

## CHALLENGE

1. HAMSTRING CURL
2. ROWER
3. ROWER
4. OVERSWING
5. PEDALLO
6. MEDICINE BALL THROW
7. STEPPER
8. STEPPER
9. BENCH PRESS
10. SIT UPS
11. STANDING PULLDOWN
12. TREADMILL
13. PEC DECK
14. KNEE LIFT
15. LATERAL LIFT
16. CALF STRETCH
17. BICEP CURL
18. BIKE
19. BIKE
20. BUTTERFLY
21. SKIPPING
22. TWISTER

## CHALLENGE

1. HAMSTRING CURL
2. ROWER
3. ROWER
4. OVERSWING
5. PEDALLO
6. MEDICINE BALL THROW
7. STEPPER
8. STEPPER
9. BENCH PRESS
10. SIT UPS
11. STANDING PULLDOWN
12. TREADMILL
13. PEC DECK
14. KNEE LIFT
15. LATERAL LIFT
16. CALF STRETCH
17. BICEP CURL
18. BIKE
19. BIKE
20. BUTTERFLY
21. SKIPPING
22. TWISTER

## **P.M.**

1. PEDALLO
2. ROWER
3. ROWER
4. OVERSWING
5. HAMSTRING CURL
6. STANDING PULLDOWN
7. STEPPER
8. STEPPER
9. BENCH PRESS
10. SIT UPS
11. BIKE
12. BIKE
13. PEC DECK
14. TREADMILL
15. LATERAL LIFTS
16. SKIPPING

## **POST MERIDIEM**

1. PEDALLO
2. ROWER
3. ROWER
4. BUTTERFLY
5. KNEE EXTENSION
6. STANDING PULLDOWN
7. STEPPER
8. STEPPER
9. BICEP CURLS
10. SIT UPS
11. BIKE
12. BIKE
13. PEC DECK
14. TREADMILL
15. MEDICINE BALL THROW
16. SKIPPING

## WAKE UP CALL

1. PEDALLO
2. ROWER
3. ROWER
4. OVERSWING
5. HAMSTRING CURL
6. STEPPER
7. STEPPER
8. BENCH PRESS
9. SIT UPS
10. BIKE
11. BIKE
12. PEC DECK
13. TREADMILL

## REVEILLE

1. PEDALLO
2. ROWER
3. ROWER
4. BUTTERFLY
5. KNEE EXTENSION
6. STEPPER
7. STEPPER
8. STANDING PULLDOWN
9. MEDICINE BALL  
THROW
10. BIKE
11. BIKE
12. LATERAL LIFT
13. TREADMILL

## THUNDER

1. STEPPER
2. KNEELING PULLDOWN
3. HACK SQUAT
4. SIT UPS
5. TREADMILL
6. PEC DECK
7. SKIPPING
8. OVERSWING
9. BIKE
10. BIKE
11. BUTTERFLY
12. PEDALLO
13. BICEP CURL
14. STEPPER
15. KNEE LIFT
16. SLALOM JUMP
17. LATERAL LIFT
18. KNEE EXTENSION
19. ROWER
20. ROWER
21. MEDICINE BALL THROW
22. SPOTTY DOG

## THUNDER

1. STEPPER
2. KNEELING PULLDOWN
3. HACK SQUAT
4. SIT UPS
5. TREADMILL
6. PEC DECK
7. SKIPPING
8. OVERSWING
9. BIKE
10. BIKE
11. BUTTERFLY
12. PEDALLO
13. BICEP CURL
14. STEPPER
15. KNEE LIFT
16. SLALOM JUMP
17. LATERAL LIFT
18. KNEE EXTENSION
19. ROWER
20. ROWER
21. MEDICINE BALL THROW
22. SPOTTY DOG

## **STORM**

1. STEPPER
2. KNEELING PULLDOWN
3. SIT UPS
4. TREADMILL
5. PEC DECK
6. SKIPPING
7. OVERSWING (ON BALL)
8. BIKE
9. BUTTERFLY
10. PEDALLO
11. BICEP CURL
12. ROWER
13. KNEE EXTENSION
14. SPOTTY DOG
15. MEDICINE BALL THROW
16. STEPPER

## **BLIZZARD**

1. BIKE
2. BUTTERFLY (ON BALL)
3. SIT UPS
4. BENCH PRESS
5. ROWER
6. HAMSTRING CURL
7. SKIPPING
8. OVERSWING
9. STEPPER
10. STANDING PULLDOWN
11. KNEE LIFTS
12. TREADMILL
13. PEC DECK
14. SLALOM JUMP
15. UPRIGHT ROWING
16. BIKE

