



[Monday, January 3]

[17 Workouts]

[WEEK 1]

[1] Ab Straps: [Reps]

[2] Dumbbell Press: [Reps]

[3] Dumbbell Lunges: [Reps]

[4] Dumbbell Raise (Front, Lateral, Diagonal): [Reps]

- ✓ Front
- ✓ Lateral
- ✓ Diagonal

[5] Baseball Swings: [Reps]

[7] Core Twist: [Reps]

[8] Calve Raisers: [Reps]

[9] Dumbbell Lateral Lunges: [Reps]

[10] Dumbbell Single Leg Deadlifts: [Reps]

[11] Scaptions: [Reps]

[12] Dumbbell Shrugs: [Reps]

[13] Goblet Squat: [Reps]

[14] Split Jerk: [Reps]

[15] V-Ups: [Reps]

[16] Running: (I.) Treadmill: [] Miles (II.) Hills, Sprint Intervals: [] INTS
(III.) Walking (Miles): [] Miles

[17] Workout Programs:

[18] Biking: [] Miles



[Tuesday, January 4]

[17 Workouts]

[WEEK 1]

[1] Ab Straps: [Reps]

[2] Dumbbell Press: [Reps]

[3] Dumbbell Lunges: [Reps]

[4] Dumbbell Raise (Front, Lateral, Diagonal): [Reps]

- ✓ Front
- ✓ Lateral
- ✓ Diagonal

[5] Baseball Swings: [Reps]

[7] Core Twist: [Reps]

[8] Calve Raisers: [Reps]

[9] Dumbbell Lateral Lunges: [Reps]

[10] Dumbbell Single Leg Deadlifts: [Reps]

[11] Scaptions: [Reps]

[12] Dumbbell Shrugs: [Reps]

[13] Goblet Squat: [Reps]

[14] Split Jerk: [Reps]

[15] V-Ups: [Reps]

[16] Running: (I.) Treadmill: [] Miles (II.) Hills, Sprint Intervals: [] INTS
(III.) Walking (Miles): [] Miles

[17] Workout Programs:

[18] Biking: [] Miles



[Wednesday, January 5]

[17 Workouts]

[WEEK 1]

[1] Ab Straps: [Reps]

[2] Dumbbell Press: [Reps]

[3] Dumbbell Lunges: [Reps]

[4] Dumbbell Raise (Front, Lateral, Diagonal): [Reps]

- ✓ Front
- ✓ Lateral
- ✓ Diagonal

[5] Baseball Swings: [Reps]

[7] Core Twist: [Reps]

[8] Calve Raisers: [Reps]

[9] Dumbbell Lateral Lunges: [Reps]

[10] Dumbbell Single Leg Deadlifts: [Reps]

[11] Scaptions: [Reps]

[12] Dumbbell Shrugs: [Reps]

[13] Goblet Squat: [Reps]

[14] Split Jerk: [Reps]

[15] V-Ups: [Reps]

[16] Running: (I.) Treadmill: [] Miles (II.) Hills, Sprint Intervals: [] INTS
(III.) Walking (Miles): [] Miles

[17] Workout Programs:

[18] Biking: [] Miles



[Thursday, January 6]

[17 Workouts]

[WEEK 1]

[1] Ab Straps: [Reps]

[2] Dumbbell Press: [Reps]

[3] Dumbbell Lunges: [Reps]

[4] Dumbbell Raise (Front, Lateral, Diagonal): [Reps]

- ✓ Front
- ✓ Lateral
- ✓ Diagonal

[5] Baseball Swings: [Reps]

[7] Core Twist: [Reps]

[8] Calve Raisers: [Reps]

[9] Dumbbell Lateral Lunges: [Reps]

[10] Dumbbell Single Leg Deadlifts: [Reps]

[11] Scaptions: [Reps]

[12] Dumbbell Shrugs: [Reps]

[13] Goblet Squat: [Reps]

[14] Split Jerk: [Reps]

[15] V-Ups: [Reps]

