

WEIGHT ROOM / STRENGTH

TOTAL BODY - REGULAR

Alternate all upper body push & pull exercises,
then complete the lower body

				Recording form #
1 Set - High Reps				
1	ALT. P-P+L 1 SET-HIGH REPS A			1
2	ALT. P-P+L 1 SET-HIGH REPS B			
3	ALT. P-P+L 1 SET-HIGH REPS C			
2 Sets - Low/Medium Reps				
4	ALT. P-P+L 2 SETS-LOW/MED. REPS A			2
5	ALT. P-P+L 2 SETS-LOW/MED. REPS B			
6	ALT. P-P+L 2 SETS-LOW/MED. REPS C			
Alternate an upper body push, pull, & lower body exercise the entire workout				
1 Set - High Reps				
7	ALT. P-P-L 1 SET-HIGH REPS A			3
8	ALT. P-P-L 1 SET-HIGH REPS B			
9	ALT. P-P-L 1 SET-HIGH REPS C			
2 Sets - Low/Medium Reps				
10	ALT. P-P-L 2 SETS-LOW/MED. REPS A			4
11	ALT. P-P-L 2 SETS-LOW/MED. REPS B			
12	ALT. P-P-L 2 SETS-LOW/MED. REPS C			
Alternate an upper body & lower body exercise the entire workout				
1 Set - High Reps				
13	ALT. U-L 1 SET-HIGH REPS A			5
14	ALT. U-L 1 SET-HIGH REPS B			
15	ALT. U-L 1 SET-HIGH REPS C			
2 Sets - Low/Medium Reps				
16	ALT. U-L 2 SETS-LOW/MED. REPS A			6
17	ALT. U-L 2 SETS-LOW/MED. REPS B			
18	ALT. U-L 2 SETS-LOW/MED. REPS C			
TOTAL BODY - H.I.T. / VARIED PROTOCOLS				
19	100- & 50-REP SETS A	7	31 25 20 15 10 A	11
20	100- & 50-REP SETS B		32 25 20 15 10 B	
21	100- & 50-REP SETS C		33 25 20 15 10 C	
22	15 10 5 A	8	34 3 STRIKES & OUT A	12
23	15 10 5 B		35 3 STRIKES & OUT B	
24	15 10 5 C		36 3 STRIKES & OUT C	
25	20 10 5 A	9	37 30-REP SET A	13
26	20 10 5 B		38 30-REP SET B	
27	20 10 5 C		39 30-REP SET C	
28	25 12 6 A	10	40 4 x 5 HEAVY A	14
29	25 12 6 B		41 4 x 5 HEAVY B	
30	25 12 6 C		42 4 x 5 HEAVY C	

