

Weight = W Reps = R

Use the spaces provided for each exercise to record the weight lifted and the number of reps performed.

## BURN PHASE

| BURN CIRCUIT 1                                  | WEEK 1          | WEEK 2          | WEEK 3          | WEEK 4          |
|---|-----------------|-----------------|-----------------|-----------------|
| 1 Sumo Squat with Hip Lift                      | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 2 Lunge with Posterior Fly                      | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 3 Push-Up with Leg Lift                         | R _____         | R _____         | R _____         | R _____         |
| 4 Dead Lift with Posterior Fly                  | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 5 Lunge with Core Rotation                      | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 6 Bench Press and Leg Lower                     | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 7 Squat with Side Bend                          | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 8 Forward-Lean Lunge With DBL Arm Posterior Fly | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 9 Chest Fly with Hip Lift                       | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| BURN CIRCUIT 2                                  | WEEK 1          | WEEK 2          | WEEK 3          | WEEK 4          |
| 1 Sumo Squat with Bicep Curl                    | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 2 Lunge with One-Arm Tricep Extension           | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 3 Dead Lift Row                                 | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 4 Sumo Squat with Overhead Tricep Extension     | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 5 Dead Lift with Double Row                     | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 6 Bowler's Lunge with Single-Arm Row            | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 7 Bicep Curls with Abductor Balance             | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 8 Forward-Lean Lunge with Double Row            | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 9 Triple-Threat Push-Ups                        | R _____         | R _____         | R _____         | R _____         |
| BURN CIRCUIT 3                                  | WEEK 1          | WEEK 2          | WEEK 3          | WEEK 4          |
| 1 Sumo Squat with Overhead Press                | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 2 Lunge with Calf Raise                         | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 3 Squat with Lateral Raise                      | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 4 Lunge with Frontal Press                      | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 5 Squat with Calf Raise                         | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 6 Sumo Squat with Delt Raises                   | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 7 Squat with Double Overhead Press              | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 8 Lunge with Lateral Raise                      | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 9 Sumo Squat with Calf Raise                    | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |

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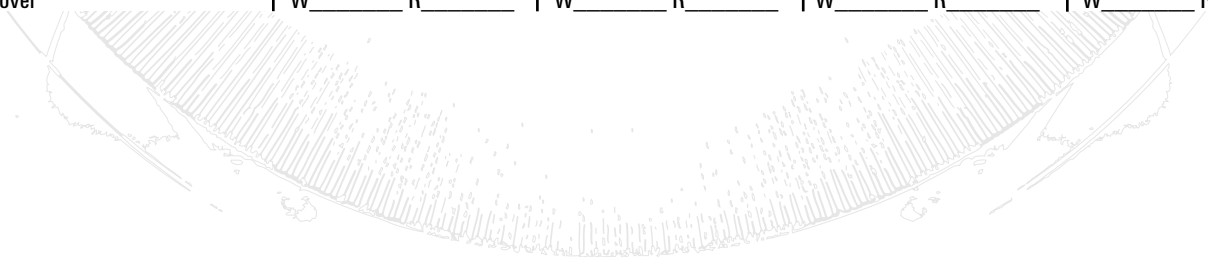
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## PUSH PHASE

| PUSH CIRCUIT 1                          | WEEK 1          | WEEK 2          | WEEK 3          | WEEK 4          |
|---|-----------------|-----------------|-----------------|-----------------|
| 1 Standard Bicep Curl                   | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 2 Standard Squat                        | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 3 Single-Arm Bent-Over Tricep Extension | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 4 VPress Biceps                         | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 5 Single-Leg Squat                      | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 6 Overhead Tricep Extension             | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 7 Hammer Biceps                         | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 8 Heel Squat                            | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 9 Push-Ups                              | R _____         | R _____         | R _____         | R _____         |

| PUSH CIRCUIT 2            | WEEK 1          | WEEK 2          | WEEK 3          | WEEK 4          |
|---------------------------|-----------------|-----------------|-----------------|-----------------|
| 1 Standard Overhead Press | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 2 Single-Leg Lunge        | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 3 Standing Reverse Fly    | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 4 Standing Arnold Press   | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 5 Single-Leg Dead Lifts   | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 6 Bent-Over Lat Raise     | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 7 Frontal Shoulder Press  | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 8 Single-Leg Tap Lunges   | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 9 Lateral Delt Raise      | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |

| PUSH CIRCUIT 3               | WEEK 1          | WEEK 2          | WEEK 3          | WEEK 4          |
|------------------------------|-----------------|-----------------|-----------------|-----------------|
| 1 Sumo Squat                 | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 2 Single-Arm Row             | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 3 Chest Fly                  | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 4 Bowler Lunge               | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 5 Double-Arm Bent-Over Row   | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 6 Bench Press                | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 7 Single-Leg Sumo Squat      | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 8 Reverse-Grip Bent-Over Row | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 9 Long-Arm Pullover          | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |



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## LEAN PHASE

| LEAN CIRCUIT 1                                    | WEEK 1          | WEEK 2          | WEEK 3          | WEEK 4          |
|---|-----------------|-----------------|-----------------|-----------------|
| 1 Single-Calf Raise, Bicep Curl                   | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 2 Tricep Push-Ups                                 | R _____         | R _____         | R _____         | R _____         |
| 3 Split Lunge with Biceps                         | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 4 Stationary Runner's Lunge - Double Triceps      | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 5 Bicep Curl with Hamstring Curl - Right and Left | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 6 Plank with Single-Tricep Extension              | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 7 Reverse Lunge - Double-Arm Bicep Curl           | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 8 Supine Tricep                                   | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 9 Sumo Squat Calf Raise with Bicep Curl           | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |

| LEAN CIRCUIT 2                               | WEEK 1          | WEEK 2          | WEEK 3          | WEEK 4          |
|--|-----------------|-----------------|-----------------|-----------------|
| 1 Sumo Squat Anterior Delt Lift              | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 2 Double-Arm Row - Single-Leg Lift with Band | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 3 Single Hamstring Curls, with Lateral Raise | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 4 Runner's Lunge with Double-Arm Row         | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 5 Lateral Raise with Abduction with Bands    | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 6 Plank with Single-Arm Row                  | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 7 Reverse Lunge - Lateral Raise              | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 8 Posterior Deltoid Raise with Leg Lift      | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 9 Squat with Double-Arm Anterior Delt Lift   | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |

| LEAN CIRCUIT 3                              | WEEK 1          | WEEK 2          | WEEK 3          | WEEK 4          |
|---|-----------------|-----------------|-----------------|-----------------|
| 1 Squat with Cross-Body Chop                | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 2 Reverse Lunge and Arnold Press            | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 3 Chest Fly with Hip Lift                   | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 4 Kneeling Overhead Press and Center Crunch | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 5 Push-Up Side Planks                       | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 6 Dead Lift Frontal Press                   | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 7 Traveling Push-Ups                        | R _____         | R _____         | R _____         | R _____         |
| 8 Chest Fly - Abduction                     | W _____ R _____ | W _____ R _____ | W _____ R _____ | W _____ R _____ |
| 9 Army Crawl                                | R _____         | R _____         | R _____         | R _____         |