## HURRICANE

1. STEPPER
2. KNEELING PULLDOWN
3. SIT UPS
4. TREADMILL
5. PEC DECK
6. SKIPPING
7. OVERSWING (ON BALL)
8. BIKE
9. BICEP CURL
10. SPOTTY DOG
11. ROWER
12. KNEE EXTENSION
13. STEPPER

## TORNADO

1. BIKE
2. BUTTERFLY (ON BALL)
3. SLALOM JUMP
4. UPRIGHT ROWING
5. SIT UPS
6. STEPPER
7. LATERAL LIFTS
8. ROWER
9. PEC DECK
10. TREADMILL
11. MEDICINE BALL  
THROW
12. HAMSTRING CURL
13. BIKE

## WOW

1. TREADMILL
2. PEC DECK
3. STEPPER
4. FOREARM CURL
5. SIT UPS
6. STANDING PULLDOWN
7. BENCH LUNGE
8. MEDICINE BALL THROW
9. BIKE
10. OVERSWING (ON THE BALL)
11. SKIPPING
12. LATERAL LIFT
13. ROWER
14. KNEE EXTENSION
15. BUTTERFLY
16. STEPPER
17. BENCH PRESS
18. THE BOX
19. BIKE
20. BICEP CURL (FREEWEIGHTS)
21. ROWER
22. PEDALLO

## WOW

1. TREADMILL
2. PEC DECK
3. STEPPER
4. FOREARM CURL
5. SIT UPS
6. STANDING PULLDOWN
7. BENCH LUNGE
8. MEDICINE BALL THROW
9. BIKE
10. OVERSWING (ON THE BALL)
11. SKIPPING
12. LATERAL LIFT
13. ROWER
14. KNEE EXTENSION
15. BUTTERFLY
16. STEPPER
17. BENCH PRESS
18. THE BOX
19. BIKE
20. BICEP CURL (FREEWEIGHTS)
21. ROWER
22. PEDALLO

## WIZARD

1. BIKE
2. BENCH PRESS
3. STEPPER
4. THE BOX
5. ROWER
6. BUTTERFLY (ON BALL)
7. SKIPPING
8. KNEE EXTENSION
9. BIKE
10. FOREARM CURL
11. STEPPER
12. KNEELING PULLDOWN
13. ROWER
14. MEDICINE BALL THROW
15. TREADMILL
16. PEDALLO

## WHIRLING

1. TREADMILL
2. PEC DECK
3. STEPPER
4. THE BOX
5. BIKE
6. OVERSWING (ON BALL)
7. ROWER
8. HAMSTRING CURL
9. SKIPPING
10. BICEP CURL
11. STEPPER
12. STANDING PULLDOWN
13. BIKE
14. LATERAL LIFT
15. BENCH LUNGE
16. SIT UPS

## WHOOPIE

1. BIKE
2. OVERSWING(ON BALL)
3. STEPPER
4. KNEELING PULLDOWN
5. TREADMILL
6. PEC DECK
7. ELLIPTICAL TRAINER
8. BUTTERFLY
9. HAMSTRING CURL
10. ROWER
11. THE BOX
12. BENCH LUNGE
13. PEDALLO

## WONDER

1. STEPPER
2. BUTTERFLY(ON BALL)
3. SIT UPS
4. TREADMILL
5. BENCH PRESS
6. BIKE
7. LATERAL LIFTS
8. ROWER
9. THE BOX
10. SKIPPING
11. KNEE EXTENSION
12. ELLIPTICAL TRAINER
13. BICEP CURL

## ADVANCE

1. TREADMILL
2. PEC DECK
3. THE BOX
4. UPRIGHT ROWING
5. STEPPER
6. ALTERNATE LATERAL LIFT
7. SIT UPS
8. ELLIPTICAL TRAINER
9. OVERSWING
10. BIKE
11. WINDMILL ON THE BALL
12. KNEE EXTENSION
13. ROWER
14. BUTTERFLY
15. STEPPER
16. KNEELING PULLDOWN
17. HACK SQUAT
18. BENCH PRESS
19. BIKE
20. PEDALLO
21. SKIPPING
22. TWISTER/SPEED BALL

