



10 MIN STACK

— PROGRESSIVE OVERLOAD PROGRAM —



BUILD
10 MIN



BURN
+10 MIN



BOOST
+10 MIN

- ✓ 1 STACK = 10 MIN
- ✓ 2 STACKS = +10 MIN
- ✓ 3 STACKS = +10 MIN

...

3 TRACKS. 3 STACKS. YOU CHOOSE.



MOVE MORE,
FEEL STRONGER, LIVE BETTER.

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TIFFANY'S
TRAINING

STACK METHOD

10 MINUTES AT A TIME. ENDLESS POSSIBILITIES. REAL PROGRESS.

Each day you'll see 3 suggested workouts.

You choose 1, 2, or all 3 to build your session.

BUILD your session. **BURN** more. **BOOST** your results.


FOLLOW
YOUR DAILY
WORKOUT
CALENDAR



BUILD

10 MINUTES

START HERE

Choose 1 of the 3 suggested workouts for the day and complete it.

- ✓ Perfect for busy days, beginners, building consistency, and daily movement.

GOAL: Show up and complete one workout.

RESULT: 10 minutes of focused movement.

YOUR DAILY WORKOUT CALENDAR

Each day includes 3 suggested 10-minute workouts.
You pick how many to stack.

EXAMPLE DAYS

DAY 1 EXAMPLE

- 10m Chest (Upper Body)
- 10m Triceps (Upper Body)
- 10m Shoulders (Upper Body)

DAY 5 EXAMPLE

- 10m Full Body Dumbbell
- 10m Mini Band
- 10m Standing Weighted (Body)

Pick 1, 2, or all 3.

You're in control of your time and results.



BURN

20 MINUTES

STACK 2 WORKOUTS

Choose 2 of the 3 suggested workouts for the day and stack them back to back.

- ✓ Increase total training volume.
- ✓ Burn more calories.
- ✓ Build strength and endurance.

GOAL: Increase total training volume.

RESULT: More calories burned, more strength work, more overall activity.

EXAMPLE DAYS – 20 MINUTE SESSIONS

DAY 2 EXAMPLE (Pick Any 2)

- 10m Legs (Lower Body)
- 10m Glutes (Lower Body)
- 10m Inner & Outer Thighs

Any 2 of the 3 =
20-minute stacked workout

DAY 6 EXAMPLE (Pick Any 2)

- 10m Full Body Stretch
- 10m Hip Flexor Stretch
- 10m Deep Core Activation

Any 2 of the 3 =
20-minute stacked workout



BOOST

30 MINUTES

STACK ALL 3 WORKOUTS

Complete all 3 suggested workouts for the day for a full 30-minute session.

- ✓ Maximize training time.
- ✓ Increase total workload.
- ✓ Get the most out of your day.

GOAL: Maximize training time and total workload.

RESULT: A complete full-body workout experience.

EXAMPLE DAYS – 30 MINUTE SESSIONS

DAY 3 EXAMPLE (All 3)

- 10m Back + Core
- 10m Biceps + Core
- 10m Standing Weighted AB

All 3 workouts =
30-minute session

DAY 11 EXAMPLE (All 3)

- 10m Lower Body + Core
- 10m Inner & Outer Thigh
- 10m AB Floor

All 3 workouts =
30-minute session



GET STRONGER WITH THE PROGRESSIVE OVERLOAD TRACKER

The goal isn't to do different workouts every day.
The goal is to improve over time.



HEAVIER
WEIGHTS



MORE
REPS



BETTER
CONTROL



IMPROVED
RANGE OF
MOTION



FEWER
BREAKS



MORE
STACKED
WORKOUTS



ONE CALENDAR. THREE CHOICES. YOUR WORKOUT. YOUR TIME.

✓ CHOOSE 1. 2. OR ALL 3 EACH DAY

✓ STACK YOUR TIME. YOUR WAY

✓ TRACK YOUR PROGRESS. GET STRONGER

10 MIN STACK

— PROGRESSIVE OVERLOAD PROGRAM —

The **10 MIN STACK** is a 30 day challenge designed to fit your lifestyle.

Each day features **3 powerful 10-minute workouts stacked together.**

- ✓ Do the first workout for 10 minutes.
- ✓ Add the second if you have more time or want more challenge.
- ✓ Add the third to complete the full 30-minute stack.

STACK THEM TOGETHER. FIT YOUR DAY. KEEP MOVING. GET STRONGER.



BUILD
10 MIN



BURN
+10 MIN



BOOST
+10 MIN



HOW TO USE THIS CALENDAR

The numbers on the calendar correspond to the workout thumbnails in our YouTube playlist.

For example, if the calendar shows "7", go to the playlist on YouTube and select Video #7 – it will match the thumbnail.

I've also included direct links to each workout in this PDF for quick and easy access.



