

Total Body Cardio Fix

Date:			
Surrenders-R 1:00	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Side Shuffles 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Surrenders-L 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Side Shuffles 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Squat Wood Chop-L 1:00	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
X-Country Skiers 1:00	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Squat Wood Chop-R 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
X-Country Skiers 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Weighted Jog 1:00	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Knee Pulls-R 1:00	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Weighted Jog 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Knee Pulls-L 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Frog Crunches 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Oblique Crunches 0:30/side	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Frog Crunches 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Oblique Crunches 0:30/side	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard

Upper Fix

Date:			
Bent-Over Row 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Transverse Twist 1:00, Light	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Push-Up 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Forearm Plank 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Curl to Press 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Bent-Over Row 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Transverse Twist 1:00, Light	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Push-Up 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Forearm Plank 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Curl to Press 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Lat Pullovers 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Circle Crunches 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Chest Press 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Scissor Twists 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Front Raises 1:00, Light	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Lat Pullovers 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Circle Crunches 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Chest Press 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Scissor Twists 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Front Raises 1:00, Light	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard

Lower Fix

Date:			
Side-Back Lunge-R 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Squat-Knee Raise 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Side-Back Lunge-L 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Squat-Knee Raise 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Curtsey Lunge 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Calf Raises 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Curtsey Lunge 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Calf Raises 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Split Squat-R 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Sumo Squat 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Split Squat-L 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Sumo Squat 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Thigh Leg Lift 0:30/side	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Quad Raise 0:30/side	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Thigh Leg Lift 0:30/side	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Quad Raise 0:30/side	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Fire Hydrant-R 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Fire Hydrant-L 1:00	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard

Dirty 30

Date:			
Alt. Side Lunge 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Renegade Row 0:30/side, Heavy (1)	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Alt. Side Lunge 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Renegade Row 0:30/side, Heavy (1)	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Sumo Row 1:00, Light	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Chest Fly Raise 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Sumo Row 1:00, Light	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Chest Fly Raise 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Squat Lat. Raise 1:00, Light	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Tricep Kickback 1:00, Heavy	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Squat Lat. Raise 1:00, Light	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Tricep Kickback 1:00, Heavy	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Side Bend 0:30/side, Heavy (1)	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard	Weight: _____ Easy Medium Hard
Side Plank Raise 0:30/side	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Side Bend 0:30/side, Heavy (1)	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard
Side Plank Raise 0:30/side	Easy Medium Hard	Easy Medium Hard	Easy Medium Hard