



AAA

PHASE 3 | DAY 51

2 SETS • 15 REPS | TRACKER SHEET

DATE:					
SERIES 1	SET 1		SET 2		
Shoulders: Czech Press	W		W		
Shoulders: Front Raise	W		W		
Core: Slider Windshield Wipers					
Glute: Side Lunge Hold	W	RL	W	RL	
SERIES 2	SET 1		SET 2		
Back: Bridge Pull Over	W		W		
Bicep: Camel Bicep Curl	W		W		
Core: Weighted Twisting Roll Down	W		W		
Glutes: Marching Bridge	RL		RL		
SERIES 3	SET 1		SET 2		
Chest: Bridge Bilateral Press	W		W		
Triceps: Tricep Kickback in Lunge	W		W		
Core: Weighted Knee Drops	W		W		
Glutes: Curtsy Lunge Pulse					
EQUIPMENT:					
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)					



# LEGS

PHASE 3 | DAY 53

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1	SET 1	SET 2
Side-to-Side Squat	W	W
Alt. Weighted Squat Jump	W	W
Figure 4 Squat	W	W
SERIES 2	SET 1	SET 2
Slider Side Lunge	W	W
Half Skater Lunge Jump	W	W
Low Rocking Side Lunge	W	W
SERIES 3	SET 1	SET 2
Slide Front Diagonal Lunge	W	W
Split Squat Jump	W	W
Buddha Squat	W	W
SERIES 4	SET 1	SET 2
Sumo Double Slide In	W	W
Sumo Cross Jump	W	W
Goblet Sumo Squat	W	W
EQUIPMENT:		
W=Weights (light, medium, heavy), Strength Slides		



# TOTAL BODY CORE

PHASE 3 | DAY 54

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1: SHOULDERS	SET 1	SET 2
Surrender to Shoulder Press	W	W
Quad Ped Crawl	RL	RL
Burpee Sliders		
SERIES 2: BACK	SET 1	SET 2
Bent Over Row Tap Back	W	W
Squat Tabletop Row	RL	RL
Saw on Sliders		
SERIES 3: CHEST	SET 1	SET 2
Modified ½ Turkish Push-Up	W	W
Side Reach Push-Up		
V Crunch to Scissor Crunch	RL	RL
SERIES 4: BICEPS	SET 1	SET 2
Runner's Lunge Curl	RL	RL
Static Sumo Hammer Curl	W	W
Slider Crawl Outs		
SERIES 5: TRICEPS	SET 1	SET 2
Tricep Push-Up, Knee Tuck		
Squat Hold Kickbacks	RL	RL
Weighted Windmills	W	W
EQUIPMENT:		
W=Weights (light, medium, heavy), Resistance Loops, Strength Slides, Mat (optional)		



# BOOTY

## PHASE 3 | DAY 56

2 SETS • 15 REPS | TRACKER SHEET

DATE:				
SERIES 1	SET 1		SET 2	
Side Squat Hop Hold	W		W	
Kneeling Lateral Crawl to Half Surrender	W	RL	W	RL
Single-Leg Hamstring Slide				
SERIES 2	SET 1		SET 2	
Single-Leg Runner's Jump w/Weight	W		W	
Single-Leg Hinge	RL		RL	
Slider Reverse Pulse Lunge	W		W	
SERIES 3	SET 1		SET 2	
Narrow Squat Rock	W		W	
Front Lunge, Side Lunge	W	RL	W	RL
Side Lunge to Curtsy				
EQUIPMENT:				
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)				

DATE:						
SERIES 1	SET 1		SET 2		SET 3	
<b>Shoulders:</b> Czech Press	W		W		W	
<b>Shoulders:</b> Front Raise	W		W		W	
<b>Core:</b> Slider Windshield Wipers						
<b>Glutes:</b> Side Lunge	W	RL	W	RL	W	RL
SERIES 2	SET 1		SET 2		SET 3	
<b>Back:</b> Bridge Pull Over	W	RL	W	RL	W	RL
<b>Bicep:</b> Camel Bicep Curl	W		W		W	
<b>Core:</b> Weighted Twisting Roll Down	W		W		W	
<b>Glutes:</b> Marching Bridge	RL		RL		RL	
SERIES 3	SET 1		SET 2		SET 3	
<b>Chest:</b> Bridge Bilateral Press	W		W	RL	W	RL
<b>Triceps:</b> Tricep Kickback in Lunge	W		W		W	
<b>Core:</b> Weighted Knee Drops	W		W		W	
<b>Glutes:</b> Curtsy Lunge Pulse					W	
EQUIPMENT:						
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)						

DATE:			
SERIES 1	SET 1	SET 2	SET 3
Side-to-Side Squat	W	W	W
Alt. Weighted Squat Jump	W	W	W
Figure 4 Squats	W	W	W
SERIES 2	SET 1	SET 2	SET 3
Slider Side Lunge	W	W	W
Half Skater Lunge Jump	W	W	W
Low Rocking Side Lunge	W	W	W
SERIES 3	SET 1	SET 2	SET 3
Slider Front Diagonal Lunge	W	W	W
Split Squat Jump	W	W	W
Buddha Squat	W	W	W
SERIES 4	SET 1	SET 2	SET 3
Sumo Double Slide In	W	W	W
Sumo Cross Jump	W	W	W
Goblet Sumo Squat	W	W	W
EQUIPMENT:			
W=Weights (light, medium, heavy), Strength Slides			