**10 MIN
FULL BODY
DUMBBELL WORKOUT**

DAY 3



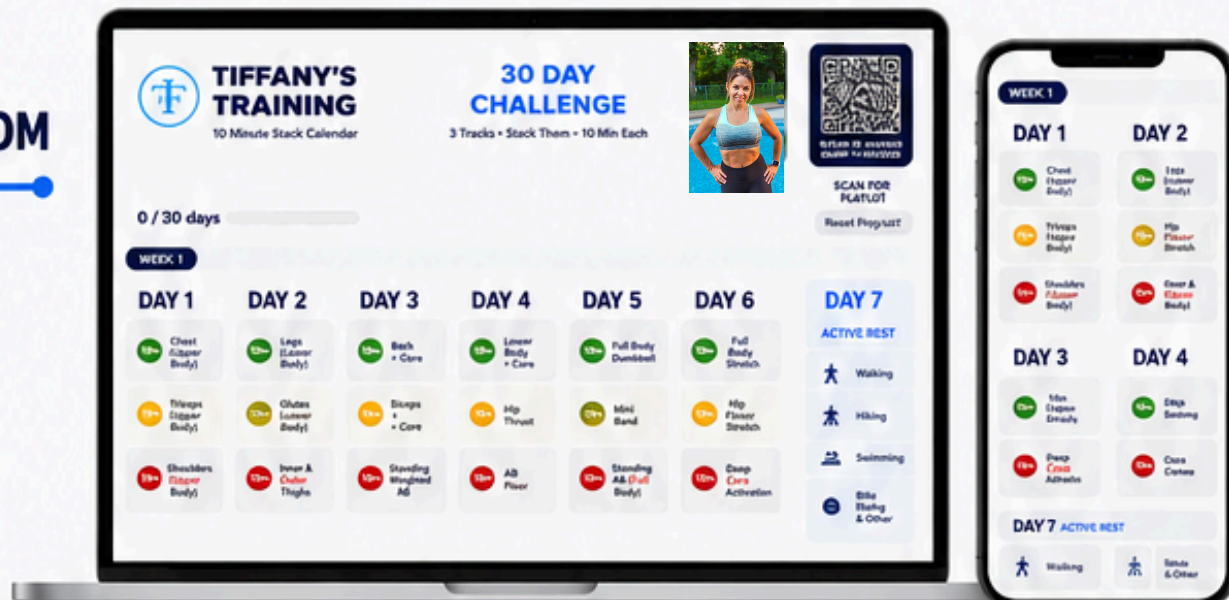
**Lower Body
+ Core**



**VISIT
TIFFANYSTRAINING.COM**

At TiffanysTraining.com, you'll find the complete 10 MIN STACK program.

- ✓ Download the full program
- ✓ Use our interactive calendar
- ✓ Launch workouts directly from the website
- ✓ Mark each day as completed
- ✓ Track your progress and stay accountable



YOU CHOOSE. YOU STACK. YOU WIN.
30 DAYS. 3 WORKOUTS A DAY. ENDLESS RESULTS.

MOVE MORE, FEEL STRONGER, LIVE BETTER.



**TIFFANY'S
TRAINING**



10 MINUTE STACK CALENDAR



3 TRACKS. 3 STACKS. YOU CHOOSE.

	DAY 1 Upper Body	DAY 2 Lower Body	DAY 3 Upper + Core	DAY 4 Lower + Core	DAY 5 Full Body Focus	DAY 6 Recovery/Mobility	DAY 7
WEEK 1	13 Chest	1 Legs	11 Back	7 Lower Body	8 Full Body	19 Full Body Stretch	ACTIVE REST Walking Hiking Swimming Bike Riding & Other
	12 Triceps	5 Glutes	14 Biceps	22 Hip Thrust	21 Mini Band	18 Hip Flexor Stretch	
	9 Shoulders	2 Legs	10 Standing Weighted AB	3 AB Floor	15 Standing ABS	17 Deep Core Activation	
	DAY 8 Upper Body	DAY 9 Lower Body	DAY 10 Upper + Core	DAY 11 Lower + Core	DAY 12 Full Body Focus	DAY 13 Recover/Mobility	DAY 14
WEEK 2	13 Chest	1 Legs	11 Back	7 Lower Body	23 Dumbbell Sculpt	19 Full Body Stretch	ACTIVE REST Walking Hiking Swimming Bike Riding & Other
	4 Standing Arm	5 Glutes	14 Biceps	2 Legs	21 Mini Band	18 Hip Flexor Stretch	
	9 Shoulders	22 Hip Thrust	20 ABS	16 ABS	10 Standing Weighted AB	15 Standing ABS	
	DAY 15 Upper Body	DAY 16 Lower Body	DAY 17 Upper + Core	DAY 18 Lower + Core	DAY 19 Full Body Focus	DAY 20 Recovery/Mobility	DAY 21
WEEK 3	12 Triceps	1 Legs	11 Back	7 Lower Body	8 Full Body	19 Full Body Stretch	ACTIVE REST Walking Hiking Swimming Bike Riding & Other
	6 Upper Body	5 Glutes	14 Biceps	22 Hip Thrust	23 Dumbbell sculpt	18 Hip Flexor Stretch	
	4 Standing Arm	2 Legs	20 ABS	3 AB Floor	17 Deep Core Activation	16 ABS	
	DAY 22 Upper Body	DAY 23 Full Body Focus	DAY 24 Upper + Core	DAY 25 Lower + Core	DAY 26 Recovery/Mobility	DAY 27 Lower Body	DAY 28
WEEK 4	6 Upper Body	23 Dumbbell Sculpt	14 Biceps	7 Lower Body	19 Full Body Stretch	1 Leg	ACTIVE REST Walking Hiking Swimming Bike Riding & Other
	23 Dumbbell Sculpt	21 Mini Band	11 Back	2 Lets	18 Hip Flexor Stretch	5 Glutes	
	13 Chest	15 Standing ABS	20 ABS	3 ABS Floor	17 Deep Core Activation	22 Hip Thrust	
	DAY 29 Upper Body	DAY 30 Lower Body					
DAY 29-30	6 Upper Body	1 Legs					
	9 Shoulders	5 Glutes					
	12 Triceps	2 Legs					
BUILD GREEN TRACK 10 MIN BURN ORANGE TRACK +10 MIN BOOST RED TRACK +10 MIN = 30 MIN STACK							
MORE WORKOUTS, GUIDES & RESOURCES TIFFANYSTRAINING.COM							

