

This routine is performed during weeks 1, 2, 3, 9, and 11. Use the spaces provided for each exercise to record the number of reps performed and, when using dumbbells, the weight lifted. If using a band, indicate its color along with the number of reps performed. This is a "repeat" workout, so for each exercise use the top line for the first round and the bottom line for the second round.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 9	WEEK 11
01 Standard Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
02 Wide Front Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
03 Military Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
04 Reverse Grip Chin-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
05 Wide Fly Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
06 Closed Grip Overhand Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
07 Decline Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
08 Heavy Pants	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
09 Diamond Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
10 Lawnmowers	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
11 Dive-Bomber Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
12 Back Flies	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____

This routine is performed during weeks 1, 2, 3, 9, and 11. Use the spaces provided for each exercise to record the number of reps performed and, when using dumbbells, the weight lifted. If using a band, indicate its color along with the number of reps performed. This is a "repeat" workout, so for each exercise use the top line for the first round and the bottom line for the second round.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 9	WEEK 11
01 Alternating Shoulder Presses	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
02 In & Out Bicep Curls	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
03 Two-Arm Tricep Kickbacks	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
04 Deep Swimmer's Presses	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
05 Full Supination Concentration Curls	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
06 Chair Dips	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
07 Upright Rows	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
08 Static Arm Curls	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
09 Flip-Grip Twist Tricep Kickbacks	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
10 Two-Angle Shoulder Flies	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
11 Crouching Cohen Curls	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
12 Lying-Down Tricep Extensions	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
BONUS ROUND					
13 In & Out Straight-Arm Shoulder Flies	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
14 Congdon Curls	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
15 Side Tri-Rises	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____

R = REPS

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, so for each exercise use the top line for the first round and the bottom line for the second round. While this workout consists of both leg and pull-up exercises, we would like you to record the number of reps you performed for **JUST THE PULL-UP EXERCISES**.

	WEEK 1	WEEK 2	WEEK 3	WEEK 5	WEEK 6
01 <i>Reverse Grip Chin-Ups</i>	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____
02 <i>Wide Front Pull-Ups</i>	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____
03 <i>Closed Grip Overhand Pull-Ups</i>	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____
04 <i>Switch Grip Pull-Ups</i>	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____
	WEEK 7	WEEK 9	WEEK 10	WEEK 11	WEEK 12
01 <i>Reverse Grip Chin-Ups</i>	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____
02 <i>Wide Front Pull-Ups</i>	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____
03 <i>Closed Grip Overhand Pull-Ups</i>	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____
04 <i>Switch Grip Pull-Ups</i>	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____	<i>R</i> _____ <i>R</i> _____

This routine is performed during weeks 5, 6, 7, 10, and 12. Use the spaces provided for each exercise to record the number of reps and the weight lifted (where applicable). If using a band, indicate its color along with the number of reps performed.

R = REPS W = WEIGHT

	WEEK 5	WEEK 6	WEEK 7	WEEK 10	WEEK 12
01 <i>Slow-Motion 3-in-1 Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
02 <i>In & Out Shoulder Flies</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 <i>Chair Dips</i>	R _____	R _____	R _____	R _____	R _____
04 <i>Plange Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
05 <i>Pike Presses</i>	R _____	R _____	R _____	R _____	R _____
06 <i>Side Tri-Rises</i>	R _____	R _____	R _____	R _____	R _____
07 <i>Floor Flies</i>	R _____	R _____	R _____	R _____	R _____
08 <i>Scarecrows</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 <i>Overhead Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
10 <i>Two-Twitch Speed Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
11 <i>Y-Presses</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 <i>Lying Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
13 <i>Side-to-Side Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
14 <i>Pour Flies</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 <i>Side-Leaning Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 <i>One-Arm Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
17 <i>Weighted Circles</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 <i>Throw the Bomb</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 <i>Clap or Plyo Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
20 <i>Slo-Mo Throws</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 <i>Front-to-Back Tricep Extensions</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 <i>One-Arm Balance Push-Ups</i>	R _____	R _____	R _____	R _____	R _____
23 <i>Fly-Row Presses</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 <i>Dumbbell Cross-Body Blows</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____

CHEST, SHOULDERS & TRICEPS

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R = REPS W = WEIGHT

	WEEK 5	WEEK 6	WEEK 7	WEEK 10	WEEK 12
01 <i>Wide Front Pull-Ups</i>	R _____	R _____	R _____	R _____	R _____
02 <i>Lawnmowers</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 <i>Twenty-Ones</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 <i>One-Arm Cross-Body Curls</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 <i>Switch Grip Pull-Ups</i>	R _____	R _____	R _____	R _____	R _____
06 <i>Elbows-Out Lawnmowers</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 <i>Standing Bicep Curls</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
08 <i>One-Arm Concentration Curls</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 <i>Corn Cob Pull-Ups</i>	R _____	R _____	R _____	R _____	R _____
10 <i>Reverse Grip Bent-Over Rows</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 <i>Open Arm Curls</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 <i>Static Arm Curls</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
13 <i>Towel Pull-Ups</i>	R _____	R _____	R _____	R _____	R _____
14 <i>Congdon Locomotives</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 <i>Crouching Cohen Curls</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 <i>One-Arm Corkscrew Curls</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
17 <i>Chin-Ups</i>	R _____	R _____	R _____	R _____	R _____
18 <i>Seated Bent-Over Back Flys</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 <i>Curl-Up/Hammer Downs</i>	R _____	R _____	R _____	R _____	R _____
20 <i>Hammer Curls</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 <i>Max Rep Pull-Ups</i>	R _____	R _____	R _____	R _____	R _____
22 <i>Superman</i>	R _____	R _____	R _____	R _____	R _____
23 <i>In-Out Hammer Curls</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 <i>Strip-Set Curls</i>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____