## ADVANCE

1. TREADMILL
2. PEC DECK
3. THE BOX
4. UPRIGHT ROWING
5. STEPPER
6. ALTERNATE LATERAL LIFT
7. SIT UPS
8. ELLIPTICAL TRAINER
9. OVERSWING
10. BIKE
11. WINDMILL ON THE BALL
12. KNEE EXTENSION
13. ROWER
14. BUTTERFLY
15. STEPPER
16. KNEELING PULLDOWN
17. HACK SQUAT
18. BENCH PRESS
19. BIKE
20. PEDALLO
21. SKIPPING
22. TWISTER/SPEED BALL

## TALLY-HO

1. TREADMILL
2. PEC DECK
3. STEPPER
4. KNEELING PULLDOWN
5. BIKE
6. OVERSWING ON BALL
7. ELLIPTICAL TRAINER
8. ALTERNATE LATERAL LIFT
9. KNEE EXTENSION
10. ROWER
11. THE BOX
12. SKIPPING
13. SPEED BALL/LIFT

## UP AN ATOM

1. TREADMILL
2. BENCH PRESS
3. STEPPER
4. UPRIGHT ROWING
5. BIKE
6. WINDMILL ON BALL
7. ELLIPTICAL TRAINER
8. BUTTERFLY
9. HAMSTRING CURL
10. ROWER
11. PEDALLO
12. SKIPPING
13. SPEED BALL/LIFT

## ONWARD

1. TREADMILL
2. PEC DECK
3. STEPPER
4. KNEELING PULLDOWN
5. THE BOX
6. ELLIPTICAL TRAINER
7. BUTTERFLY ON THE BALL
8. BIKE
9. ALTERNATE LATERAL LIFT
10. ROWER
11. HAMSTRING CURL
12. PEDALLO
13. SKIPPING
14. FOREARM CURL
15. STEPPER
16. SPEED BALL/LIFT

## PROGRESS

1. TREADMILL
2. BENCH PRESS
3. STEPPER
4. STANDING PULLDOWN
5. SIT UPS
6. ELLIPTICAL TRAINER
7. OVERSWING ON THE BALL
8. BIKE
9. EAGLE FLYS
10. ROWER
11. KNEE EXTENSION
12. THE BOX
13. SKIPPING
14. BICEP CURL
15. STEPPER

## **GALLOP**

1. TREADMILL
2. BENCH PRESS
3. STEPPER
4. KNEELING PULLDOWN
5. SIT UPS
6. BIKE
7. BUTTERFLY
8. SKIPPING
9. OVERSWING ON THE BALL
10. KNEE EXTENSION
11. ROWER
12. LATERAL LIFTS
13. ELLIPTICAL TRAINER
14. BICEP CURL
15. MEDICINE BALL THROW
16. STEPPER
17. PEC DECK
18. THE BOX
19. BIKE
20. WINDMILL
21. ROWER
22. SPEEDBALL/TWISTER

## **GALLOP**

1. TREADMILL
2. BENCH PRESS
3. STEPPER
4. KNEELING PULLDOWN
5. SIT UPS
6. BIKE
7. BUTTERFLY
8. SKIPPING
9. OVERSWING ON THE BALL
10. KNEE EXTENSION
11. ROWER
12. LATERAL LIFTS
13. ELLIPTICAL TRAINER
14. BICEP CURL
15. MEDICINE BALL THROW
16. STEPPER
17. PEC DECK
18. THE BOX
19. BIKE
20. WINDMILL
21. ROWER
22. SPEEDBALL/TWISTER

## **CANTER**

1. TREADMILL
2. PECK DECK
3. STEPPER
4. SIT UPS
5. BUTTERFLY ON THE BALL
6. SKIPPING
7. KNEE EXTENSION
8. ROWER
9. THE BOX
10. LATERAL LIFTS
11. ELLIPTICAL TRAINER
12. BENCH PRESS
13. BIKE

## **BOUND**

1. TREADMILL
2. KNEELING PULLDOWN
3. STEPPER
4. PEDALLO
5. OVERSWING ON THE BALL
6. SKIPPING
7. HAMSTRING CURL
8. ROWER
9. INCLINED SIT UPS
10. BICEP CURLS
11. ELLIPTICAL TRAINER
12. MEDICINE BALL THROW
13. BIKE