MOVE MORE, FEEL STRONGER, LIVE BETTER.





10 MINUTE STACK

DAY 1 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

13

WORKOUT #13 - CHEST

EXERCISE

WEIGHT

REPS/TIME

1. Lying Svend Press
2. Floor Chest Press
3. Chest Fly (Floor)
4. Chest Fly Hold (Open) + Pulse
5. Alternating Chest Press
6. Single Dumbbell Chest Press (Centered)
7. Glute Bridge Chest Press
8. Half Range Chest Press (Bottom Range)
9. Chest Fly (Top Half Pulse)
10. Chest Press Finisher (Tempo)

12

WORKOUT #12 - TRICEP

EXERCISE

WEIGHT

REPS/TIME

1. Close Grip Press + Halfway Lower
2. Single Arm Skull Crushers (Right)
3. Single Arm Skull Crushers (Left)
4. Tricep Extension (Full Range)
5. Tate Press
6. Single Dumbbell Overhead Extension
7. Close Grip Press
8. Past Head Skull Crusher
9. Dumbbell Crush (Hold) + Pulse
10. Tricep Pulse Finisher

9

WORKOUT #9 - SHOULDERS

EXERCISE

WEIGHT

REPS/TIME

1. Alternating Shoulder Press
2. Narrow Grip Shoulder Press
3. Lateral Raise Front Raise
4. Around the World
5. Rear Delt Fly
6. Alternating Front Raise
7. Controlled High Pull
8. Shoulder Press
9. Partial Lateral Raises
10. Arnold Press (Finisher)



NOTES



10 MINUTE STACK

DAY 2 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

1

WORKOUT #1 - LEGS

EXERCISE

WEIGHT

REPS/TIME

1. Side-Lying Outer Leg Lift (Right)
2. Inner Thigh Raise (Left)
3. Side-Lying Front Diagonal Lift (Right)
4. Side-Lying Rainbow Sweep (Right)
5. Side-Lying Outer Leg Lift (Left)
6. Inner Thigh Raise (Right)
7. Side-Lying Front Diagonal Lift (Left)
8. Side-Lying Rainbow Sweep (Left)
9. Supine Inner Thigh Open + Close
10. Frog Open Close

5

WORKOUT #5 - GLUTES

EXERCISE

WEIGHT

REPS/TIME

1. Sumo Squat Pulse
2. Staggered Romanian Deadlift (Right)
3. Staggered Romanian Deadlift (Left)
4. Dumbbell Swing
5. Curtsy Lunge (Right)
6. Curtsy Lunge (Left)
7. Quadruped Dumbbell Kickback (Right)
8. Quadruped Dumbbell Kickback (Left)
9. Glute Bridge
10. Dumbbell Frog Pump Burnout

2

WORKOUT #2 - LEGS

EXERCISE

WEIGHT

REPS/TIME

1. Heels Elevated Narrow Squat
2. Banded Squat Walk Forward + Backward
3. Banded Split Squat Hold + Pulse (Right)
4. Banded Split Squat Hold + Pulse (Left)
5. Banded Squat + 1 1/4 Rep
6. Banded Knee Drive Squat
7. Banded Spanish Squat Hold + Mini Squats
8. Lateral Step-Out Squat
9. Narrow Squat Hold + Alternating Toe Tap Forward
10. Quad Burn Finisher