ORIGINAL

PHASE 1

CLASSIC

WEEKS 1, 2, 3

- DAY_1 Chest & Back, Ab Ripper X
_2 Plyometrics
_3 Shoulders & Arms, Ab Ripper X
_4 Yoga X
_5 Legs & Back, Ab Ripper X
_6 Kenpo X
_7 Rest or X Stretch

CLASSIC (Recovery Week)

WEEK 4

- DAY_1 Yoga X
_2 Core Synergistics
_3 Kenpo X
_4 X Stretch
_5 Core Synergistics
_6 Yoga X
_7 Rest or X Stretch

DOUBLES

WEEKS 1, 2, 3

- DAY_1 Chest & Back, Ab Ripper X
_2 Plyometrics
_3 Shoulders & Arms, Ab Ripper X
_4 Yoga X
_5 Legs & Back, Ab Ripper X
_6 Kenpo X
_7 Rest or X Stretch

DOUBLES (Recovery Week)

WEEK 4

- DAY_1 Yoga X
_2 Core Synergistics
_3 Kenpo X
_4 X Stretch
_5 Core Synergistics
_6 Yoga X
_7 Rest or X Stretch

LEAN

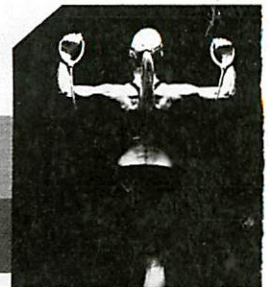
WEEKS 1, 2, 3

- DAY_1 Core Synergistics
_2 Cardio X
_3 Shoulders & Arms, Ab Ripper X
_4 Yoga X
_5 Legs & Back, Ab Ripper X
_6 Kenpo X
_7 Rest or X Stretch

LEAN (Recovery Week)

WEEK 4

- DAY_1 Yoga X
_2 Core Synergistics
_3 Kenpo X
_4 X Stretch
_5 Cardio X
_6 Yoga X
_7 Rest or X Stretch



Days 1-28



GET SUPPORT AND WORK OUT TO WIN INCREDIBLE CASH PRIZES AT MillionDollarBody.com

ORIGINAL

PHASE 2

CLASSIC

WEEKS 5, 6, 7

- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
- _2 Plyometrics
- _3 Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

DOUBLES

WEEKS 5, 6, 7

- DAY_1 AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
- _2 Plyometrics
- _3 AM Cardio X; PM Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 AM Cardio X; PM Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

LEAN

WEEKS 5, 6, 7

- DAY_1 Core Synergistics
- _2 Cardio X
- _3 Chest, Shoulders & Triceps, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

CLASSIC (Recovery Week)

WEEK 8

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

DOUBLES (Recovery Week)

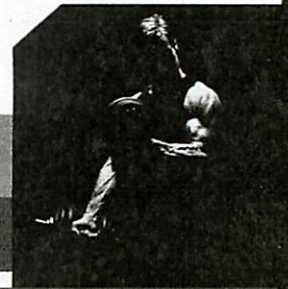
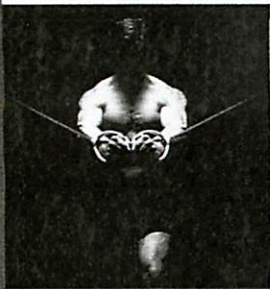
WEEK 8

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

LEAN (Recovery Week)

WEEK 8

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Cardio X
- _6 Yoga X
- _7 Rest or X Stretch



ORIGINAL

PHASE 3

CLASSIC

WEEKS 9, 11

- DAY_1 Chest & Back, Ab Ripper X
- _2 Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

WEEKS 10, 12

- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
- _2 Plyometrics
- _3 Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

DOUBLES

WEEKS 9, 11

- DAY_1 AM Cardio X; PM Chest & Back, Ab Ripper X
- _2 AM Cardio X; PM Plyometrics
- _3 Shoulders & Arms, Ab Ripper X
- _4 AM Cardio X; PM Yoga X
- _5 AM Cardio X; PM Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

WEEKS 10, 12

- DAY_1 AM Cardio X; PM Chest, Shoulders & Triceps, Ab Ripper X
- _2 AM Cardio X; PM Plyometrics
- _3 Back & Biceps, Ab Ripper X
- _4 AM Cardio X; PM Yoga X
- _5 AM Cardio X; PM Legs & Back, Ab Ripper X
- _6 Kenpo X
- _7 Rest or X Stretch

LEAN

WEEKS 9, 11

- DAY_1 Chest & Back, Ab Ripper X
- _2 Cardio X
- _3 Shoulders & Arms, Ab Ripper X
- _4 Yoga X
- _5 Core Synergistics
- _6 Kenpo X
- _7 Rest or X Stretch

WEEKS 10, 12

- DAY_1 Chest, Shoulders & Triceps, Ab Ripper X
- _2 Cardio X
- _3 Back & Biceps, Ab Ripper X
- _4 Yoga X
- _5 Core Synergistics
- _6 Kenpo X
- _7 Rest or X Stretch

CLASSIC (Recovery Week)

WEEK 13

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

DOUBLES (Recovery Week)

WEEK 13

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Core Synergistics
- _6 Yoga X
- _7 Rest or X Stretch

LEAN (Recovery Week)

WEEK 13

- DAY_1 Yoga X
- _2 Core Synergistics
- _3 Kenpo X
- _4 X Stretch
- _5 Cardio X
- _6 Yoga X
- _7 Rest or X Stretch

Days 57-90



ACCELERATED PROGRESS

INS CAL P90X Rev 12/06