43	50% SET A	15	73	ISO-HOLDS 5 x :20 A	24
44	50% SET B		74	ISO-HOLDS 5 x :20 B	
45	50% SET C		75	ISO-HOLDS 5 x :20 C	
46	50-REP SET A	16	76	PRE-EXHAUSTION A	25
47	50-REP SET B		77	PRE-EXHAUSTION B	
48	50-REP SET C		78	PRE-EXHAUSTION C	
49	ALL DUMBBELL 1 SET-HIGH REPS A	17	79	QUICK 6 x 1 A	26
50	ALL DUMBBELL 1 SET-HIGH REPS B		80	QUICK 6 x 1 B	
51	ALL DUMBBELL 1 SET-HIGH REPS C		81	QUICK 6 x 1 C	
52	ALL DUMBBELL 2 SETS-LOW/MED. REPS A	18	82	SLOW REPS A	27
53	ALL DUMBBELL 2 SETS-LOW/MED. REPS B		83	SLOW REPS B	
54	ALL DUMBBELL 2 SETS-LOW/MED. REPS C		84	SLOW REPS C	
55	ALL DUMBBELL 3 SETS-H/M/L REPS A	19	85	STRIP SETS A	28
56	ALL DUMBBELL 3 SETS-H/M/L REPS B		86	STRIP SETS B	
57	ALL DUMBBELL 3 SETS-H/M/L REPS C		87	STRIP SETS C	
58	BIG 6 x 3 ROUNDS A	19	88	ULTIMATE SET A	29
59	BIG 6 x 3 ROUNDS B		89	ULTIMATE SET B	
60	BIG 6 x 3 ROUNDS C		90	ULTIMATE SET C	
61	COMBO LIFTS A	20	91	ULTIMATE SUPER SET A	30
62	COMBO LIFTS B		92	ULTIMATE SUPER SET B	
63	COMBO LIFTS C		93	ULTIMATE SUPER SET C	
64	DIRTY DOZEN A	21	94	ULTRA-HIGH INTENSITY A	31
65	DIRTY DOZEN B		95	ULTRA-HIGH INTENSITY B	
66	DIRTY DOZEN C		96	ULTRA-HIGH INTENSITY C	
67	ISO-HOLDS WEAK-to-STRONG A	22	97	VARIED PROTOCOLS A	32
68	ISO-HOLDS WEAK-to-STRONG B		98	VARIED PROTOCOLS B	
69	ISO-HOLDS WEAK-to-STRONG C		99	VARIED PROTOCOLS C	
70	ISO-HOLDS 1/3 & 2/3 A	23	100	ZONE REPS A	33
71	ISO-HOLDS 1/3 & 2/3 B		101	ZONE REPS B	
72	ISO-HOLDS 1/3 & 2/3 C		102	ZONE REPS C	
TOTAL BODY - CIRCUITS					
103	3 x 3 A	34	124	D.B. METABOLIC CIRCUIT A	41
104	3 x 3 B		125	D.B. METABOLIC CIRCUIT B	
105	3 x 3 C		126	D.B. METABOLIC CIRCUIT C	
106	30:00 WEIGHT PLATE CIRCUIT A	35	127	PUSH-LEG-AB-PULL x 4 ROUNDS A	42
107	30:00 WEIGHT PLATE CIRCUIT B		128	PUSH-LEG-AB-PULL x 4 ROUNDS B	
108	30:00 WEIGHT PLATE CIRCUIT C		129	PUSH-LEG-AB-PULL x 4 ROUNDS C	
109	30:00 CONDITIONING CIRCUIT A	36	130	PUSH-PULL-INTERVAL-LEG x 4 ROUNDS A	42
110	30:00 CONDITIONING CIRCUIT B		131	PUSH-PULL-INTERVAL-LEG x 4 ROUNDS B	
111	30:00 CONDITIONING CIRCUIT C		132	PUSH-PULL-INTERVAL-LEG x 4 ROUNDS C	
112	50 35 20 5 A	37	133	TOTAL PACKAGE A	43
113	50 35 20 5 B		134	TOTAL PACKAGE B	
114	50 35 20 5 C		135	TOTAL PACKAGE C	
115	50 40 30 20 10 A	38	136	ULTRA-HIGH REPS A	44
116	50 40 30 20 10 B		137	ULTRA-HIGH REPS B	
117	50 40 30 20 10 C		138	ULTRA-HIGH REPS C	
118	6 x 6 BRUTALITY A	39			
119	6 x 6 BRUTALITY B				
120	6 x 6 BRUTALITY C				
121	CIRCUIT 20 10 5 A	40			
122	CIRCUIT 20 10 5 B				
123	CIRCUIT 20 10 5 C				

UPPER BODY - REGULAR

Alternate an upper body push & pull exercise

		Recording form #
1 Set - High Reps		
139	ALT. P-P 1 SET-HIGH REPS A	45
140	ALT. P-P 1 SET-HIGH REPS B	
141	ALT. P-P 1 SET-HIGH REPS C	
1 Set - Low/Medium Reps		
142	ALT. P-P 1 SET-LOW/MED. REPS A	46
143	ALT. P-P 1 SET-LOW/MED. REPS B	
144	ALT. P-P 1 SET-LOW/MED. REPS C	
2 Sets - High Reps		
145	ALT. P-P 2 SETS-HIGH REPS A	47
146	ALT. P-P 2 SETS-HIGH REPS B	
147	ALT. P-P 2 SETS-HIGH REPS C	
2 Sets - Low/Medium Reps		
148	ALT. P-P 2 SETS-LOW/MED. REPS A	48
149	ALT. P-P 2 SETS-LOW/MED. REPS B	
150	ALT. P-P 2 SETS-LOW/MED. REPS C	