NOTES



10 MINUTE STACK

DAY 3 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

11

WORKOUT #11 - BACK & CORE

EXERCISE

WEIGHT

REPS/TIME

1. Supported Split-Stance Row (Right)
2. Supported Split-Stance Row (Left)
3. Dumbbell Pullover (Floor)
4. 4-Point Kneeling Row (Right)
5. 4-Point Kneeling Row (Left)
6. Deadlift to Row Combo
7. Bird Dog Row (Right)
8. Bird Dog Row (Left)
9. Dumbbell Skier Swings
10. ISO Hold + Pulse Row (Finisher)

14

WORKOUT #14 - BICEP

EXERCISE

WEIGHT

REPS/TIME

1. Bicep Curl
2. Hammer Curl Hold + Curl (Right)
3. Hammer Curl Hold + Curl (Left)
4. Cross-Body Hammer Curl
5. Wide Curl
6. Curl + Pulse Combo
7. Single Arm Curl (Right)
8. Single Arm Curl (Left)
9. Reverse Curl
10. Bicep Pulse Finisher

10

WORKOUT #10 - STANDING WEIGHTED ABS

EXERCISE

WEIGHT

REPS/TIME

1. Straight Arm Raise + Rotate
2. High Halo / Around the World
3. DB Overhead March
4. Knee Raise Cross Crunch (Alternating)
5. Forward Lunge + Twist (Alternating)
6. Dumbbell Overhead Leg Sweep (Right)
7. Dumbbell Overhead Leg Sweep (Left)
8. Oblique Crunch + Straight Leg Raise (Right)
9. Oblique Crunch + Straight Leg Raise (Left)
10. Core Twist + Knee Up



NOTES



10 MINUTE STACK

DAY 4 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

7

WORKOUT #7 - LOWER BODY + CORE

EXERCISE	WEIGHT	REPS/TIME
1. Goblet Squat + Overhead Tricep Press		
2. Reverse Lunge + Forward Swing Raise (Right)		
3. Reverse Lunge + Forward Swing Raise (Left)		
4. Kneeling Rotation Pull		
5. B-Stance Stiff-Leg Deadlift (Left)		
6. B-Stance Stiff-Leg Deadlift (Right)		
7. Squat + Alternating Hammer Curl		
8. Alternating Reverse Lunge Curl Press		
9. Upright Row		
10. Squat Hold One Dumbbell Curl (Upper Half)		

22

WORKOUT #22 - HIPS

EXERCISE	WEIGHT	REPS/TIME
1. Warm Up		
2. Slow Hip Thrust		
3. Hip Thrust		
4. Pulse Hip Thrust		
5. Single-Leg Hip Thrust - Right		
6. Single-Leg Hip Thrust - Left		
7. Frog Hip Thrust		
8. Wide-Stance Hip Thrust		
9. Staggered-Stance Hip Thrust - Right		
10. Staggered-Stance Hip Thrust - Left		

3

WORKOUT #3 - ABS FLOOR

EXERCISE	WEIGHT	REPS/TIME
1. Hold Crunch		
2. Cocoon Crunch		
3. Reverse Crunch + Extend		
4. Toe Reach Crunch		
5. Suitcase Crunch		
6. Alternating Straight Leg Raise + Crunch Twist		
7. Kneeling Side Reach (Right)		
8. Kneeling Side Reach (Left)		
9. AB Staircase		
10. AB Finisher		



NOTES



10 MINUTE STACK

DAY 5 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

8

WORKOUT #8 - FULL BODY

EXERCISE

WEIGHT

REPS/TIME

1. Dumbbell Squat to Alternating Knee Drive
2. Dumbbell Reverse Lunge (Right)
3. Dumbbell Reverse Lunge (Left)
4. Dumbbell Romanian Deadlift
5. Dumbbell Side Step Squat (Alternating)
6. Dumbbell Squat + 1.5 Rep
7. Dumbbell Goblet Squat Pulse
8. Dumbbell Staggered Squat (Right Foot Forward)
9. Dumbbell Staggered Squat (Left Foot Forward)
10. Dumbbell Glute Bridge Hold + Pulse

21

WORKOUT #21 - LOWER BODY

EXERCISE

WEIGHT

REPS/TIME

1. Mini Band Squats with Abductions
2. Standing Mini Band Pull-Aparts
3. Mini Band Bicep Curls
4. Single-Leg Mini Band Deadlift (Left Leg)
5. Single-Leg Mini Band Deadlift (Right Leg)
6. Standing Mini Band Alternating Lunges
7. Lateral Mini Band Walk
8. Squat to Calf Raise with Mini Band
9. Good Mornings
10. Squat Pulses

15

WORKOUT #15 - STANDING ABS

EXERCISE

WEIGHT

REPS/TIME

1. Warm-Up
2. Standing Crunch - Elbows to Knees
3. Standing Bicycle
4. Alternating Toe Reach Crunch
5. Standing Scissor Crunch (Left)
6. Standing Scissor Crunch (Right)
7. Alternating Controlled Front Kick
8. Jack Knife (Right)
9. Jack Knife (Left)
10. Twist to Crunch (Alternating)