# TOTAL BODY CORE

PHASE 3 | DAY 60

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1: SHOULDERS	SET 1	SET 2	SET 3
Surrender to Shoulder Press	W	W	W
Quad Ped Crawl	RL	RL	RL
Burpee Sliders			
SERIES 2: BACK	SET 1	SET 2	SET 3
Bent Over Row Tap Back	W	W	W
Squat Tabletop Row	RL	RL	RL
Saw on Sliders			
SERIES 3: CHEST	SET 1	SET 2	SET 3
½ Turkish Get Up to Push-Up	W	W	W
Side Reach Push-Up			
V Crunch to Scissor Crunch	RL	RL	RL
SERIES 4: BICEPS	SET 1	SET 2	SET 3
Runner's Lunge Curl	RL	RL	RL
Static Sumo Hammer Curl	W	W	W
Slider Crawl Outs			
SERIES 5: TRICEPS	SET 1	SET 2	SET 3
Tricep Push-Up, Knee Tuck			
Squat Hold Kickbacks	RL	RL	RL
Weighted Windmills	W	W	W
EQUIPMENT:			
W=Weights (light, medium, heavy), RL=Resistance Loops, Strength Slides, Mat (optional)			



# BOOTY

## PHASE 3 | DAY 62

3 SETS • 10 REPS | TRACKER SHEET

DATE:						
SERIES 1	SET 1		SET 2		SET 3	
Side Squat Hop Hold	W		W		W	
Kneeling Lateral Crawl to Half Surrender	W	RL	W	RL	W	RL
Single-Leg Hamstring Slide						
SERIES 2	SET 1		SET 2		SET 3	
Single-Leg Runner's Jump	W		W		W	
Single-Leg Hinge	RL		RL		RL	
Slider Reverse Pulse Lunge	W		W		W	
SERIES 3	SET 1		SET 2		SET 3	
Narrow Squat Rock	W		W		W	
Front Lunge, Side Lunge	W	RL	W	RL	W	RL
Side Lunge to Curtsy	W		W		W	
EQUIPMENT:						
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)						





AAA

PHASE 3 | DAY 63

3 SETS • 10 REPS | TRACKER SHEET

DATE:						
SERIES 1	SET 1		SET 2		SET 3	
<b>Shoulders:</b> Czech Press	W		W		W	
<b>Shoulders:</b> Front Raise	W		W		W	
<b>Core:</b> Slider Windshield Wipers						
<b>Glutes:</b> Side Lunge	W	RL	W	RL	W	RL
SERIES 2	SET 1		SET 2		SET 3	
<b>Back:</b> Bridge Pull Over	W		W	RL	W	RL
<b>Bicep:</b> Camel Bicep Curl	W		W		W	
<b>Core:</b> Weighted Twisting Roll Down	W		W		W	
<b>Glutes:</b> Marching Bridge	RL		RL		RL	
SERIES 3	SET 1		SET 2		SET 3	
<b>Chest:</b> Bridge Bilateral Press	W	RL	W	RL	W	RL
<b>Triceps:</b> Tricep Kickback in Lunge	W		W		W	
<b>Core:</b> Weighted Knee Drops	W		W		W	
<b>Glutes:</b> Curtsy Lunge Pulse						
EQUIPMENT:						
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)						

DATE:			
SERIES 1	SET 1	SET 2	SET 3
Side-to-Side Squat	W	W	W
Alt. Weighted Squat Jump	W	W	W
Figure 4 Squats	W	W	W
SERIES 2	SET 1	SET 2	SET 3
Slider Side Lunge	W	W	W
Half Skater Lunge Jump	W	W	W
Low Rocking Side Lunge	W	W	W
SERIES 3	SET 1	SET 2	SET 3
Slider Front Diagonal Lunge	W	W	W
Split Squat Jump	W	W	W
Buddha Squat	W	W	W
SERIES 4	SET 1	SET 2	SET 3
Sumo Double Slide In	W	W	W
Sumo Cross Jump	W	W	W
Goblet Sumo Squat	W	W	W
EQUIPMENT:			
W=Weights (light, medium, heavy), Strength Slides			



# TOTAL BODY CORE

PHASE 3 | DAY 66

3 SETS • 10 REPS | TRACKER SHEET

DATE:			
SERIES 1: SHOULDERS	SET 1	SET 2	SET 3
Surrender to Shoulder Press	W	W	W
Quad Ped Crawl	RL	RL	RL
Burpee Sliders			
SERIES 2: BACK	SET 1	SET 2	SET 3
Bent Over Row Tap Back	W	W	W
Squat Tabletop Row	RL	RL	RL
Saw on Sliders			
SERIES 3: CHEST	SET 1	SET 2	SET 3
½ Turkish Get Up to Push-Up	W	W	W
Side Reach Push-Up			
V Crunch to Scissor Crunch	RL	RL	RL
SERIES 4: BICEPS	SET 1	SET 2	SET 3
Runner's Lunge Curl	RL	RL	RL
Static Sumo Hammer Curl	W	W	W
Slider Crawl Outs			
SERIES 5: TRICEPS	SET 1	SET 2	SET 3
Tricep Push-Up, Knee Tuck			
Squat Hold Kickbacks	RL	RL	RL
Weighted Windmills	W	W	W
EQUIPMENT:			
W=Weights (light, medium, heavy), Resistance Loops, Strength Slides, Mat (optional)			



# BOOTY

## PHASE 3 | DAY 68

3 SETS • 10 REPS | TRACKER SHEET

DATE:						
SERIES 1	SET 1		SET 2		SET 3	
Side Squat Hop Hold	W		W		W	
Kneeling Lateral Crawl to Half Surrender	W	RL	W	RL	W	RL
Single-Leg Hamstring Slide						
SERIES 2	SET 1		SET 2		SET 3	
Single-Leg Runner's Jump	W		W		W	
Single-Leg Hinge	RL		RL		RL	
Slider Reverse Pulse Lunge	W		W		W	
SERIES 3	SET 1		SET 2		SET 3	
Narrow Squat Rock	W		W		W	
Front Lunge, Side Lunge	W	RL	W	RL	W	RL
Side Lunge to Curtsy	W		W		W	
EQUIPMENT:						
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)						



AAA

PHASE 3 | DAY 69

2 SETS • 15 REPS | TRACKER SHEET

DATE:					
SERIES 1	SET 1		SET 2		
Shoulders: Czech Press	W		W		
Shoulders: Front Raise	W		W		
Core: Slider Windshield Wipers					
Glutes: Side Lunge	W	RL	W	RL	
SERIES 2	SET 1		SET 2		
Back: Bridge Pull Over	W		W		
Bicep: Camel Bicep Curl	W		W		
Core: Weighted Twisting Roll Down	W		W		
Glutes: Marching Bridge	RL		RL		
SERIES 3	SET 1		SET 2		
Chest: Bridge Bilateral Press	W		W		
Triceps: Tricep Kickback in Lunge	W		W		
Core: Weighted Knee Drops	W		W		
Glutes: Curtsy Lunge Pulse					
EQUIPMENT:					
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)					



# LEGS

## PHASE 3 | DAY 71

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1	SET 1	SET 2
Side-to-Side Squat	W	W
Alt. Weighted Squat Jump	W	W
Figure 4 Squats	W	W
SERIES 2	SET 1	SET 2
Slider Side Lunge	W	W
Half Skater Lunge Jump	W	W
Low Rocking Side Lunge	W	W
SERIES 3	SET 1	SET 2
Slide Front Diagonal Lunge	W	W
Split Squat Jump	W	W
Buddha Squat	W	W
SERIES 4	SET 1	SET 2
Sumo Double Slide In	W	W
Sumo Cross Jump	W	W
Goblet Sumo Squat	W	W
EQUIPMENT:		
W=Weights (light, medium, heavy), Strength Slides		



# TOTAL BODY CORE

PHASE 3 | DAY 72

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1: SHOULDERS	SET 1	SET 2
Surrender to Shoulder Press	W	W
Quad Ped Crawl	RL	RL
Burpee Sliders		
SERIES 2: BACK	SET 1	SET 2
Bent Over Row Tap Back	W	W
Squat Tabletop Row	RL	RL
Saw on Sliders		
SERIES 3: CHEST	SET 1	SET 2
Modified ½ Turkish Push-Up	W	W
Side Reach Push-Up		
V Crunch to Scissor Crunch	RL	RL
SERIES 4: BICEPS	SET 1	SET 2
Runner's Lunge Curl	RL	RL
Static Sumo Hammer Curl	W	W
Slider Crawl Outs		
SERIES 5: TRICEPS	SET 1	SET 2
Tricep Push-Up, Knee Tuck		
Squat Hold Kickbacks	RL	RL
Weighted Windmills	W	W
EQUIPMENT:		
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)		



# BOOTY

## PHASE 3 | DAY 74

2 SETS • 15 REPS | TRACKER SHEET

DATE:				
SERIES 1	SET 1		SET 2	
Side Squat Hop Hold	W		W	
Kneeling Lateral Crawl to Half Surrender	W	RL	W	RL
Single-Leg Hamstring Slide				
SERIES 2	SET 1		SET 2	
Single-Leg Runner's Jump	W		W	
Single-Leg Hinge	RL		RL	
Slider Reverse Pulse Lunge	W		W	
SERIES 3	SET 1		SET 2	
Narrow Squat Rock	W		W	
Front Lunge, Side Lunge	W	RL	W	RL
Side Lunge to Curtsy				
EQUIPMENT:				
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)				