



TOTAL BODY CORE

DAY 1

2 SETS • 15 REPS | TRACKER SHEET

DATE:			
SERIES 1: SHOULDERS	SET 1		SET 2
Reverse Lunge Press and Twist	W		W
Slow Loop Climber	RL		RL
SERIES 2: BACK	SET 1		SET 2
One Hand Renegade Row w/Loop	RL		RL
Pull Over V Lift	W	RL	W RL
SERIES 3: CHEST	SET 1		SET 2
Push-Up Leg Lift	RL		RL
Modified Side V Loop Kicks	RL		RL
SERIES 4: BICEPS	SET 1		SET 2
Hammer Curl Squat Torso Rotation	W		W
Bicycle	RL		RL
SERIES 5: TRICEPS	SET 1		SET 2
Tricep Kickback to Press Back	W		W
Reverse Inchworm	RL		RL
EQUIPMENT:			
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Mat (optional)			



BOOTY

DAY 2

2 SETS • 15 REPS | TRACKER SHEET

DATE:				
SERIES 1	SET 1		SET 2	
Marching Glute Bridge	RL		RL	
Weighted Heel Press	W		W	
SERIES 2	SET 1		SET 2	
1st Position Glute Bridge	RL		RL	
Straight Leg Lift Out on Angle	RL		RL	
SERIES 3	SET 1		SET 2	
Standing Loop Hinge	RL		RL	
Reverse Straight Leg Lunge	W		W	
SERIES 4	SET 1		SET 2	
Side Lying Hamstring Curl	RL		RL	
Squat Side-to-Side	W	RL	W	RL
EQUIPMENT:				
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Mat (optional)				



AAA
DAY 3

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1	SET 1	SET 2
Overhead Press	W	W
Double Knee Tuck Wide		
Glute Bridge w/Loop	RL	RL
SERIES 2	SET 1	SET 2
Push-Ups		
Loop Crossover Row Down	RL	RL
Clam Hydrant	RL	RL
SERIES 3	SET 1	SET 2
Bent Over Row to Press Back	W	W
Cross Over Climber		
Hamstring Curl		
EQUIPMENT:		
W=Weights (light, medium, heavy), RL=Resistance Loops (yellow, green, blue), Strength Slides, Mat (optional)		



LEGS

DAY 5

2 SETS • 15 REPS | TRACKER SHEET

DATE:		
SERIES 1	SET 1	SET 2
Reverse Straight Leg Lunge	W	W
Curtsy Lunges	W	W
Hip Hinge	W	W
SERIES 2	SET 1	SET 2
Squat Slide Step	W	W
Reverse Lunges	W	W
Modified Pistol	W	W
SERIES 3	SET 1	SET 2
Sumo Squats	W	W
Front Diagonal Lunges	W	W
Side Lunge	W	W
EQUIPMENT:		
W=Weights (light, medium, heavy), Strength Slides		