



SCULPT 1-2 (28:44)

	Date	Date	Date	Date	Date	Date	Date	Date	Date
Regular Push-Ups									
Heavy Pants									
Military Press									
Standard Bicep Curls									
Back Scratchers (Right)									
Back Scratchers (Left)									
*Lunges 3									
Fly Push-Ups									
Back Flies									
Swimmer's Press									
Wide Open Curls									
2 Arm Kickbacks									
*Lunge Squat Combo									
Lawnmowers (Right)									
Lawnmowers (Left)									
Shoulder Flies									
Bicep 21's									
Chair Dips									
*3 Part Squats									

* Weight is optional on these exercises

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SCULPT 3-4 (38:00)

	Date	Date	Date	Date	Date	Date	Date	Date	Date
Decline Push-Ups									
Heavy Pants									
Military Press									
Standard Bicep Curls									
Back Scratchers (Right)									
Back Scratchers (Left)									
*Lunges 5									
Fly Push-Ups									
Back Flys									
Swimmer's Press									
Wide Open Curls									
2 Arm Kickbacks									
*Lunge Squat Combo									
Wide-Tri-Die									
Lawnmowers (Right)									
Lawnmowers (Left)									
Shoulder Flys									
Bicep 21's									
Chair Dips									
*3 Part Squats									
Upright Rows									
Calf Raises (Left)									
Calf Raises (Right)									
Top Wrist Curl									
Bottom Wrist Curl									
Lower Back Extension									
Max Push-Ups									
Max Squats									

* Weight is optional on these exercises