NOTES



10 MINUTE STACK

DAY 6 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

19

WORKOUT #19 - FULL BODY STRETCH

EXERCISE

WEIGHT

REPS/TIME

1. Standing Forward Fold with Shoulder Opener
2. Low Lunge with Side Reach (Left Side)
3. Low Lunge with Side Reach (Right Side)
4. Cat-Cow Flow
5. Seated Hamstring Stretch (Right Leg)
6. Seated Hamstring Stretch (Left Leg)
7. Hip Opener – Butterfly Stretch
8. Seated Spinal Twist (Left)
9. Seated Spinal Twist (Right)
10. Lying Arm Reach – Glute & Shoulder Stretch

18

WORKOUT #18 - HIP FLEXOR

EXERCISE

WEIGHT

REPS/TIME

1. Low Lunge Hip Flexor Stretch (Left Leg)
2. Low Lunge Hip Flexor Stretch (Right Leg)
3. Lizard Lunge Hip Opener (Left Leg)
4. Lizard Lunge Hip Opener (Right Leg)
5. Half-Kneeling Hip Flexor + Side Reach (Left Leg)
6. Half-Kneeling Hip Flexor + Side Reach (Right Leg)
7. Lying Hip Flexor Stretch (Right Leg)
8. Lying Hip Flexor Stretch (Left Leg)
9. Wide Child's Pose
10. Happy Baby

17

WORKOUT #17 - DEEP CORE ACTIVATION

EXERCISE

WEIGHT

REPS/TIME

1. Warm-up
2. Bear Plank Hold + Knee Hover
3. Slow Dead Bug Extensions
4. Hollow Raise
5. Slow Mountain Climbers (Hover)
6. Tabletop Toe Taps
7. Pilates 100s
8. Hip Opener Extensions
9. Double Leg Pulls (Alternating)
10. Cool-Down



NOTES



10 MINUTE STACK

DAY 8 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

13

WORKOUT #13 - CHEST

EXERCISE	WEIGHT	REPS/TIME
1. Lying Svend Press		
2. Floor Chest Press		
3. Chest Fly (Floor)		
4. Chest Fly Hold (Open) + Pulse		
5. Alternating Chest Press		
6. Single Dumbbell Chest Press (Centered)		
7. Glute Bridge Chest Press		
8. Half Range Chest Press (Bottom Range)		
9. Chest Fly (Top Half Pulse)		
10. Chest Press Finisher (Tempo)		

4

WORKOUT #4 - STANDING ARM

EXERCISE	WEIGHT	REPS/TIME
1. Around the World Press		
2. Hammer Curl → Alternating Arnold Press		
3. Alternating Goal Post Press		
4. Cross-Body Curl		
5. Rainbow Front Raise		
6. Tricep Kickback Pulses		
7. Bicep Curl → End Pulse		
8. Single Dumbbell French Press + Pulse		
9. Front Raise		
10. Countdown Shoulder Press (Finisher)		

9

WORKOUT #9 - SHOULDERS

EXERCISE	WEIGHT	REPS/TIME
1. Alternating Shoulder Press		
2. Narrow Grip Shoulder Press		
3. Lateral Raise Front Raise		
4. Around the World		
5. Rear Delt Fly		
6. Alternating Front Raise		
7. Controlled High Pull		
8. Shoulder Press		
9. Partial Lateral Raises		
10. Arnold Press (Finisher)		



NOTES



10 MINUTE STACK

DAY 9 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

1

WORKOUT #1 - LEGS

EXERCISE	WEIGHT	REPS/TIME
1. Side-Lying Outer Leg Lift (Right)		
2. Inner Thigh Raise (Left)		
3. Side-Lying Front Diagonal Lift (Right)		
4. Side-Lying Rainbow Sweep (Right)		
5. Side-Lying Outer Leg Lift (Left)		
6. Inner Thigh Raise (Right)		
7. Side-Lying Front Diagonal Lift (Left)		
8. Side-Lying Rainbow Sweep (Left)		
9. Supine Inner Thigh Open + Close		
10. Frog Open Close		

5

WORKOUT #5 - GLUTES

EXERCISE	WEIGHT	REPS/TIME
1. Sumo Squat Pulse		
2. Staggered Romanian Deadlift (Right)		
3. Staggered Romanian Deadlift (Left)		
4. Dumbbell Swing		
5. Curtsy Lunge (Right)		
6. Curtsy Lunge (Left)		
7. Quadruped Dumbbell Kickback (Right)		
8. Quadruped Dumbbell Kickback (Left)		
9. Glute Bridge		
10. Dumbbell Frog Pump Burnout		

