

DATE / WEEK

WARM-UP

All exercises: 10 reps; 3 counts eccentric, 1 count concentric

01 Squat		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
02 Lunge	RIGHT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	LEFT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
03 Sumo		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
04 Weighted Pistol	RIGHT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	LEFT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
05 Side Kick	RIGHT	R _____	R _____	R _____	R _____	R _____
	LEFT	R _____	R _____	R _____	R _____	R _____
06 Front Kick	RIGHT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	LEFT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
07 Albanian Squat	RIGHT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	LEFT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
08 Adductor Lunge	RIGHT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	LEFT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
09 Cross Reach	RIGHT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	LEFT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
10 TT Plus	RIGHT	R _____	R _____	R _____	R _____	R _____
	LEFT	R _____	R _____	R _____	R _____	R _____
11 Bridge Kicks	RIGHT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	LEFT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
12 Hip Flexor Splits		R _____	R _____	R _____	R _____	R _____
13 Calf Dog	RIGHT	R _____	R _____	R _____	R _____	R _____
	LEFT	R _____	R _____	R _____	R _____	R _____

COOLDOWN

R = REPS / WT = WEIGHT

DATE / WEEK

WARM-UP

All exercises: 10 reps; 3 counts eccentric, 1 count concentric

01 Standard Push-Ups		R _____	R _____	R _____	R _____	R _____
02 Standard Pull-Ups		R _____	R _____	R _____	R _____	R _____
03 Military Press		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
04 Military Push-Ups		R _____	R _____	R _____	R _____	R _____
05 Chin-Ups		R _____	R _____	R _____	R _____	R _____
06 Deep Swimmer's Press		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
07 Fly Push-Ups		R _____	R _____	R _____	R _____	R _____
08 V Pull-Ups		R _____	R _____	R _____	R _____	R _____
09 Upright Hammer Pull		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
10 Staggered Push-Ups (5 reps each side)	RIGHT	R _____	R _____	R _____	R _____	R _____
	LEFT	R _____	R _____	R _____	R _____	R _____
11 Rocket Launcher Row		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
12 Lateral/Anterior Raise (12 reps)		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
13 Plyo Push-Ups		R _____	R _____	R _____	R _____	R _____
14 Vaulter Pull-Ups (5 reps each side)	RIGHT	R _____	R _____	R _____	R _____	R _____
	LEFT	R _____	R _____	R _____	R _____	R _____
15 Pterodactyl Flys		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
16 Rocket Launcher Kickback		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
17 Flip Flop Combo		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
18 Tricep Skyfers (5 reps each side)	RIGHT	R _____	R _____	R _____	R _____	R _____
	LEFT	R _____	R _____	R _____	R _____	R _____
19 Kneeling Preacher Curl		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
BURNOUT						

COOLDOWN

REPS = R / WEIGHT = WT



WORKSHEET • COMPLEX UPPER

DATE / WEEK

WARM-UP

COMPLEX (4 rounds of 5 exercises)

ROUND 1						
01 Slow Mo Chin-Ups (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
02 X Plyo Push-Ups (8 reps)	R_____	R_____	R_____	R_____	R_____	R_____
03 Lunge Thrust Press (12 reps)	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
04 W Pull-Ups (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
05 Push-Up Bird Dog Crunch (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
ROUND 2						
01 Slow Mo Chin-Ups (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
02 X Plyo Push-Ups (8 reps)	R_____	R_____	R_____	R_____	R_____	R_____
03 Lunge Thrust Press (12 reps)	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
04 W Pull-Ups (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
05 Push-Up Bird Dog Crunch (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
ROUND 3						
01 Slow Mo Chin-Ups (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
02 X Plyo Push-Ups (8 reps)	R_____	R_____	R_____	R_____	R_____	R_____
03 Lunge Thrust Press (12 reps)	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
04 W Pull-Ups (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
05 Push-Up Bird Dog Crunch (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
ROUND 4						
01 Slow Mo Chin-Ups (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
02 X Plyo Push-Ups (8 reps)	R_____	R_____	R_____	R_____	R_____	R_____
03 Lunge Thrust Press (12 reps)	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
04 W Pull-Ups (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
05 Push-Up Bird Dog Crunch (12 reps)	R_____	R_____	R_____	R_____	R_____	R_____
BURNOUT						

COOLDOWN

REPS = R / WEIGHT = WT

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WORKSHEET • COMPLEX LOWER

DATE / WEEK

WARM-UP

COMPLEX (4 rounds of 5 exercises)

ROUND 1 01 Knee Drop Squat (10 reps)	RIGHT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
	LEFT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
02 Bounding Split Squat (16 reps)		R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
03 Triple Speed Skater (16 reps)		R_____	R_____	R_____	R_____	R_____	R_____
04 DS Double L (10 reps)		R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
05 The Stabilizer (10 reps)	RIGHT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
	LEFT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
ROUND 2 01 Knee Drop Squat (10 reps)	RIGHT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
	LEFT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
02 Bounding Split Squat (16 reps)		R_____	R_____	R_____	R_____	R_____	R_____
03 Triple Speed Skater (16 reps)		R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
04 DS Double L (10 reps)		R_____	R_____	R_____	R_____	R_____	R_____
05 The Stabilizer (10 reps)	RIGHT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
	LEFT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
ROUND 3 01 Knee Drop Squat (10 reps)	RIGHT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
	LEFT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
02 Bounding Split Squat (16 reps)		R_____	R_____	R_____	R_____	R_____	R_____
03 Triple Speed Skater (16 reps)		R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
04 DS Double L (10 reps)		R_____	R_____	R_____	R_____	R_____	R_____
05 The Stabilizer (10 reps)	RIGHT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
	LEFT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
ROUND 4 01 Knee Drop Squat (10 reps)	RIGHT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
	LEFT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
02 Bounding Split Squat (16 reps)		R_____	R_____	R_____	R_____	R_____	R_____
03 Triple Speed Skater (16 reps)		R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
04 DS Double L (10 reps)		R_____	R_____	R_____	R_____	R_____	R_____
05 The Stabilizer (10 reps)	RIGHT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
	LEFT	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____	R_____WT_____
BURNOUT							

