	R R	R R
12 Back Flys	R 10 W RB R 15 W RB	R W R W	R W R W	R W R W	R W R W

need more weight

BB = Black Band    RB = Red Band

CHEST & BACK

This routine is performed during weeks 1, 2, 3, 9, and 11. Use the spaces provided for each exercise to record the number of reps performed and, when using dumbbells, the weight lifted. If using a band, indicate its color along with the number of reps performed. This is a "repeat" workout, so for each exercise use the top line for the first round and the bottom line for the second round.

R = REPS    W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 9	WEEK 11
<b>01</b> Alternating Shoulder Presses	R <b>11</b> W <b>BB</b> R <b>10</b> W <b>Black + Blue</b>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>02</b> In & Out Bicep Curls	R <b>16</b> W <b>BB</b> R <b>16</b> W <b>Black + Blue</b>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>03</b> Two-Arm Tricep Kickbacks	R <b>11</b> W <b>BB</b> R <b>12</b> W <b>BB</b>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>04</b> Deep Swimmer's Presses	R <b>12</b> W <b>BB</b> R <b>10</b> W <b>Black + Red</b>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>05</b> Full Supination Concentration Curls	R <b>12</b> W <b>BB</b> R <b>13</b> W <b>Black + Red</b>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>06</b> Chair Dips	R <b>15</b> (legs straight) R <b>18</b> (legs straight)	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>07</b> Upright Rows	R <b>12</b> W <b>Black + Red</b> R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>08</b> Static Arm Curls	R <b>16</b> W <b>Black + Red</b> R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>09</b> Flip-Grip Twist Tricep Kickbacks	R <b>8</b> W <b>BB (little shaky)</b> R <b>12</b> W <b>Red band</b>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>10</b> Two-Angle Shoulder Flys	R <b>16</b> W <b>BB</b> R <b>16</b> W <b>BB</b>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>11</b> Crouching Cohen Curls	R <b>12</b> W <b>BB</b> R <b>9</b> W <b>Black + Red</b>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>12</b> Lying-Down Tricep Extensions	R <b>10</b> W <b>BB</b> R <b>10</b> W <b>BB</b>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>BONUS ROUND</b>					
<b>13</b> In & Out Straight-Arm Shoulder Flys	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>14</b> Congdon Curls	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
<b>15</b> Side Tri-Rises	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____

This routine is performed every week that is not a Recovery week. Use the spaces provided for each exercise to record the number of reps performed. If using a band as a substitute for a pull-up bar, indicate its color along with your rep count. Each pull-up exercise in this workout is performed twice, so for each exercise use the top line for the first round and the bottom line for the second round. While this workout consists of both leg and pull-up exercises, we would like you to record the number of reps you performed for JUST THE PULL-UP EXERCISES.

	WEEK 1	WEEK 2	WEEK 3	WEEK 5	WEEK 6
01 Reverse Grip Chin-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
02 Wide Front Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
03 Closed Grip Overhand Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
04 Switch Grip Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
	WEEK 7	WEEK 9	WEEK 10	WEEK 11	WEEK 12
01 Reverse Grip Chin-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
02 Wide Front Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
03 Closed Grip Overhand Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
04 Switch Grip Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____

This routine is performed during weeks 5, 6, 7, 10, and 12. Use the spaces provided for each exercise to record the number of reps and the weight lifted (where applicable). If using a band, indicate its color along with the number of reps performed.

**R = REPS    W = WEIGHT**

	WEEK 5	WEEK 6	WEEK 7	WEEK 10	WEEK 12
<b>01</b> <i>Slow-Motion 3-in-1 Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
<b>02</b> <i>In &amp; Out Shoulder Flys</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>03</b> <i>Chair Dips</i>	R _____	R _____	R _____	R _____	R _____
<b>04</b> <i>Plange Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
<b>05</b> <i>Pike Presses</i>	R _____	R _____	R _____	R _____	R _____
<b>06</b> <i>Side Tri-Rises</i>	R _____	R _____	R _____	R _____	R _____
<b>07</b> <i>Floor Flys</i>	R _____	R _____	R _____	R _____	R _____
<b>08</b> <i>Scarecrows</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>09</b> <i>Overhead Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>10</b> <i>Two-Twitch Speed Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
<b>11</b> <i>Y-Presses</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>12</b> <i>Lying Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>13</b> <i>Side-to-Side Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
<b>14</b> <i>Pour Flys</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>15</b> <i>Side-Leaning Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>16</b> <i>One-Arm Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
<b>17</b> <i>Weighted Circles</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>18</b> <i>Throw the Bomb</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>19</b> <i>Clap or Plyo Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
<b>20</b> <i>Slo-Mo Throws</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>21</b> <i>Front-to-Back Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>22</b> <i>One-Arm Balance Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
<b>23</b> <i>Fly-Row Presses</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>24</b> <i>Dumbbell Cross-Body Blows</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____

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**R = REPS    W = WEIGHT**

	WEEK 5	WEEK 6	WEEK 7	WEEK 10	WEEK 12
01 Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
02 Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 Twenty-Ones	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 One-Arm Cross-Body Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 Switch Grip Pull-Ups	R _____	R _____	R _____	R _____	R _____
06 Elbows-Out Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 Standing Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
08 One-Arm Concentration Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Corn Cob Pull-Ups	R _____	R _____	R _____	R _____	R _____
10 Reverse Grip Bent-Over Rows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 Open Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 Static Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
13 Towel Pull-Ups	R _____	R _____	R _____	R _____	R _____
14 Congdon Locomotives	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 Crouching Cohen Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 One-Arm Corkscrew Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
17 Chin-Ups	R _____	R _____	R _____	R _____	R _____
18 Seated Bent-Over Back Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 Curl-Up/Hammer Downs	R _____	R _____	R _____	R _____	R _____
20 Hammer Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 Max Rep Pull-Ups	R _____	R _____	R _____	R _____	R _____
22 Superman	R _____	R _____	R _____	R _____	R _____
23 In-Out Hammer Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 Strip-Set Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____