

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.

# WORKSHEET

R= REPS W=WEIGHT L=LENGTH

	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 5</u>	<u>Week 6</u>
1. Balance Lunges	R    W	R    W	R    W	R    W	R    W
2. Calf Raise Squats	R    W	R    W	R    W	R    W	R    W
3. Reverse Grip Chin-Ups	R	R	R	R	R
4. Superskaters	R	R	R	R	R
5. Wall Squats	L	L	L	L	L
6. Wide Front Pull-Ups	R	R	R	R	R
7. Step Back Lunges	R    W	R    W	R    W	R    W	R    W
8. Alternating Side Lunges	R    W	R    W	R    W	R    W	R    W
9. Closed Grip Overhand Pull-Ups	R	R	R	R	R
10. Single Leg Wall Squats	L	L	L	L	L
11. Dead Lift Squats	R	R	R	R	R
12. Switch Grip Pull-Ups	R	R	R	R	R
13. 3 Way Lunges	R	R	R	R	R
14. Sneaky Lunges	R	R	R	R	R
15. Reverse Grip Chin-Ups	R	R	R	R	R
16. Chair Salutations	L	L	L	L	L
17. Toe Roll ISO Lunges	R    W	R    W	R    W	R    W	R    W
18. Wide Front Pull-Ups	R	R	R	R	R
19. Groucho Walk	L	L	L	L	L
20. Calf Raises	R    W	R    W	R    W	R    W	R    W
21. Close Grip Overhand Pull-ups	R	R	R	R	R
22. 80-20 Siebers Speed Squats	R	R	R	R	R
23. Switch Grip Pull-Ups	R	R	R	R	R

# LEGS & BACK

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.

# WORKSHEET

R= REPS W=WEIGHT L=LENGTH

	<u>Week 7</u>	<u>Week 9</u>	<u>Week 10</u>	<u>Week 11</u>	<u>Week 12</u>
1. Balance Lunges	R    W	R    W	R    W	R    W	R    W
2. Calf Raise Squats	R    W	R    W	R    W	R    W	R    W
3. Reverse Grip Chin-Ups	R	R	R	R	R
4. Superskaters	R	R	R	R	R
5. Wall Squats	L	L	L	L	L
6. Wide Front Pull-Ups	R	R	R	R	R
7. Step Back Lunges	R    W	R    W	R    W	R    W	R    W
8. Alternating Side Lunges	R    W	R    W	R    W	R    W	R    W
9. Closed Grip Overhand Pull-Ups	R	R	R	R	R
10. Single Leg Wall Squats	L	L	L	L	L
11. Dead Lift Squats	R	R	R	R	R
12. Switch Grip Pull-Ups	R	R	R	R	R
13. 3 Way Lunges	R	R	R	R	R
14. Sneaky Lunges	R	R	R	R	R
15. Reverse Grip Chin-Ups	R	R	R	R	R
16. Chair Salutations	L	L	L	L	L
17. Toe Roll ISO Lunges	R    W	R    W	R    W	R    W	R    W
18. Wide Front Pull-Ups	R	R	R	R	R
19. Groucho Walk	L	L	L	L	L
20. Calf Raises	R    W	R    W	R    W	R    W	R    W
21. Close Grip Overhand Pull-ups	R	R	R	R	R
22. 80-20 Siebers Speed Squats	R	R	R	R	R
23. Switch Grip Pull-Ups	R	R	R	R	R

## LEGS & BACK