## **GAMBOL**

1. TREADMILL
2. BENCH PRESS
3. STEPPER
4. KNEELING PULLDOWN
5. SIT UPS
6. BIKE
7. BUTTERFLY ON THE BALL
8. ELLIPTICAL TRAINER
9. LATERAL LIFTS
10. ROWER
11. KNEE EXTENSION
12. THE BOX
13. STEPPER
14. PEC DECK
15. ROWER
16. MEDICINE BALL THROW

## **FROLIC**

1. TREADMILL
2. STANDING PULLDOWN
3. STEPPER
4. PEDALLO
5. OVERSWING ON BALL
6. SKIPPING
7. BICEP CURLS
8. ELLIPTICAL TRAINER
9. SIT UPS
10. HAMSTRING CURLS
11. ROWER
12. THE BOX
13. BIKE
14. PEC DECK
15. STEPPER
16. SPEEDBALL/TWISTER

## CON BRIO

1. ELLIPTICAL TRAINER
2. BUTTERFLY
3. BIKE
4. OVERSWING
5. ROWER
6. KNEE EXTENSION
7. THROUGH VAULT
8. MEDICINE BALL THROW
9. KNEE LIFTS
10. INCLINED SIT UPS
11. STEPPER
12. STEPPER
13. BENCH PRESS
14. TREADMILL
15. KNEELING PULLDOWN
16. SPOTTY DOG
17. PEC DECK
18. SKIPPING
19. UPRIGHT ROWING
20. BIKE
21. LATERAL LIFTS
22. ROWER

## CON BRIO

1. ELLIPTICAL TRAINER
2. BUTTERFLY
3. BIKE
4. OVERSWING
5. ROWER
6. KNEE EXTENSION
7. THROUGH VAULT
8. MEDICINE BALL THROW
9. KNEE LIFTS
10. INCLINED SIT UPS
11. STEPPER
12. STEPPER
13. BENCH PRESS
14. TREADMILL
15. KNEELING PULLDOWN
16. SPOTTY DOG
17. PEC DECK
18. SKIPPING
19. UPRIGHT ROWING
20. BIKE
21. LATERAL LIFTS
22. ROWER

## ALLEGRO

1. ELLIPTICAL TRAINER
2. BUTTERFLY
3. BIKE
4. OVERSWING
5. ROWER
6. KNEE EXTENSION
7. THROUGH VAULT
8. STEPPER
9. INCLINED SIT UPS
10. SKIPPING
11. KNEE LIFTS
12. TREADMILL
13. PEC DECK

## AGITATO

1. ELLIPTICAL TRAINER
2. UPRIGHT ROWING
3. BIKE
4. LATERAL LIFTS
5. ROWER
6. ROWER
7. HAMSTRING CURL
8. THROUGH VAULT
9. STEPPER
10. INCLINED SIT UPS
11. KNEE LIFTS
12. TREADMILL
13. BENCH PRESS

## **GIOCOSO**

1. ELLIPTICAL TRAINER
2. BUTTERFLY
3. BIKE
4. OVERSWING
5. ROWER
6. KNEE EXTENSION
7. SKIPPING
8. THROUGH VAULT
9. STEPPER
10. KNEE LIFTS
11. BENCH PRESS
12. TREADMILL
13. PEC DECK
14. BIKE
15. LATERAL LIFTS
16. MEDICINE BALL THROW

## **SFOGATO**

1. ELLIPTICAL TRAINER
2. UPRIGHT ROWING
3. BIKE
4. KNEELING PULLDOWN
5. ROWER
6. HAMSTRING CURL
7. SKIPPING
8. THROUGH VAULT
9. STEPPER
10. KNEE LIFTS
11. OVERSWING ON BALL
12. TREADMILL
13. PEC DECK
14. BIKE
15. LATERAL LIFTS
16. THE BOX

## ELATED

1. INCLINED PRESS
2. TREADMILL
3. BICEP CURL
4. HACK SQUAT
5. STANDING PULLDOWN
6. KNEE LIFT
7. ELLIPTICAL TRAINER
8. PEC DECK
9. BIKE
10. SIT UPS
11. BUTTERFLY
12. SKIPPING
13. WINDMILL
14. KNEE EXTENSION
15. PEDALLO
16. STEPPER
17. LATERAL LIFT
18. ASTRIDE JUMP
19. MEDICINE BALL THROW
20. ROWER
21. ROWER
22. THE BOX