UPPER BODY - H.I.T. / VARIED PROTOCOLS

151	10 8 6 A	49	178	50-REP SET A	58
152	10 8 6 B		179	50-REP SET B	
153	10 8 6 C		180	50-REP SET C	
154	12 6 3 A	50	181	Big 4 @ 4 ROUNDS A	59
155	12 6 3 B		182	Big 4 @ 4 ROUNDS B	
156	12 6 3 C		183	Big 4 @ 4 ROUNDS C	
157	14 8 A	51	184	COMBO LIFTS A	60
158	14 8 B		185	COMBO LIFTS B	
159	14 8 C		186	COMBO LIFTS C	
160	15 10 5 A	52	187	ISO-HOLDS WEAK-to-STRONG A	61
161	15 10 5 B		188	ISO-HOLDS WEAK-to-STRONG B	
162	15 10 5 C		189	ISO-HOLDS WEAK-to-STRONG C	
163	20 10 5 A	53	190	ISO-HOLDS 1/3 & 2/3 A	62
164	20 10 5 B		191	ISO-HOLDS 1/3 & 2/3 B	
165	20 10 5 C		192	ISO-HOLDS 1/3 & 2/3 C	
166	30-REP SET A	54	193	ISO-HOLDS 5 x :20 A	63
167	30-REP SET B		194	ISO-HOLDS 5 x :20 B	
168	30-REP SET C		195	ISO-HOLDS 5 x :20 C	
169	3-STRIKES & OUT A	55	196	PRE-EXHAUSTION A	64
170	3-STRIKES & OUT B		197	PRE-EXHAUSTION B	
171	3-STRIKES & OUT C		198	PRE-EXHAUSTION C	
172	4 x 5 HEAVY A	56	199	QUICK 6 x 1 A	65
173	4 x 5 HEAVY B		200	QUICK 6 x 1 B	
174	4 x 5 HEAVY C		201	QUICK 6 x 1 C	
175	50% SET A	57	202	SLOW REPS A	66
176	50% SET B		203	SLOW REPS B	
177	50% SET C		204	SLOW REPS C	

205	STRIP SETS A	67	214	ULTRA-HIGH REPS A	70
206	STRIP SETS B		215	ULTRA-HIGH REPS B	
207	STRIP SETS C		216	ULTRA-HIGH REPS C	
208	TRIPLE SET A	68	217	VARIED PROTOCOLS A	71
209	TRIPLE SET B		218	VARIED PROTOCOLS B	
210	TRIPLE SET C		219	VARIED PROTOCOLS C	
211	ULTIMATE SUPER SET A	69	220	ZONE REPS A	72
212	ULTIMATE SUPER SET B		221	ZONE REPS B	
213	ULTIMATE SUPER SET C		222	ZONE REPS C	

UPPER BODY - CIRCUITS & MISCELLANEOUS

223	14 8 CIRCUIT A	73		
224	14 8 CIRCUIT B			
225	14 8 CIRCUIT C			
226	4 x 4 CIRCUIT A	74		
227	4 x 4 CIRCUIT B			
228	4 x 4 CIRCUIT C			
229	4 x 3 CIRCUIT A	75		
230	4 x 3 CIRCUIT B			
231	4 x 3 CIRCUIT C			
232	20:00 HIGH INTENSITY A	76		
233	20:00 HIGH INTENSITY B			
234	20:00 HIGH INTENSITY C			
235	20:00 CHIN/DIP	77		
236	45 lb. BAR	78		

LOWER BODY - REGULAR

1 Multi-Joint x 3 Sets - Hamstrings - Abdominals

				Recording form #
High - Medium - Low Reps				
237	1 MULTI-JOINT x 3 SETS-H/M/L REPS A			79
238	1 MULTI-JOINT x 3 SETS-H/M/L REPS B			
239	1 MULTI-JOINT x 3 SETS-H/M/L REPS C			

Medium Reps

240	1 MULTI-JOINT x 3 SETS-MED. REPS A			80
241	1 MULTI-JOINT x 3 SETS-MED. REPS B			
242	1 MULTI-JOINT x 3 SETS-MED. REPS C			

2 Multi-Joint x 2 Sets - Hamstrings - Abdominals

High Reps

243	2 MULTI-JOINT x 2 SETS-HIGH REPS A			81
244	2 MULTI-JOINT x 2 SETS-HIGH REPS B			
245	2 MULTI-JOINT x 2 SETS-HIGH REPS C			

Medium & Low Reps

246	2 MULTI-JOINT x 2 SETS-M & L REPS A			82
247	2 MULTI-JOINT x 2 SETS-M & L REPS B			
248	2 MULTI-JOINT x 2 SETS-M & L REPS C			

3 Multi-Joint x 1 Set - Hamstrings - Abdominals

High - Medium - Low Reps

249	3 MULTI-JOINT x 1 SET-H/M/L REPS A			83
250	3 MULTI-JOINT x 1 SET-H/M/L REPS B			
251	3 MULTI-JOINT x 1 SET-H/M/L REPS C			

Medium Reps				
252	3 MULTI-JOINT x 1 SET-MED. REPS A		84	
253	3 MULTI-JOINT x 1 SET-MED. REPS B			
254	3 MULTI-JOINT x 1 SET-MED. REPS C			
LOWER BODY - H.I.T. / VARIED PROTOCOLS				
255	100 50 25 A	85	300 INTERVALS + 5 x MULTI-JOINT A	100
256	100 50 25 B		301 INTERVALS + 5 x MULTI-JOINT B	
257	100 50 25 C		302 INTERVALS + 5 x MULTI-JOINT C	
258	100 CONTINUOUS REPS A	86	303 ISO-HOLDS 1/3 & 2/3 A	101
259	100 CONTINUOUS REPS B		304 ISO-HOLDS 1/3 & 2/3 B	
260	100 CONTINUOUS REPS C		305 ISO-HOLDS 1/3 & 2/3 C	
261	15 10 5 A	87	306 ISO-HOLDS 5 x :20 A	102
262	15 10 5 B		307 ISO-HOLDS 5 x :20 B	
263	15 10 5 C		308 ISO-HOLDS 5 x :20 C	
264	2 x 3 A	88	309 LUNGE + SINGLE LEG A	103
265	2 x 3 B		310 LUNGE + SINGLE LEG B	
266	2 x 3 C		311 LUNGE + SINGLE LEG C	
267	3 x MULTI-JOINT STRIP SETS A	89	312 ONE OF EVERYTHING H-M-L REPS A	104
268	3 x MULTI-JOINT STRIP SETS B		313 ONE OF EVERYTHING H-M-L REPS B	
269	3 x MULTI-JOINT STRIP SETS C		314 ONE OF EVERYTHING H-M-L REPS C	
270	3-STRIKES & OUT A	90	315 PROGRESSIVE 8 x 10 A	105
271	3-STRIKES & OUT B		316 PROGRESSIVE 8 x 10 B	
272	3-STRIKES & OUT C		317 PROGRESSIVE 8 x 10 C	
273	30-REP SET A	91	318 QUICK 4 x 1 A	106
274	30-REP SET B		319 QUICK 4 x 1 B	
275	30-REP SET C		320 QUICK 4 x 1 C	
276	40 20 10 A	92	321 SLOW REPS A	107
277	40 20 10 B		322 SLOW REPS B	
278	40 20 10 C		323 SLOW REPS C	
279	40 30 20 10 A	93	324 SORDID 6 A	108
280	40 30 20 10 B		325 SORDID 6 B	
281	40 30 20 10 C		326 SORDID 6 C	
282	5 x 10 A	94	327 VARIED PROTOCOLS 3 x MJ A	109
283	5 x 10 B		328 VARIED PROTOCOLS 3 x MJ B	
284	5 x 10 C		329 VARIED PROTOCOLS 3 x MJ C	
285	50 40 30 20 10 A	95	330 ZONE REPS A	110
286	50 40 30 20 10 B		331 ZONE REPS B	
287	50 40 30 20 10 C		332 ZONE REPS C	
288	50% SET A	96		
289	50% SET B			
290	50% SET C			
291	50-REP SET A	97		
292	50-REP SET B			
293	50-REP SET C			
294	6 x 5 A	98		
295	6 x 5 B			
296	6 x 5 C			
297	COMBO LIFTS A	99		
298	COMBO LIFTS B			
299	COMBO LIFTS C			

LOWER BODY - CIRCUITS & MISCELLANEOUS

333	:20 / :20 SETS A	111
334	:20 / :20 SETS B	
335	:20 / :20 SETS C	
336	10 x 10 w/1:00 REST A	112
337	10 x 10 w/1:00 REST B	
338	10 x 10 w/1:00 REST C	
339	BIG 3 x 3 CIRCUIT A	113
340	BIG 3 x 3 CIRCUIT B	
341	BIG 3 x 3 CIRCUIT C	
342	BIG 4 x 2 CIRCUIT A	114
343	BIG 4 x 2 CIRCUIT B	
344	BIG 4 x 2 CIRCUIT C	
345	100 REP SQUAT x BODY WEIGHT	115
346	SQUAT 50% 1-RM x 40 30 20 10 w/3:00 -> :30 REST	116
347	SQUAT 75% 1-RM x 5 x MAX REPS w/1:30 REST	117