

DATE / WEEK					
<b>Warm-Up (2:30 + 6:30)</b>					
01 CHEST - Standard Push-Ups	R _____	R _____	R _____	R _____	R _____
02 BACK - Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
03 CHEST - Military Push-Ups	R _____	R _____	R _____	R _____	R _____
04 BACK - Reverse Grip Chin-Ups	R _____	R _____	R _____	R _____	R _____
<b>Water Break (0:49)</b>					
05 CHEST - Wide Fly Push-Ups	R _____	R _____	R _____	R _____	R _____
06 BACK - Closed Grip Overhand Pull-Ups	R _____	R _____	R _____	R _____	R _____
07 CHEST - Decline Push-Ups	R _____	R _____	R _____	R _____	R _____
08 BACK - Heavy Pants	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break (0:47)</b>					
09 CHEST - Diamond Push-Ups	R _____	R _____	R _____	R _____	R _____
10 BACK - Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 CHEST - Dive-Bomber Push-Ups	R _____	R _____	R _____	R _____	R _____
12 BACK - Back Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break (1:04)</b>					
13 BACK - Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
14 CHEST - Standard Push-Ups	R _____	R _____	R _____	R _____	R _____
15 BACK - Reverse Grip Chin-Ups	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 CHEST - Military Push-Ups	R _____	R _____	R _____	R _____	R _____
<b>Water Break (1:00)</b>					
17 BACK - Closed Grip Overhand Pull-Ups	R _____	R _____	R _____	R _____	R _____
18 CHEST - Wide Fly Push-Ups	R _____	R _____	R _____	R _____	R _____
19 BACK - Heavy Pants	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 CHEST - Decline Push-Ups	R _____	R _____	R _____	R _____	R _____
<b>Water Break (0:37)</b>					
21 BACK - Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 CHEST - Diamond Push-Ups	R _____	R _____	R _____	R _____	R _____
23 BACK - Back Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 CHEST - Dive-Bomber Push-Ups	R _____	R _____	R _____	R _____	R _____
<b>Cool Down (3:22)</b>					

R: reps W: weight

- Equipment Required**
- Weights or resistance bands
  - P90X® Chin-Up Bar (+ Chin-up Max, if you struggle with pull-ups)
  - Bench or chair

Power up your performance and get a jump start on recovery with the Performance Stack. It includes two crucial formulas—Energize and Recover—to help give you a blast of energy, sharpen your focus, improve your performance, and speed recovery.

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# WORKSHEET • SHOULDERS & ARMS • DISC 3

DATE / WEEK					
<b>Warm-Up [2:46 + 7:23]</b>					
01 SHOULDERS - Alternating Shoulder Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
02 BICEPS - In & Out Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 TRICEPS - Two-Arm Triceps Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 SHOULDERS - Alternating Shoulder Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 BICEPS - In & Out Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
06 TRICEPS - Two-Arm Triceps Kickback	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Ballistic Stretch [0:30]</b>					
07 SHOULDERS - Deep Swimmer's Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
08 BICEPS - Full Supination Concentration Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 TRICEPS - Chair Dips	R _____	R _____	R _____	R _____	R _____
10 SHOULDERS - Deep Swimmer's Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 BICEPS - Full Supination Concentration Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 TRICEPS - Chair Dips	R _____	R _____	R _____	R _____	R _____
<b>Ballistic Stretch [0:30]</b>					
13 SHOULDERS - Upright Rows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
14 BICEPS - Static Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 SHOULDERS - Upright Rows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
17 BICEPS - Static Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 TRICEPS - Flip-Grip Twist Triceps Kickbacks	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Ballistic Stretch [0:34]</b>					
19 SHOULDERS - Seated Two-Angle Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 BICEPS - Crouching Cohen Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 TRICEPS - Lying-Down Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 SHOULDERS - Seated Two-Angle Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
23 BICEPS - Crouching Cohen Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 TRICEPS - Lying-Down Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Ballistic Stretch [0:38]</b>					
25 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
26 BICEPS - Congdon Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
27 TRICEPS - Side Tri-Rises	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
28 SHOULDERS - In & Out Straight-Arm Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
29 BICEPS - Congdon Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
30 TRICEPS - Side Tri-Rises	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
<b>Cool Down [3:29]</b>					