## ELATED

1. INCLINED PRESS
2. TREADMILL
3. BICEP CURL
4. HACK SQUAT
5. STANDING PULLDOWN
6. KNEE LIFT
7. ELLIPTICAL TRAINER
8. PEC DECK
9. BIKE
10. SIT UPS
11. BUTTERFLY
12. SKIPPING
13. WINDMILL
14. KNEE EXTENSION
15. PEDALLO
16. STEPPER
17. LATERAL LIFT
18. ASTRIDE JUMP
19. MEDICINE BALL THROW
20. ROWER
21. ROWER
22. THE BOX

## ENVIGORATED

1. INCLINED PRESS
2. TREADMILL
3. STANDING PULLDOWN
4. SIT UPS
5. STEPPER
6. BICEP CURL
7. SLALOM JUMP
8. WINDMILL
9. KNEE EXTENSION
10. SKIPPING
11. LATERAL LIFT
12. ELLIPTICAL TRAINER
13. KNEE LIFT
14. BIKE
15. THE BOX
16. ROWER

## ENNERVATED

1. TREADMILL
2. PEC DECK
3. SLALOM JUMP
4. UPRIGHT ROWING
5. SKIPPING
6. HAMSTRING CURL
7. ROWER
8. SIT UPS
9. STEPPER
10. KNEE LIFTS
11. OVERSWING ON BALL
12. ELLIPTICAL TRAINER
13. KNEELING PULLDOWN
14. BIKE
15. LATERAL LIFTS
16. PEDALLO

## ENERGY

1. BIKE
2. SIT UPS
3. ELLIPTICAL TRAINER
4. BUTTERFLY
5. ROWER
6. WINDMILL
7. STEPPER
8. THROUGH VAULT
9. INCLINED PRESS
10. TREADMILL
11. PEC DECK
12. ROWER
13. KNEE EXTENSION

## EFFERVESS

1. TREADMILL
2. KNEELING PULLDOWN
3. STEPPER
4. PEDALLO
5. ROWER
6. WINDMILL
7. HAMSTRING CURL
8. THROUGH VAULT
9. ELLIPTICAL TRAINER
10. KNEE LIFT
11. BIKE
12. BICEP CURL
13. SKIPPING

## **BAKERS DOZEN**

1. BICEP CURL
2. KNEE EXTENSION
3. THE BOX
4. STEPPER
5. BENCH PRESS
6. TREADMILL
7. KNEELING PULLDOWN
8. ROWER
9. BUTTERFLY
10. ELLIPTICAL TRAINER
11. FREEWEIGHT COUNT  
OF SIX
12. BIKE
13. PEC DECK

## **DAYBREAK**

1. TREADMILL
2. BENCH PRESS
3. HACK SQUAT
4. ROWER
5. KNEE EXTENSION
6. OVERSWING
7. STEPPER
8. UPRIGHT ROWING
9. ELLIPTICAL TRAINER
10. MEDICINE BALL  
THROW
11. BIKE
12. STANDING PULLDOWN
13. PEDALLO

## GOOD MORNING

1. KNEELING PULLDOWN
2. ELLIPTICAL TRAINER
3. KNEE LIFT
4. FOREARM CURL
5. ROWER
6. HAMSTRING CURL
7. SIT UPS
8. TREADMILL
9. BENCH PRESS
10. ELLIPTICAL TRAINER
11. PEC DECK
12. STEPPER
13. STEPPER

## GUTEN TAG

1. SKIPPING
2. SKIPPING
3. OVERSWING
4. ROWER
5. ROWER
6. PEDALLO
7. ELLIPTICAL TRAINER
8. BIKE
9. BIKE
10. SPOTTY DOG
11. STEPPER
12. STEPPER
13. PEC DECK

## HIGH NOON

1. TREADMILL
2. BENCH PRESS
3. HACK SQUAT
4. BUTTERFLY
5. ROWER
6. KNEE EXTENSION
7. OVERSWING
8. ELLIPTICAL TRAINER
9. UPRIGHT ROWING
10. STEPPER
11. SIT UPS
12. ELLIPTICAL TRAINER
13. STANDING PULLDOWN
14. BIKE
15. THE BOX
16. ROWER

## GUTEN APPETIT

1. SKIPPING
2. SKIPPING
3. PEDALLO
4. ROWER
5. ROWER
6. KNEE EXTENSION
7. ELLIPTICAL TRAINER
8. PECK DECK
9. BIKE
10. BIKE
11. OVERSWING
12. STEPPER
13. STEPPER
14. KNEELING PULLDOWN
15. SPOTTY DOG
16. THE BOX