

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 14 R 15	R R	R R	R R
02 Wide Front Pull-Ups	R 7 R 7	R 8 R 8	R R	R R	R R
03 Military Push-Ups	R 8 R 8	R 10 R 10	R R	R R	R R
04 Reverse Grip Chin-Ups	R 7 R 8	R 8 R 6	R R	R R	R R
05 Wide Fly Push-Ups	R 8 R 7 + 1	R 10 R 10	R R	R R	R R
06 Closed Grip Overhand Pull-Ups	R 7 R 6	R 7 R 5	R R	R R	R R
07 Decline Push-Ups	R 7 R 6	R 8 R 4	R R	R R	R R
08 Heavy Pants	R 10 BB R 10 W BB	R 11 R + B (should use tighter loop next time) R 10 W	R W R W	R W R W	R W R W
09 Diamond Push-Ups	R 8 R 7	R 10 R 9 + 1	R R	R R	R R
10 Lawnmowers	R 10 W BB R 10 W BB	R 14 R+B R 14 R+B	R W R W	R W R W	R W R W
11 Dive-Bomber Push-Ups	R 6 R 5	R 8 R 5	R R	R R	R R
12 Back Flies	R 10 W RB R 15 W RB	R 8 W BB (too much, a bit shaky) R 12 W RB	R W R W	R W R W	R W R W

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
01 Alternating Shoulder Presses	R 11 W BB R 10 W Black + Blue	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
02 In & Out Bicep Curls	R 16 W BB R 16 W Black + Blue	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
03 Two-Arm Tricep Kickbacks	R 11 W BB R 12 W BB	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
04 Deep Swimmer's Presses	R 12 W BB R 10 W Black + Red	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
05 Full Supination Concentration Curls	R 12 W BB R 13 W Black + Red	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
06 Chair Dips	R 15 (legs straight) R 18 (legs straight)	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
07 Upright Rows	R 12 W Black + Red R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
08 Static Arm Curls	R 16 W Black + Red R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
09 Flip-Grip Twist Tricep Kickbacks	R 8 W BB (little shaky) R 12 W Red band	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
10 Two-Angle Shoulder Flys	R 16 W BB R 16 W BB	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
11 Crouching Cohen Curls	R 12 W BB R 9 W Black + Red	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
12 Lying-Down Tricep Extensions	R 10 W BB R 10 W BB	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
BONUS ROUND					
13 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 _____
14 Congdon Curls	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
15 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 10 R 8	R R	R R	R R	R R
02 Wide Front Pull-Ups	R 7 R 6	R R	R R	R R	R R
03 Closed Grip Overhand Pull-Ups	R 7 R 7	R R	R R	R R	R R
04 Switch Grip Pull-Ups	R 6 R 6	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
01 Slow-Motion 3-in-1 Push-Ups	R _____	R _____	R _____	R _____	R _____
02 In & Out Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 Chair Dips	R _____	R _____	R _____	R _____	R _____
04 Plange Push-Ups	R _____	R _____	R _____	R _____	R _____
05 Pike Presses	R _____	R _____	R _____	R _____	R _____
06 Side Tri-Rises	R _____	R _____	R _____	R _____	R _____
07 Floor Flys	R _____	R _____	R _____	R _____	R _____
08 Scarecrows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Overhead Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
10 Two-Twitch Speed Push-Ups	R _____	R _____	R _____	R _____	R _____
11 Y-Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 Lying Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
13 Side-to-Side Push-Ups	R _____	R _____	R _____	R _____	R _____
14 Pour Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 Side-Leaning Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 One-Arm Push-Ups	R _____	R _____	R _____	R _____	R _____
17 Weighted Circles	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 Throw the Bomb	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 Clap or Plyo Push-Ups	R _____	R _____	R _____	R _____	R _____
20 Slo-Mo Throws	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 Front-to-Back Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 One-Arm Balance Push-Ups	R _____	R _____	R _____	R _____	R _____
23 Fly-Row Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 Dumbbell Cross-Body Blows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____

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
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 _____