



The 9 Week Total Package Workout Series

A Program For Progress Not Perfection

Workout Tracker

3, 35-minute Strength & Cardio Combo Session

30/30/60 second sets + Optional 60 sec cardio drill

Equipment: Dumbbells, Bosu OR Bench with Risers & a Mat

YOUR Workout Schedule for this Week

* Plan at least 1 rest day & 1 light activity day (walking, yoga, or play outside!)

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

Sample Workout Schedule:

Monday: Workout #1

Tuesday: Rest or Cardio Day
Kickboxing, Step, Cycling, Hiking,
Walking, Yoga, etc

Wednesday: Workout #2

Thursday: Rest or Cardio Day
Kickboxing, Step, Cycling, Hiking,
Walking, Yoga, etc

Friday: Workout #3 (optional)

Saturday: Rest or Cardio Day:
Kickboxing, Step, Cycling, Hiking,
Walking, Yoga, etc

Sunday: Rest

Workout Challenge #1: Coordinating for Core

Time	Exercise	Set #1 Weight/Reps	Set #2 Wt/Reps	Set #3 Wt/Reps
	60 second Cardio Round: 3 Froggers + 3 Jump Squats			
30 sec	Pick It Up & Put It Away (L to R)			
	Pick It Up & Put It Away (L to R)			
60 sec	Plie Squat + Bicep Curl Pass-Off			
	60 second Cardio Round: 3 Froggers + 3 Jump Squats			
30 sec	Push Up + L Knee Tuck + L Side Plank			
	Push Up + R Knee Tuck + R Side Plank			
30 sec	Burning Bug			
	60 second Cardio Round: 3 Froggers + 3 Jump Squats			

NOTES:

Workout Challenge #2: Balance for Building Strength

Time	Exercise	Set #1 Weight/Reps	Set #2 Wt/Reps	Set #3 Wt/Reps
	60 second Cardio Round: 3 Pop Squats + 3 Hop Overs			
30 sec	Tap & Curl R			
30 sec	Tap & Curl L			
60 sec	Alternating Deadlift & Row (or Rev Fly)			
	60 second Cardio Round: 3 Pop Squats + 3 Hop Overs			
30 sec	Table Tuck & Tricep Balance R			
30 sec	Table Tuck & Tricep Balance L			
60 sec	Alternating Bridge Lift & Press (or Fly)			
	90 second Cardio Round: 3 Pop Squats + 3 Hop Overs			

NOTES:

BONUS Workout Challenge #3: Breath for Body Awareness

Time	Exercise	Set #1 Weight/Reps	Set #2 Wt/Reps	Set #3 Wt/Reps
	60 second Cardio Round: 3 Box Jumps + 3 Burpees			
30 sec	Cossack Squat & Press R			
30 sec	Cossack Squat & Press L			
60 sec	Bicep Curl & Crunch			
	60 second Cardio Round: 3 Box Jumps + 3 Burpees			
30 sec	Lean, Lunge & Row R			
30 sec	Lean, Lunge & Row L			
60 sec	Extend & Get Up			
	60 second Cardio Round: 3 Box Jumps + 3 Burpees			

NOTES:
