

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
01 Standard Push-ups	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____
02 Wide Front Pull-ups	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____
03 Military Push-ups	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____
04 Reverse Grip Chin-ups	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____
05 Wide Fly Push-ups	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____
06 Closed Grip Overhand Pull-ups	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____
07 Decline Push-ups	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____
08 Heavy Pants	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Diamond Push-ups	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____
10 Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 Dive-bomber Push-ups	R _____	R _____	R _____	R _____	R _____
	R _____	R _____	R _____	R _____	R _____
12 Back Flies	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____

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R = REPS W = WEIGHT

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

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

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

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 _____

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R = REPS W = WEIGHT

	WEEK 5	WEEK 6	WEEK 7	WEEK 10	WEEK 12
01 <i>Slow-motion 3-in-1 Push-ups</i>	R _____	R _____	R _____	R _____	R _____
02 <i>In & Out Shoulder Flys</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 <i>Chair Dips</i>	R _____	R _____	R _____	R _____	R _____
04 <i>Plange Push-ups</i>	R _____	R _____	R _____	R _____	R _____
05 <i>Pike Presses</i>	R _____	R _____	R _____	R _____	R _____
06 <i>Side Tri-rises</i>	R _____	R _____	R _____	R _____	R _____
07 <i>Floor Flys</i>	R _____	R _____	R _____	R _____	R _____
08 <i>Scarecrows</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 <i>Overhead Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
10 <i>Two-twitch Speed Push-ups</i>	R _____	R _____	R _____	R _____	R _____
11 <i>Y-presses</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 <i>Lying Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
13 <i>Side-to-side Push-ups</i>	R _____	R _____	R _____	R _____	R _____
14 <i>Four Flys</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 <i>Side-leaning Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 <i>One-arm Push-ups</i>	R _____	R _____	R _____	R _____	R _____
17 <i>Weighted Circles</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 <i>Throw the Bomb</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 <i>Clap or Plyo Push-ups</i>	R _____	R _____	R _____	R _____	R _____
20 <i>Slo-mo Throws</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 <i>Front-to-back Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 <i>One-arm Balance Push-ups</i>	R _____	R _____	R _____	R _____	R _____
23 <i>Fly-row Presses</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 <i>Dumbbell Cross-body Blows</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____

CHEST, SHOULDERS & TRICEPS