R: reps W: weight RT: right LT: left

- Equipment Required** • Weights or resistance bands  
• Bench or chair

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DATE / WEEK					
<b>Warm-Up (2:27 + 7:34)</b>					
01 LEGS - Balanced Lunges	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
02 LEGS - Calf-Raise Squats	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 BACK - Reverse Grip Chin-Ups	R _____	R _____	R _____	R _____	R _____
04 LEGS - Super Skaters	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
05 LEGS - Wall Squats	R _____ sec	R _____ sec	R _____ sec	R _____ sec	R _____ sec
06 BACK - Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
07 LEGS - Step Back Lunge	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
08 LEGS - Alternating Side Lunge	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 BACK - Closed Grip Overhead Pull-Ups	R _____	R _____	R _____	R _____	R _____
10 LEGS - Single-Leg Wall Squat	R _____ sec	R _____ sec	R _____ sec	R _____ sec	R _____ sec
11 LEGS - Deadlift Squats	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
12 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R _____	R _____	R _____	R _____	R _____
<b>Water Break (2:00)</b>					
13 LEGS - Three-Way Lunge	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
14 LEGS - Sneaky Lunge	R _____	R _____	R _____	R _____	R _____
15 BACK - Reverse Grip Chin-Ups	R _____	R _____	R _____	R _____	R _____
16 LEGS - Chair Salutations	R _____ sec	R _____ sec	R _____ sec	R _____ sec	R _____ sec
17 LEGS - Toe-Roll Iso Lunge	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 BACK - Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
19 LEGS - Groucho Walk	R _____ sec	R _____ sec	R _____ sec	R _____ sec	R _____ sec
20 LEGS - Calf Raises	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Toes Out	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Feet Parallel	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Toes In	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 BACK - Closed Grip Overhand Pull-Ups	R _____	R _____	R _____	R _____	R _____
22 LEGS - 80/20 Siebers-Speed Squats	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
23 BACK - Switch Grip Pull-Ups	R _____	R _____	R _____	R _____	R _____
<b>Cool Down (4:18)</b>					

R: reps W: weight RT: right LT: left

- Equipment Required**
- Weights or resistance bands
  - P90X® Chin-Up Bar  
(+ Chin-up Max, if you struggle with pull-ups)
  - Bench or chair

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DATE / WEEK					
<b>Warm-Up (6:31 + 3:30)</b>					
<b>01 Stacked Foot / Staggered Hands Push-Ups (Switch every 5 reps)</b>	R _____	R _____	R _____	R _____	R _____
<b>02 Banana Rolls (16 reps / 2 min)</b>	R _____	R _____	R _____	R _____	R _____
<b>03 Leaning Crescent Lunges</b>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>04 Squat Runs</b>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>05 Sphinx Push-Ups</b>	R _____	R _____	R _____	R _____	R _____
<b>06 Bow to Boat (4 Sets/1:48 min)</b>	R _____	R _____	R _____	R _____	R _____
<b>07 Low Lateral Skaters</b>	R _____	R _____	R _____	R _____	R _____
<b>08 Lunge &amp; Reach</b>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break (0:42)</b>					
<b>09 Prison Cell Push-Ups</b>	R _____	R _____	R _____	R _____	R _____
<b>10 Side Hip Raise</b>	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
<b>11 Squat X-Press</b>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>12 Plank to Chaturanga Run</b>	R _____	R _____	R _____	R _____	R _____
<b>13 Walking Push-Ups</b>	R _____	R _____	R _____	R _____	R _____
<b>14 Superman Banana</b>	R _____	R _____	R _____	R _____	R _____
<b>15 Lunge Kickback Curl Press</b>	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>16 Towel Hoppers</b>	R _____	R _____	R _____	R _____	R _____
<b>Water Break (0:44)</b>					
<b>17 Reach High &amp; Under Push-Ups</b>	R _____	R _____	R _____	R _____	R _____
<b>18 Steam Engine</b>	R _____	R _____	R _____	R _____	R _____
<b>19 Dreya Rolls</b>	R _____	R _____	R _____	R _____	R _____
<b>20 Plan to Chaturanga Iso</b>	R _____	R _____	R _____	R _____	R _____
<b>21 Halfback</b>	R _____	R _____	R _____	R _____	R _____
<b>22 Table Dip Leg Raises</b>	R _____	R _____	R _____	R _____	R _____
<b>Cool Down &amp; Stretch (5:06)</b>					

R: reps W: weight RT: right LT: left

**Equipment Required • Weights or resistance bands**

Power up your performance and get a jump start on recovery with the Performance Stack. It includes two crucial formulas—Energize and Recover—to help give you a blast of energy, sharpen your focus, improve your performance, and speed recovery.

