

Total Arms

Complete the following workout anytime, with at least 1 day of rest before you do it again.

Complete all exercises in back-to-back, "superset" fashion. After finishing the last exercise, rest 60 seconds and repeat for a total of 4 sets.

Section A
Cable face pull x 15
Close hands (diamond) push-ups x 10
Dumbbell ISO curls x 10 each arm
Tricep rope extension x 15
Section A Sets/Week
Week 1 - Complete 4 sets
Week 2 - Complete 4 sets
Week 3 - Complete 4 sets
Week 4 - Complete 4 sets

**If you're unsure how to perform any exercise above, scroll to the last page to see the list exercises and click on any one to watch a video demo of how it is to be performed.*

Total Butt

Complete the following workout anytime, with at least 1 day of rest before you do it again.

Complete all exercises in back-to-back, "superset" fashion. After finishing the last exercise, rest 60 seconds and repeat for a total of 4 sets.

Section A
Glute bridge - wide legs w/ Mini-band x 20
1 Leg Romanian deadlift x 10 each leg
Glute bridge - marching x 10 each leg
Walking lunges - bodyweight or 2 dumbbells x 10 each leg
Section A Sets/Week
Week 1 - Complete 4 sets
Week 2 - Complete 4 sets
Week 3 - Complete 4 sets
Week 4 - Complete 4 sets

**If you're unsure how to perform any exercise above, scroll to the last page to see the list exercises and click on any one to watch a video demo of how it is to be performed.*

List of Exercises

- ½ kneel chop w cable >> <https://youtu.be/3VOIJrP3Lt4>
- 1 Arm dumbbell bench press >> <https://youtu.be/HfhFHxlpLFs>
- 1 Leg Romanian deadlift >> <https://youtu.be/mJiElehNYfQ>
- 3 point dumbbell row >> <https://youtu.be/rOfMutia2nQ>

A

- Ab wheel rollouts >> <https://youtu.be/0QCB17cuA3k>
- Alternating leg lowers >> <https://youtu.be/4m6M7W8HIM0>
- Alternating lunges >> <https://youtu.be/X4C17AwmaV0>
- Anti-rotation cable press >> <https://youtu.be/5ptCcoblu08>

B

- Battling ropes >> <https://youtu.be/pqMMrwZo5qI>
- Burpees >> <https://youtu.be/Uv3sEvxk3HU>

C

- Cable row >> <https://youtu.be/1SJMNeNYfes>
- Cable face pull >> <https://youtu.be/YAYr-IOH9YE>
- Chin-ups >> https://youtu.be/_7FAjg6W5ko
- Close hands pushup >> <https://youtu.be/RDJr9T4sWRI>
- Cycle + Twist >> <https://youtu.be/eiRduk8aUHo>

D

- Dead-stop tricep extension >> <https://youtu.be/IP4qEbUJaJ4>
- Dumbbell curl + press >> <https://youtu.be/0m6U8EsNfhw>
- Dumbbell flys >> <https://youtu.be/LTF62F71LRs>
- Dumbbell ISO curls >> https://youtu.be/p64_RaVCHAw
- Dumbbell push press >> <https://youtu.be/uM9YzTNcGek>
- Dumbbell split squat >> <https://youtu.be/dua2jXBaATw>

G

Glute bridge w mini band and wide legs >> <https://youtu.be/1zOQj0DzhYU>
Glute bridge - marching >> <https://youtu.be/d4T5XN25Hj4>

H

High knee skip >> https://youtu.be/qMSa8x_g_o

I

Inchworm - in place >> https://youtu.be/ME_n_BvaPPQ

L

Lateral lunge >> <https://youtu.be/wra4IRK7g3Q>

M

Medicine ball side throws >> <https://youtu.be/fxBXyxsWDtM>

Medicine ball chest throws >> <https://youtu.be/Acj3sLAty7A>

Medicine ball slams >> <https://youtu.be/W3hfVO6WS2Q>

Medicine ball Russian Twist >> <https://youtu.be/uGEg3qsDcEo>

Mountain Climber >> <https://youtu.be/eWwu-UYWkTc>

Mountain Climber - 1 Leg >> https://youtu.be/OWOn_deKCvw

O

Overhead dumbbell press >> <https://youtu.be/aDHQIR6sO-Q>

P

Plank on elbows >> <https://youtu.be/n00cioBjdP8>

Plank w/ Alternating shoulder taps >> <https://youtu.be/cnoq-3fyVol>

Plank w/ Press-up >> <https://youtu.be/9JdWgpOufn4>

Push-ups >> <https://youtu.be/Uv2mU9Gga5o>

Prone knee tucks on stability ball >> <https://youtu.be/6aCMjQdhszE>

R

Reverse crunch >> <https://youtu.be/HcEiKMxc4BE>

Reverse dumbbell flys >> https://youtu.be/3PiD_wm4-A0

Reverse lunge >> <https://youtu.be/u18jTCFO7U4>

S

Situps >> <https://youtu.be/SiNKlQKCSMs>

Sled pull >> <https://youtu.be/Dmp38abqTPA>

Sled push >> <https://youtu.be/vTEblNkMIA4>

Split jump >> <https://youtu.be/qQx5uC8ee50>

Squat >> <https://youtu.be/EeQ6evo65Kc>

Squat jump >> <https://youtu.be/H2DSKfX1ap4>

Stability ball bodysaw >> <https://youtu.be/ZHS5hM-tkf8>

Stability ball plank >> https://youtu.be/MQy_h7w3tYE

Stability ball stir-the-pot >> <https://youtu.be/pAxZOkzBBf4>

Step ups >> <https://youtu.be/5ptCcobluO8>

Suspension trainer (TRX) 1 Arm row >> <https://youtu.be/oR-g1Pm3PyM>

T

T Plank >> <https://youtu.be/xit5711Sthc>

Tricep rope extension >> <https://youtu.be/dbhGh8lwplA>

W

Walking lunge >> <https://youtu.be/ZWqyFBdYs1Y>

Y

Yoga push-up >> <https://youtu.be/5t41XDEezRA>