

WORKSHEET

Equipment needed: PowerStands, Dumbbells or Resistance Band, pull-up bar, mat, Results and Recovery Formula or water, and 2 chairs (optional). Use the spaces provided for each exercise to record the number of reps you performed and the weight you lifted. If using a Resistance Band, indicate the color used.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 5	WEEK 6	WEEK 7	WEEK 9	WEEK 10	WEEK 11	WEEK 12
01 Double Double Dip'll Do Ya	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____
	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____
02 Dead Leg Switch Pull-Up	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____
	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____
03 2-Direction Circle Flies	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
04 Lunge Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
05 Hammer Kick	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
06 Frog Push-Ups	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____
	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____
07 "L" Chin-Ups	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____
	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____
08 Fly Blaster	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
09 Lean Back Curls	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
10 1-Legged Bridge Dips	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____
	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____	R_____

UPPER PLUS