



WORKSHEET • TOTAL SYNERGISTICS

DATE / WEEK

WARM-UP

01 Push-Up/
Side Arm Balance

R_____ R_____ R_____ R_____ R_____ R_____

02 Crescent Chair

R_____ R_____ R_____ R_____ R_____ R_____

03 Pull Knee Pull

R_____ R_____ R_____ R_____ R_____ R_____

04 Flip Flop Crunch

R_____ R_____ R_____ R_____ R_____ R_____

05 Crawly Plyo Push-Ups

R_____ R_____ R_____ R_____ R_____ R_____

06 Relev -Pli , Weighted

R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____

07 Chin-Up Circle Crunch

R_____ R_____ R_____ R_____ R_____ R_____

08 Boat Plow (10 reps)

R_____ R_____ R_____ R_____ R_____ R_____

09 Balance Arch Press
(10 reps)

RIGHT

R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____

LEFT

R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____

10 3 Hop Press (10 reps)

R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____

11 Glamour Hammer

RIGHT

R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____

LEFT

R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____

12 Brannon Boat

R_____ R_____ R_____ R_____ R_____ R_____

13 Flying Warrior
(4 reps Right, 4 reps Left)

RIGHT

R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____

LEFT

R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____

14 Squat Rockers

R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____

15 Side Rise Punch

RIGHT

R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____

LEFT

R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____ R_____ WT_____

16 Warrior Squat Moon

RIGHT

R_____ R_____ R_____ R_____ R_____ R_____

LEFT

R_____ R_____ R_____ R_____ R_____ R_____

COOLDOWN

REPS = R / WEIGHT = WT

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