COOLDOWN

REPS = R / WEIGHT = WT

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WORKSHEET • INCINERATOR

DATE / WEEK

WARM-UP

01 Renegade Row (10 reps)	R _____ WT _____	R _____ WT _____	R _____ WT _____
02 Pull-Ups	R _____	R _____	R _____
03 Floor Flys (10 reps)	R _____ WT _____	R _____ WT _____	R _____ WT _____
04 Push-Ups	R _____	R _____	R _____
05 Rocket Launcher Row (10 reps)	R _____ WT _____	R _____ WT _____	R _____ WT _____
06 Chin-Ups	R _____	R _____	R _____
07 "A" Press (10 reps)	R _____ WT _____	R _____ WT _____	R _____ WT _____
08 Military Push-Ups	R _____	R _____	R _____
09 Monkey Pump (8 reps)	R _____ WT _____	R _____ WT _____	R _____ WT _____
10 Pike Press	R _____	R _____	R _____
11 Pterodactyl Flys (10 reps)	R _____ WT _____	R _____ WT _____	R _____ WT _____
12 Flipper	R _____	R _____	R _____
13 Popeye Hammer Curls (10 reps)	R _____ WT _____	R _____ WT _____	R _____ WT _____
14 Kneeler Curls	R _____ WT _____	R _____ WT _____	R _____ WT _____
15 Hail to the Chief (10 reps)	R _____ WT _____	R _____ WT _____	R _____ WT _____
16 Skyfers	R _____	R _____	R _____
17 Arm and Hammer (10 reps)	R _____ WT _____	R _____ WT _____	R _____ WT _____
18 Rocket Launcher Kickbacks	R _____ WT _____	R _____ WT _____	R _____ WT _____

BURNOUT

COOLDOWN

REPS = R / WEIGHT = WT



WORKSHEET • TOTAL SYNERGISTICS

DATE / WEEK

WARM-UP

01 Push-Up/ Side Arm Balance		R _____	R _____	R _____	R _____	R _____
02 Crescent Chair		R _____	R _____	R _____	R _____	R _____
03 Pull Knee Pull		R _____	R _____	R _____	R _____	R _____
04 Flip Flop Crunch		R _____	R _____	R _____	R _____	R _____
05 Crawly Plyo Push-Ups		R _____	R _____	R _____	R _____	R _____
06 Relevé-Plié, Weighted		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
07 Chin-Up Circle Crunch		R _____	R _____	R _____	R _____	R _____
08 Boat Plow (10 reps)		R _____	R _____	R _____	R _____	R _____
09 Balance Arch Press (10 reps)	RIGHT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	LEFT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
10 3 Hop Press (10 reps)		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
11 Glamour Hammer	RIGHT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	LEFT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
12 Branon Boat		R _____	R _____	R _____	R _____	R _____
13 Flying Warrior (4 reps Right, 4 reps Left)	RIGHT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	LEFT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
14 Squat Rockers		R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
15 Side Rise Punch	RIGHT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
	LEFT	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____	R _____ WT _____
16 Warrior Squat Moon	RIGHT	R _____	R _____	R _____	R _____	R _____
	LEFT	R _____	R _____	R _____	R _____	R _____

COOLDOWN

REPS = R / WEIGHT = WT

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WORKSHEET • THE CHALLENGE

DATE / WEEK

WARM-UP

Pick a number for push-ups, another for pull-ups. Hit that number for every exercise.

	Pull_____ Push_____	Pull_____ Push_____	Pull_____ Push_____	Pull_____ Push_____	Pull_____ Push_____
01 Wide Pull-Up	R_____	R_____	R_____	R_____	R_____
02 Standard Push-Up	R_____	R_____	R_____	R_____	R_____
03 Wide Pull-Up	R_____	R_____	R_____	R_____	R_____
04 Standard Push-Up	R_____	R_____	R_____	R_____	R_____
05 Chin-Up	R_____	R_____	R_____	R_____	R_____
06 Military Push-Up	R_____	R_____	R_____	R_____	R_____
07 Chin-Up	R_____	R_____	R_____	R_____	R_____
08 Military Push-Up	R_____	R_____	R_____	R_____	R_____
09 Close Grip Pull-Up	R_____	R_____	R_____	R_____	R_____
10 Wide Push-Up	R_____	R_____	R_____	R_____	R_____
11 Close Grip Pull-Up	R_____	R_____	R_____	R_____	R_____
12 Wide Push-Up	R_____	R_____	R_____	R_____	R_____
13 Vaulter Pull-Up – Right Hand Forward	R_____	R_____	R_____	R_____	R_____
14 Staggered Push-Up – Right Hand Forward	R_____	R_____	R_____	R_____	R_____
15 Vaulter Pull-Up – Left Hand Forward	R_____	R_____	R_____	R_____	R_____
16 Staggered Push-Up – Left Hand Forward	R_____	R_____	R_____	R_____	R_____
BURNOUT					

COOLDOWN

REPS = R / WEIGHT = WT