22

WORKOUT #22 - HIPS

EXERCISE	WEIGHT	REPS/TIME
1. Warm Up		
2. Slow Hip Thrust		
3. Hip Thrust		
4. Pulse Hip Thrust		
5. Single-Leg Hip Thrust - Right		
6. Single-Leg Hip Thrust - Left		
7. Frog Hip Thrust		
8. Wide-Stance Hip Thrust		
9. Staggered-Stance Hip Thrust - Right		
10. Staggered-Stance Hip Thrust - Left		



NOTES



10 MINUTE STACK

DAY 10 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

11

WORKOUT #11 - BACK + CORE

EXERCISE

WEIGHT

REPS/TIME

1. Supported Split-Stance Row (Right)
2. Supported Split-Stance Row (Left)
3. Dumbbell Pullover (Floor)
4. 4-Point Kneeling Row (Right)
5. 4-Point Kneeling Row (Left)
6. Deadlift to Row Combo
7. Bird Dog Row (Right)
8. Bird Dog Row (Left)
9. Dumbbell Skier Swings
10. ISO Hold + Pulse Row (Finisher)

14

WORKOUT #14 - BICEP

EXERCISE

WEIGHT

REPS/TIME

1. Bicep Curl
2. Hammer Curl Hold + Curl (Right)
3. Hammer Curl Hold + Curl (Left)
4. Cross-Body Hammer Curl
5. Wide Curl
6. Curl + Pulse Combo
7. Single Arm Curl (Right)
8. Single Arm Curl (Left)
9. Reverse Curl
10. Bicep Pulse Finisher

20

WORKOUT #20 - ABS

EXERCISE

WEIGHT

REPS/TIME

1. Reverse Crunches
2. Leg Raises
3. Flutter Kicks
4. Scissor Kicks
5. Hip Lift Pulse
6. Mountain Climbers
7. Forearm Bicycle
8. Up & Down Plank
9. V Crunch
10. Plank



NOTES



10 MINUTE STACK

DAY 11 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS



WORKOUT #7 - LOWER BODY + CORE

EXERCISE	WEIGHT	REPS/TIME
1. Goblet Squat + Overhead Tricep Press		
2. Reverse Lunge + Forward Swing Raise (Right)		
3. Reverse Lunge + Forward Swing Raise (Left)		
4. Kneeling Rotation Pull		
5. B-Stance Stiff-Leg Deadlift (Left)		
6. B-Stance Stiff-Leg Deadlift (Right)		
7. Squat + Alternating Hammer Curl		
8. Alternating Reverse Lunge Curl Press		
9. Upright Row		
10. Squat Hold One Dumbbell Curl (Upper Half)		



WORKOUT #2 - LEGS

EXERCISE	WEIGHT	REPS/TIME
1. Heels Elevated Narrow Squat		
2. Banded Squat Walk Forward + Backward		
3. Banded Split Squat Hold + Pulse (Right)		
4. Banded Split Squat Hold + Pulse (Left)		
5. Banded Squat + 1 1/4 Rep		
6. Banded Knee Drive Squat		
7. Banded Spanish Squat Hold + Mini Squats		
8. Lateral Step-Out Squat		
9. Narrow Squat Hold + Alternating Toe Tap Forward		
10. Quad Burn Finisher		



WORKOUT #16 - ABS

EXERCISE	WEIGHT	REPS/TIME
1. Warm Up		
2. Crunches		
3. Forearm Plank Hold		
4. Forearm Side Plank (Right)		
5. Forearm Side Plank (Left)		
6. Core Roll-up		
7. Alternating Heel Hover		
8. Alternating Toe Touches		
9. Crunches		
10. Quick Stretch		



NOTES



10 MINUTE STACK

DAY 12 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

23

WORKOUT #23 - DUMBBELL SCULPT

EXERCISE

WEIGHT

REPS/TIME

1. Sumo Glute Bridge
2. Lat Sweep
3. Alternating Single-Arm OH Press w/Cross Body Crunch
4. Alternating Suitcase Lift
5. Dumbbell Florr Fly to Skull Crusher Combo
6. Goblet Squat
7. Bent Over Dumbbell Row
8. Dumbbell Pullover
9. Dumbbell Zottman Curl
10. Standing Dumbbell Curl to Press

21

WORKOUT #21 - LOWER BODY

EXERCISE

WEIGHT

REPS/TIME

1. Mini Band Squats with Abductions
2. Standing Mini Band Pull-Aparts
3. Mini Band Bicep Curls
4. Single-Leg Mini Band Deadlift (Left Leg)
5. Single-Leg Mini Band Deadlift (Right Leg)
6. Standing Mini Band Alternating Lunges
7. Lateral Mini Band Walk
8. Squat to Calf Raise with Mini Band
9. Good Mornings
10. Squat Pulses

