

21 day
FIX

TOTAL BODY CARDIO

CHAD PINK
ZILLAfitness.com



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FITNETWORKER.COM

DATE:					
SURRENDER - RIGHT	RP/WT	___/___	___/___	___/___	___/___
SIDE SHUFFLE	REPS	___	___	___	___
SURRENDER - LEFT	RP/WT	___/___	___/___	___/___	___/___
SIDE SHUFFLES	REPS	___	___	___	___
SPLIT WOOD CHOPPER - L	RP/WT	___/___	___/___	___/___	___/___
X COUNTRY SKIERS	RP/WT	___/___	___/___	___/___	___/___
SPLIT WOOD CHOPPER - R	RP/WT	___/___	___/___	___/___	___/___
X COUNTRY SKIERS	RP/WT	___/___	___/___	___/___	___/___
WEIGHTED JOG	RP/WT	___/___	___/___	___/___	___/___
WEIGHTED KNEE PULL - R	RP/WT	___/___	___/___	___/___	___/___
WEIGHTED JOG	RP/WT	___/___	___/___	___/___	___/___
WEIGHTED KNEE PULL - L	RP/WT	___/___	___/___	___/___	___/___
FROG CRUNCHES	REPS	___	___	___	___
OBLIQUE CRUNCHES	REPS	___	___	___	___
FROG CRUNCHES	REPS	___	___	___	___
OBLIQUE CRUNCHES	REPS	___	___	___	___

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UPPER FIX

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BENT OVER ROW	RP/WT	/	/	/	/
TRANSVERSE TWIST	RP/WT	/	/	/	/
PUSH UPS	REPS				
FOREARM PLANK	TIME				
CURL TO PRESS	RP/WT	/	/	/	/
BENT OVER ROW	RP/WT	/	/	/	/
TRANSVERSE TWIST	RP/WT	/	/	/	/
PUSH UPS	REPS				
FOREARM PLANK	TIME				
CURL TO PRESS	RP/WT	/	/	/	/
LAT PULL OVER	RP/WT	/	/	/	/
CIRCLE CRUNCHES	REPS				
CHEST PRESS	RP/WT	/	/	/	/
SCISSOR TWISTS	REPS				
FRONT RAISES	RP/WT	/	/	/	/
LAT PULL OVER	RP/WT	/	/	/	/
CIRCLE CRUNCHES	REPS				
CHEST PRESS	RP/WT	/	/	/	/
SCISSOR TWISTS	REPS				
FRONT RAISES	RP/WT	/	/	/	/

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LOWER FIX

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DATE:					
SIDE - BACK LUNGE	RP/WT	___/___	___/___	___/___	___/___
SQUAT KNEE RAISE	RP/WT	___/___	___/___	___/___	___/___
SIDE - BACK LUNGE	RP/WT	___/___	___/___	___/___	___/___
SQUAT KNEE RAISE	RP/WT	___/___	___/___	___/___	___/___
CURTSEY LUNGE	RP/WT	___/___	___/___	___/___	___/___
CALF RAISES	RP/WT	___/___	___/___	___/___	___/___
CURTSEY LUNGE	RP/WT	___/___	___/___	___/___	___/___
CALF RAISES	RP/WT	___/___	___/___	___/___	___/___
SPLIT SQUAT - R	RP/WT	___/___	___/___	___/___	___/___
SUMO SQUAT	RP/WT	___/___	___/___	___/___	___/___
SPLIT SQUAT - L	RP/WT	___/___	___/___	___/___	___/___
SUMO SQUAT	RP/WT	___/___	___/___	___/___	___/___
THIGH LEG LIFT	REPS	_____	_____	_____	_____
QUAD RAISE	REPS	_____	_____	_____	_____
THIGH LEG LIFT	REPS	_____	_____	_____	_____
BONUS:					
FIRE HYDRANT - R	REPS	_____	_____	_____	_____
FIRE HYDRANT - L	REPS	_____	_____	_____	_____

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PILATES FIX

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DATE:					
AB SERIES	<i>REPS OR TIME</i>				
HUNDREDS	<i>REPS</i>				
1 LEG STRETCH	<i>REPS</i>				
SCISSORS	<i>REPS</i>				
LEG LOWERS	<i>REPS</i>				
ALT LEG LIFTS	<i>REPS</i>				
ALT KNEE PULLS	<i>REPS</i>				
ALT TOE TAPS	<i>REPS</i>				
C-CENTER	<i>REPS</i>				
C TWIST	<i>REPS</i>				
KNEE DRIVERS	<i>REPS</i>				
SIDE SERIES - R THEN REPEAT ON L					
TWO WAY KICKS	<i>REPS - R/L</i>	/	/	/	/
BICYCLE FRONT	<i>REPS - R/L</i>	/	/	/	/
BICYCLE BACK	<i>REPS - R/L</i>	/	/	/	/
MIX THE BOWL	<i>REPS - R/L</i>	/	/	/	/
STIR THE POT	<i>REPS - R/L</i>	/	/	/	/
DOUBLE TAPS	<i>REPS - R/L</i>	/	/	/	/
SUPERMAN SERIES					
SUPERMAN	<i>RPS OR TIME</i>				
LIFT AND ROTATE	<i>REPS</i>				
SWIMMING	<i>REPS</i>				
PLANK SERIES					
PLANK HOLD	<i>15 REPS</i>				
HIP DROP	<i>12 REPS</i>				
BONUS: 10 SEC. PLANK	<i>12 REPS</i>				

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DIRTY THIRTY

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DATE:					
ALT SIDE LUNGE	RP/WT	___/___	___/___	___/___	___/___
RENEGADE ROW	RP/WT	___/___	___/___	___/___	___/___
ALT SIDE LUNGE	RP/WT	___/___	___/___	___/___	___/___
RENEGADE ROW	RP/WT	___/___	___/___	___/___	___/___
SUMO ROW	RP/WT	___/___	___/___	___/___	___/___
CHEST FLY RAISE	RP/WT	___/___	___/___	___/___	___/___
SUMO ROW	RP/WT	___/___	___/___	___/___	___/___
CHEST FLY RAISE	RP/WT	___/___	___/___	___/___	___/___
SQUAT LAT RAISE	RP/WT	___/___	___/___	___/___	___/___
TRICEP KICKBACK	RP/WT	___/___	___/___	___/___	___/___
SQUAT LAT RAISE	RP/WT	___/___	___/___	___/___	___/___
TRICEP KICKBACK	RP/WT	___/___	___/___	___/___	___/___
SIDE BEND	RP/WT	___/___	___/___	___/___	___/___
SIDE PLANK RAISE	RP/WT	___/___	___/___	___/___	___/___
SIDE BEND	RP/WT	___/___	___/___	___/___	___/___
SIDE PLANK RAISE	RP/WT	___/___	___/___	___/___	___/___

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