



# AAA

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1	SET 1	SET 2	SET 3
Lunge Press	W	W	W
L Raise	W	W	W
Candlestick			
Athletic Hinge Pulse	W	W	W
SERIES 2	SET 1	SET 2	SET 3
Single-Leg Bridge With 1-Arm Pullover	W	W	W
Hammer Curl	W	W	W
Boat Pose Russian Twist	W	W	W
Quad Ped Donkey Pulse	W/RL	W/RL	W/RL
SERIES 3	SET 1	SET 2	SET 3
Bridge Chest Press	W	W	W
Lunge Triceps Kickback	W	W	W
Plank Hip Dip			
Superman Glute Pulse	RL	RL	RL
EQUIPMENT:			
W = Weights (light, medium, heavy); RL = Resistance Loops (yellow, green, blue); Mat (optional)			



# BOOTY

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1	SET 1	SET 2
Bridge Walk Outs	RL	RL
Donkey Heel Press	RL	RL
Fire Hydrant Press Back	RL	RL
SERIES 2	SET 1	SET 2
Penguin Bridge	RL	RL
Squat Relevé Open	W/RL	W/RL
Downdog Leg Lift	RL	RL
SERIES 3	SET 1	SET 2
Squat Rotate Sumo	W/RL	W/RL
Lunge To Single-Leg Hinge	W	W
Squat Single-Leg Circle	W	W
BONUS	SET 1	
Skier Swings	W	
Camel Half Lunge	W	
EQUIPMENT:		
W = Weights (light, medium, heavy); RL = Resistance Loops (yellow, green, blue); Strength Slides; Mat (optional)		



# LEGS

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1	SET 1	SET 2
Suitcase Squat To Side Lunge	W/RL	W/RL
Alt. Side Squat Knee Raise	W/RL	W/RL
Static Lunge Front Heel Raise	W	W
SERIES 2	SET 1	SET 2
Narrow To Wide Curtsy		
Half Buddha To Single-Leg Hinge	W/RL	W/RL
Side Shuffle Squat Jump	W/RL	W/RL
SERIES 3	SET 1	SET 2
Side Plank, Inner Leg Lift	RL	RL
Blastoff Hamstring Curl	RL	RL
Squat, Lunge, Curtsy, Reach		
BONUS EXERCISE	SET 1	
Surrenders	W	
EQUIPMENT:		
W = Weights (light, medium, heavy); RL = Resistance Loops (yellow, green, blue); Strength Slides; Mat (optional)		



# TOTAL BODY CORE

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1: SHOULDERS	SET 1	SET 2	SET 3
Static Twisting Lunge Press	W	W	W
Lateral Squat Hop With Raise	W/RL	W/RL	W/RL
Side V Pulses			
SERIES 2: BACK	SET 1	SET 2	SET 3
Front Lunge, Goalpost	RL	RL	RL
2 Jump Row	W	W	W
V-Up Flutter Kick	RL	RL	RL
SERIES 3: CHEST	SET 1	SET 2	SET 3
Chest Press Bicycle	W	W	W
Alt. Lateral Push-Up	RL	RL	RL
Roll Up Knee Twist	W/RL	W/RL	W/RL
SERIES 4: BICEPS	SET 1	SET 2	SET 3
Rotating Angle Lunge Curl	W/RL	W/RL	W/RL
Sumo Squat Curl	W/RL	W/RL	W/RL
Loop X Tap	RL	RL	RL
BONUS: TRICEPS	SET 1		
Side Plank Triceps Kickback	W		
Frog Crunches	RL		
EQUIPMENT:			
W = Weights (light, medium, heavy); RL = Resistance Loops (yellow, green, blue); Mat (optional)			