[16] Running: (I.) Treadmill: [] Miles (II.) Hills, Sprint Intervals: [] INTS
(III.) Walking (Miles): [] Miles

[17] Workout Programs:

[18] Biking: [] Miles



[Friday, January 7]

[17 Workouts]

[WEEK 1]

[1] Ab Straps: [Reps]

[2] Dumbbell Press: [Reps]

[3] Dumbbell Lunges: [Reps]

[4] Dumbbell Raise (Front, Lateral, Diagonal): [Reps]

✓ Front

✓ Lateral

✓ Diagonal

[5] Baseball Swings: [Reps]

[7] Core Twist: [Reps]

[8] Calve Raisers: [Reps]

[9] Dumbbell Lateral Lunges: [Reps]

[10] Dumbbell Single Leg Deadlifts: [Reps]

[11] Scaptions: [Reps]

[12] Dumbbell Shrugs: [Reps]

[13] Goblet Squat: [Reps]

[14] Split Jerk: [Reps]

[15] V-Ups: [Reps]

[16] Running: (I.) Treadmill: [] Miles (II.) Hills, Sprint Intervals: [] INTS

(III.) Walking (Miles): [] Miles

[17] Workout Programs:

[18] Biking: [] Miles



[Saturday, January 8]

[17 Workouts]

[WEEK 1]

[1] Ab Straps: [Reps]

[2] Dumbbell Press: [Reps]

[3] Dumbbell Lunges: [Reps]

[4] Dumbbell Raise (Front, Lateral, Diagonal): [Reps]

✓ Front

✓ Lateral

✓ Diagonal

[5] Baseball Swings: [Reps]

[7] Core Twist: [Reps]

[8] Calve Raisers: [Reps]

[9] Dumbbell Lateral Lunges: [Reps]

[10] Dumbbell Single Leg Deadlifts: [Reps]

[11] Scaptions: [Reps]

[12] Dumbbell Shrugs: [Reps]

[13] Goblet Squat: [Reps]

[14] Split Jerk: [Reps]

[15] V-Ups: [Reps]

[16] Running: (I.) Treadmill: [] Miles (II.) Hills, Sprint Intervals: [] INTS

(III.) Walking (Miles): [] Miles

[17] Workout Programs:

[18] Biking: [] Miles



[Sunday, January 9]

[17 Workouts]

[WEEK 1]

[1] Ab Straps: [Reps]

[2] Dumbbell Press: [Reps]

[3] Dumbbell Lunges: [Reps]

[4] Dumbbell Raise (Front, Lateral, Diagonal): [Reps]

- ✓ Front
- ✓ Lateral
- ✓ Diagonal

[5] Baseball Swings: [Reps]

[7] Core Twist: [Reps]

[8] Calve Raisers: [Reps]

[9] Dumbbell Lateral Lunges: [Reps]

[10] Dumbbell Single Leg Deadlifts: [Reps]

[11] Scaptions: [Reps]

[12] Dumbbell Shrugs: [Reps]

[13] Goblet Squat: [Reps]

[14] Split Jerk: [Reps]

[15] V-Ups: [Reps]

[16] Running: (I.) Treadmill: [] Miles (II.) Hills, Sprint Intervals: [] INTS

(III.) Walking (Miles): [] Miles

[17] Workout Programs:

[18] Biking: [] Miles



[Totals]

[1] Ab Straps: _____

[2] Dumbbell Press: _____

[3] Dumbbell Lunges: _____

[4] Dumbbell Raise (Front, Lateral, Diagonal): _____

[5] Baseball Swings: _____

[7] Core Twist: _____

[8] Calve Raisers: _____

[9] Dumbbell Lateral Lunges: _____

[10] Dumbbell Single Leg Deadlifts: _____

[11] Scaptions: _____

[12] Dumbbell Shrugs: _____

[13] Goblet Squat: _____

[14] Split Jerk: _____

[15] V-Ups: _____

[16] Running:

(I.) Treadmill: _____

(II.) Hills, Sprint Intervals: _____

(III.) Walking (Miles): _____

[17] Workout Programs: _____

[18] Biking: [] Miles