10

WORKOUT #10 - STANDING WEIGHTED ABS

EXERCISE

WEIGHT

REPS/TIME

1. Straight Arm Raise + Rotate
2. High Halo / Around the World
3. DB Overhead March
4. Knee Raise Cross Crunch (Alternating)
5. Forward Lunge + Twist (Alternating)
6. Dumbbell Overhead Leg Sweep (Right)
7. Dumbbell Overhead Leg Sweep (Left)
8. Oblique Crunch + Straight Leg Raise (Right)
9. Oblique Crunch + Straight Leg Raise (Left)
10. Core Twist + Knee Up



NOTES



10 MINUTE STACK

DAY 13 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS



WORKOUT #19 - FULL BODY STRETCH

EXERCISE	WEIGHT	REPS/TIME
1. Standing Forward Fold with Shoulder Opener		
2. Low Lunge with Side Reach (Left Side)		
3. Low Lunge with Side Reach (Right Side)		
4. Cat-Cow Flow		
5. Seated Hamstring Stretch (Right Leg)		
6. Seated Hamstring Stretch (Left Leg)		
7. Hip Opener – Butterfly Stretch		
8. Seated Spinal Twist (Left)		
9. Seated Spinal Twist (Right)		
10. Lying Arm Reach – Glute & Shoulder Stretch		



WORKOUT #18 - HIP FLEXOR

EXERCISE	WEIGHT	REPS/TIME
1. Low Lunge Hip Flexor Stretch (Left Leg)		
2. Low Lunge Hip Flexor Stretch (Right Leg)		
3. Lizard Lunge Hip Opener (Left Leg)		
4. Lizard Lunge Hip Opener (Right Leg)		
5. Half-Kneeling Hip Flexor + Side Reach (Left Leg)		
6. Half-Kneeling Hip Flexor + Side Reach (Right Leg)		
7. Lying Hip Flexor Stretch (Right Leg)		
8. Lying Hip Flexor Stretch (Left Leg)		
9. Wide Child's Pose		
10. Happy Baby		



WORKOUT #15 - STANDING ABS

EXERCISE	WEIGHT	REPS/TIME
1. Warm-Up		
2. Standing Crunch - Elbows to Knees		
3. Standing Bicycle		
4. Alternating Toe Reach Crunch		
5. Standing Scissor Crunch (Left)		
6. Standing Scissor Crunch (Right)		
7. Alternating Controlled Front Kick		
8. Jack Knife (Right)		
9. Jack Knife (Left)		
10. Twist to Crunch (Alternating)		



NOTES



10 MINUTE STACK

DAY 15 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

12

WORKOUT #12 - TRICEP

EXERCISE

WEIGHT

REPS/TIME

1. Close Grip Press + Halfway Lower
2. Single Arm Skull Crushers (Right)
3. Single Arm Skull Crushers (Left)
4. Tricep Extension (Full Range)
5. Tate Press
6. Single Dumbbell Overhead Extension
7. Close Grip Press
8. Past Head Skull Crusher
9. Dumbbell Crush (Hold) + Pulse
10. Tricep Pulse Finisher

6

WORKOUT #6 - UPPER BODY

EXERCISE

WEIGHT

REPS/TIME

1. Underhand Front Raise
2. Alternating Gorilla Rows
3. Reverse Fly
4. Close-Grip Curls
5. Hammer to Bicep Curl
6. Overhead Tricep Extension
7. Glute Bridge Chest Press
8. Chest Press
9. Dumbbell Pullover
10. Close-Grip Chest Press

4

WORKOUT #4 - STANDING ARM

EXERCISE

WEIGHT

REPS/TIME

1. Around the World Press
2. Hammer Curl → Alternating Arnold Press
3. Alternating Goal Post Press
4. Cross-Body Curl
5. Rainbow Front Raise
6. Tricep Kickback Pulses
7. Bicep Curl → End Pulse
8. Single Dumbbell French Press + Pulse
9. Front Raise
10. Countdown Shoulder Press (Finisher)



NOTES



10 MINUTE STACK

DAY 16 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

1

WORKOUT #1 - LEG

EXERCISE

WEIGHT

REPS/TIME

1. Side-Lying Outer Leg Lift (Right)
2. Inner Thigh Raise (Left)
3. Side-Lying Front Diagonal Lift (Right)
4. Side-Lying Rainbow Sweep (Right)
5. Side-Lying Outer Leg Lift (Left)
6. Inner Thigh Raise (Right)
7. Side-Lying Front Diagonal Lift (Left)
8. Side-Lying Rainbow Sweep (Left)
9. Supine Inner Thigh Open + Close
10. Frog Open Close

5

WORKOUT #5 - GLUTES

EXERCISE

WEIGHT

REPS/TIME

1. Sumo Squat Pulse
2. Staggered Romanian Deadlift (Right)
3. Staggered Romanian Deadlift (Left)
4. Dumbbell Swing
5. Curtsy Lunge (Right)
6. Curtsy Lunge (Left)
7. Quadruped Dumbbell Kickback (Right)
8. Quadruped Dumbbell Kickback (Left)
9. Glute Bridge
10. Dumbbell Frog Pump Burnout