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# WORKSHEET • CHEST, SHOULDERS, & TRICEPS • DISC 9

DATE / WEEK					
<b>Warm-Up (8:52)</b>					
01 CHEST - Slow-Motion 3-in-1 Push-Ups	R _____	R _____	R _____	R _____	R _____
02 SHOULDERS - In & Out Shoulder Flies	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 TRICEPS - Chair Dips	R _____	R _____	R _____	R _____	R _____
04 CHEST - Plange Push-Ups	R _____	R _____	R _____	R _____	R _____
05 SHOULDERS - Pike Presses	R _____	R _____	R _____	R _____	R _____
06 TRICEPS- Side Tri-Rises	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
07 CHEST - Floor Flies (Switch every 4 reps)	R _____	R _____	R _____	R _____	R _____
08 SHOULDERS - Scarecrows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 TRICEPS - Overhead Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
10 CHEST - Two-Twitch Speed Push-Ups (4 Fast, 3 Slow)	R _____	R _____	R _____	R _____	R _____
11 SHOULDERS - Y-Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 TRICEPS - Lying Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break (0:53)</b>					
13 CHEST - Side-to-Side Push-Ups	R _____	R _____	R _____	R _____	R _____
14 SHOULDERS - Pour Flies	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 TRICEPS - Side-Leaning Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 CHEST - One-Arm Push-Ups	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
17 SHOULDERS - Weighted Circles (2 X 20 reps)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 TRICEPS - Throw the Bomb	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 CHEST - Clap or Plyo Push-Ups	R _____	R _____	R _____	R _____	R _____
20 SHOULDERS - Slo-Mo Throws	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 TRICEPS - Front-to-Back Triceps Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 CHEST - One-Arm Balance Push-Ups	R _____	R _____	R _____	R _____	R _____
23 SHOULDERS - Fly-Row-Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 TRICEPS - Dumbbell Cross-Body Blows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Cool Down (4:18)</b>					

R: reps W: weight RT: right LT: left

- Equipment Required**
- Weights or resistance bands
  - P90X® Chin-Up Bar (+ Chin-up Max, if you struggle with pull-ups)
  - Bench or chair



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# WORKSHEET • BACK & BICEPS • DISC 10

DATE / WEEK					
<b>Warm-Up [2:36 + 6:32]</b>					
01 BACK - Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
02 BACK - Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 BICEPS - Twenty-Ones	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 BICEPS - One-Arm Cross-Body Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 BACK - Switch Grip Pull-Ups (Switch every 2 reps)	R _____	R _____	R _____	R _____	R _____
06 BACK - Elbows-Out Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 BICEPS - Standing Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
08 BICEPS - One-Arm Concentration Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 BACK - Corn Cob Pull-Ups	R _____	R _____	R _____	R _____	R _____
10 BACK - Reverse Grip Bent-Over Rows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 BICEPS - Open-Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 BICEPS - Static-Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Water Break [0:42]</b>					
13 BACK - Towel Pull-Ups (Switch every 3)	R _____	R _____	R _____	R _____	R _____
14 BACK - Congdon Locomotives	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 BICEPS - Crouching Cohen Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 BICEPS - One-Arm Corkscrew Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
17 BACK - Chin-Ups	R _____	R _____	R _____	R _____	R _____
18 BACK - Seated Bent-Over Back Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 BICEPS - Curl-Up/Hammer Downs	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
20 BICEPS - Hammer Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 BACK - Max Rep Pull-Ups	R _____	R _____	R _____	R _____	R _____
22 BACK - Superman (6 x 10 seconds)	R _____	R _____	R _____	R _____	R _____
23 BICEPS - In-Out Hammer Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 BICEPS - Strip-Set Curls (4 rounds)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
<b>Cool Down [2:13]</b>					
				R: reps W: weight	RT: right LT: left

- Equipment Required**
- Weights or resistance bands
  - P90X® Chin-Up Bar  
(+ Chin-up Max, if you struggle with pull-ups)
  - Bench or chair
  - Towel

DATE / WEEK					
<b>01 IN &amp; OUTS</b> Target - 25	R _____	R _____	R _____	R _____	R _____
<b>02 SEATED BICYCLES</b> Target - 25	R _____	R _____	R _____	R _____	R _____
<b>03 REVERSE BICYCLES</b> Target - 25	R _____	R _____	R _____	R _____	R _____
<b>04 SEATED CRUNCHY FROGS</b> Target - 25	R _____	R _____	R _____	R _____	R _____
<b>05 CROSSED LEG/WIDE LEG SIT-UPS</b> Target - 25	R _____	R _____	R _____	R _____	R _____
<b>06 FIFER SCISSORS</b> Target - 25	R _____	R _____	R _____	R _____	R _____
<b>07 HIP ROCK 'N' RAISE</b> Target - 25	R _____	R _____	R _____	R _____	R _____
<b>08 PULSE-UPS (HEELS TO HEAVEN)</b> Target - 25	R _____	R _____	R _____	R _____	R _____
<b>09 ROLL-UP/ V-UP COMBOS</b> Target - 25	R _____	R _____	R _____	R _____	R _____
<b>10 OBLIQUE V-UPS</b> Target - 25	R _____	R _____	R _____	R _____	R _____
<b>11 LEG CLIMBS</b> Target - 25	R _____	R _____	R _____	R _____	R _____
<b>12 MASON (KAYAK) TWIST</b> Target - 25	R _____	R _____	R _____	R _____	R _____

Cool Down & Stretch (0:51)

R: reps

**Equipment Required** • Mat



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