

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> <i>Standard Push-ups</i>             | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 |
| <b>02</b> <i>Wide Front Pull-ups</i>           | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 |
| <b>03</b> <i>Military Push-ups</i>             | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 |
| <b>04</b> <i>Reverse Grip Chin-ups</i>         | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 |
| <b>05</b> <i>Wide Fly Push-ups</i>             | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 |
| <b>06</b> <i>Closed Grip Overhand Pull-ups</i> | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 |
| <b>07</b> <i>Decline Push-ups</i>              | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 |
| <b>08</b> <i>Heavy Pants</i>                   | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>09</b> <i>Diamond Push-ups</i>              | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 |
| <b>10</b> <i>Lawnmowers</i>                    | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>11</b> <i>Dive-bomber Push-ups</i>          | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 |
| <b>12</b> <i>Back Flys</i>                     | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |

**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**

|   | <b>WEEK 1</b>                      | <b>WEEK 2</b>                      | <b>WEEK 3</b>                      | <b>WEEK 9</b>                      | <b>WEEK 11</b>                     |
|---|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| <b>01 Alternating Shoulder Presses</b>            | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>02 In &amp; Out Bicep Curls</b>                | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>03 Two-arm Tricep Kickbacks</b>                | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>04 Deep Swimmer's Presses</b>                  | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>05 Full Supination Concentration Curls</b>     | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>06 Chair Dips</b>                              | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 |
| <b>07 Upright Rows</b>                            | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>08 Static Arm Curls</b>                        | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>09 Flip-grip Twist Tricep Kickbacks</b>        | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>10 Two-angle Shoulder Flys</b>                 | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>11 Crouching Cohen Curls</b>                   | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>12 Lying-down Tricep Extensions</b>            | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>BONUS ROUND</b>                                |                                    |                                    |                                    |                                    |                                    |
| <b>13 In &amp; Out Straight-arm Shoulder Flys</b> | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>14 Congdon Curls</b>                           | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ | R _____ W _____<br>R _____ W _____ |
| <b>15 Side Tri-rises</b>                          | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 | R _____<br>R _____                 |

**SHOULDERS & ARMS**

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 _____ |

**BACK & BICEPS**



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**.

*R = REPS*

|  | <b>WEEK 1</b>                    | <b>WEEK 2</b>                    | <b>WEEK 3</b>                    | <b>WEEK 5</b>                    | <b>WEEK 6</b>                    |
|--|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| <b>01</b> <i>Reverse Grip Chin-ups</i>         | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ |
| <b>02</b> <i>Wide Front Pull-ups</i>           | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ |
| <b>03</b> <i>Closed Grip Overhand Pull-ups</i> | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ |
| <b>04</b> <i>Switch Grip Pull-ups</i>          | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ |
|  |                                  |                                  |                                  |                                  |                                  |
|  | <b>WEEK 7</b>                    | <b>WEEK 9</b>                    | <b>WEEK 10</b>                   | <b>WEEK 11</b>                   | <b>WEEK 12</b>                   |
| <b>01</b> <i>Reverse Grip Chin-ups</i>         | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ |
| <b>02</b> <i>Wide Front Pull-ups</i>           | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ |
| <b>03</b> <i>Closed Grip Overhand Pull-ups</i> | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ |
| <b>04</b> <i>Switch Grip Pull-ups</i>          | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ | <i>R</i> _____<br><i>R</i> _____ |
|  |                                  |                                  |                                  |                                  |                                  |

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-tisas                  | 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 _____ |

# CHEST, SHOULDERS & TRICEPS