

Weight = W Reps = R

Use the spaces provided for each exercise to record the weight lifted and the number of reps performed.

BURN PHASE

BURN CIRCUIT 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1 Sumo Squat with Hip Lift	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
2 Lunge with Posterior Fly	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
3 Push-Up with Leg Lift	R _____	R _____	R _____	R _____
4 Dead Lift with Posterior Fly	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
5 Lunge with Core Rotation	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
6 Bench Press and Leg Lower	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
7 Squat with Side Bend	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
8 Forward-Lean Lunge With DBL Arm Posterior Fly	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
9 Chest Fly with Hip Lift	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
BURN CIRCUIT 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1 Sumo Squat with Bicep Curl	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
2 Lunge with One-Arm Tricep Extension	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
3 Dead Lift Row	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
4 Sumo Squat with Overhead Tricep Extension	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
5 Dead Lift with Double Row	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
6 Bowler's Lunge with Single-Arm Row	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
7 Bicep Curls with Abductor Balance	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
8 Forward-Lean Lunge with Double Row	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
9 Triple-Threat Push-Ups	R _____	R _____	R _____	R _____
BURN CIRCUIT 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1 Sumo Squat with Overhead Press	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
2 Lunge with Calf Raise	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
3 Squat with Lateral Raise	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
4 Lunge with Frontal Press	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
5 Squat with Calf Raise	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
6 Sumo Squat with Delt Raises	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
7 Squat with Double Overhead Press	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
8 Lunge with Lateral Raise	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
9 Sumo Squat with Calf Raise	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____

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PUSH PHASE

PUSH CIRCUIT 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1 Standard Bicep Curl	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
2 Standard Squat	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
3 Single-Arm Bent-Over Tricep Extension	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
4 VPress Biceps	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
5 Single-Leg Squat	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
6 Overhead Tricep Extension	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
7 Hammer Biceps	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
8 Heel Squat	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
9 Push-Ups	R _____	R _____	R _____	R _____

PUSH CIRCUIT 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1 Standard Overhead Press	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
2 Single-Leg Lunge	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
3 Standing Reverse Fly	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
4 Standing Arnold Press	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
5 Single-Leg Dead Lifts	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
6 Bent-Over Lat Raise	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
7 Frontal Shoulder Press	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
8 Single-Leg Tap Lunges	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
9 Lateral Delt Raise	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____

PUSH CIRCUIT 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1 Sumo Squat	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
2 Single-Arm Row	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
3 Chest Fly	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
4 Bowler Lunge	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
5 Double-Arm Bent-Over Row	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
6 Bench Press	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
7 Single-Leg Sumo Squat	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
8 Reverse-Grip Bent-Over Row	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
9 Long-Arm Pullover	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____



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LEAN PHASE

LEAN CIRCUIT 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1 Single-Calf Raise, Bicep Curl	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
2 Tricep Push-Ups	R _____	R _____	R _____	R _____
3 Split Lunge with Biceps	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
4 Stationary Runner's Lunge - Double Triceps	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
5 Bicep Curl with Hamstring Curl - Right and Left	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
6 Plank with Single-Tricep Extension	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
7 Reverse Lunge - Double-Arm Bicep Curl	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
8 Supine Tricep	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
9 Sumo Squat Calf Raise with Bicep Curl	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____

LEAN CIRCUIT 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1 Sumo Squat Anterior Delt Lift	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
2 Double-Arm Row - Single-Leg Lift with Band	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
3 Single Hamstring Curls, with Lateral Raise	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
4 Runner's Lunge with Double-Arm Row	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
5 Lateral Raise with Abduction with Bands	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
6 Plank with Single-Arm Row	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
7 Reverse Lunge - Lateral Raise	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
8 Posterior Deltoid Raise with Leg Lift	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
9 Squat with Double-Arm Anterior Delt Lift	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____

LEAN CIRCUIT 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1 Squat with Cross-Body Chop	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
2 Reverse Lunge and Arnold Press	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
3 Chest Fly with Hip Lift	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
4 Kneeling Overhead Press and Center Crunch	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
5 Push-Up Side Planks	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
6 Dead Lift Frontal Press	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
7 Traveling Push-Ups	R _____	R _____	R _____	R _____
8 Chest Fly - Abduction	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
9 Army Crawl	R _____	R _____	R _____	R _____