

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

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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