2

WORKOUT #2 - LEGS

EXERCISE

WEIGHT

REPS/TIME

1. Heels Elevated Narrow Squat
2. Banded Squat Walk Forward + Backward
3. Banded Split Squat Hold + Pulse (Right)
4. Banded Split Squat Hold + Pulse (Left)
5. Banded Squat + 1 1/4 Rep
6. Banded Knee Drive Squat
7. Banded Spanish Squat Hold + Mini Squats
8. Lateral Step-Out Squat
9. Narrow Squat Hold + Alternating Toe Tap Forward
10. Quad Burn Finisher



NOTES



10 MINUTE STACK

DAY 17 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

11

WORKOUT #11 - BACK & CORE

EXERCISE

WEIGHT

REPS/TIME

1. Side-Lying Outer Leg Lift (Right)
2. Inner Thigh Raise (Left)
3. Side-Lying Front Diagonal Lift (Right)
4. Side-Lying Rainbow Sweep (Right)
5. Side-Lying Outer Leg Lift (Left)
6. Inner Thigh Raise (Right)
7. Side-Lying Front Diagonal Lift (Left)
8. Side-Lying Rainbow Sweep (Left)
9. Supine Inner Thigh Open + Close
10. Frog Open Close

14

WORKOUT #14 - BICEPS

EXERCISE

WEIGHT

REPS/TIME

1. Sumo Squat Pulse
2. Staggered Romanian Deadlift (Right)
3. Staggered Romanian Deadlift (Left)
4. Dumbbell Swing
5. Curtsy Lunge (Right)
6. Curtsy Lunge (Left)
7. Quadruped Dumbbell Kickback (Right)
8. Quadruped Dumbbell Kickback (Left)
9. Glute Bridge
10. Dumbbell Frog Pump Burnout

20

WORKOUT #20 - ABS

EXERCISE

WEIGHT

REPS/TIME

1. Heels Elevated Narrow Squat
2. Banded Squat Walk Forward + Backward
3. Banded Split Squat Hold + Pulse (Right)
4. Banded Split Squat Hold + Pulse (Left)
5. Banded Squat + 1 1/4 Rep
6. Banded Knee Drive Squat
7. Banded Spanish Squat Hold + Mini Squats
8. Lateral Step-Out Squat
9. Narrow Squat Hold + Alternating Toe Tap Forward
10. Quad Burn Finisher



NOTES



10 MINUTE STACK

DAY 18 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

7

WORKOUT #7 - LOWER BODY + CORE

EXERCISE

WEIGHT

REPS/TIME

1. Goblet Squat + Overhead Tricep Press
2. Reverse Lunge + Forward Swing Raise (Right)
3. Reverse Lunge + Forward Swing Raise (Left)
4. Kneeling Rotation Pull
5. B-Stance Stiff-Leg Deadlift (Left)
6. B-Stance Stiff-Leg Deadlift (Right)
7. Squat + Alternating Hammer Curl
8. Alternating Reverse Lunge Curl Press
9. Upright Row
10. Squat Hold One Dumbbell Curl (Upper Half)

22

WORKOUT #18 - HIPS

EXERCISE

WEIGHT

REPS/TIME

1. Warm Up
2. Slow Hip Thrust
3. Hip Thrust
4. Pulse Hip Thrust
5. Single-Leg Hip Thrust - Right
6. Single-Leg Hip Thrust - Left
7. Frog Hip Thrust
8. Wide-Stance Hip Thrust
9. Staggered-Stance Hip Thrust - Right
10. Staggered-Stance Hip Thrust - Left

3

WORKOUT #20 - ABS

EXERCISE

WEIGHT

REPS/TIME

1. Hold Crunch
2. Cocoon Crunch
3. Reverse Crunch + Extend
4. Toe Reach Crunch
5. Suitcase Crunch
6. Alternating Straight Leg Raise + Crunch Twist
7. Kneeling Side Reach (Right)
8. Kneeling Side Reach (Left)
9. AB Staircase
10. AB Finisher



NOTES



10 MINUTE STACK

DAY 19 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

8

WORKOUT #8 - FULL BODY

EXERCISE

WEIGHT

REPS/TIME

1. Dumbbell Squat to Alternating Knee Drive
2. Dumbbell Reverse Lunge (Right)
3. Dumbbell Reverse Lunge (Left)
4. Dumbbell Romanian Deadlift
5. Dumbbell Side Step Squat (Alternating)
6. Dumbbell Squat + 1.5 Rep
7. Dumbbell Goblet Squat Pulse
8. Dumbbell Staggered Squat (Right Foot Forward)
9. Dumbbell Staggered Squat (Left Foot Forward)
10. Dumbbell Glute Bridge Hold + Pulse

23

WORKOUT #23 - DUMBBELL SCULPT

EXERCISE

WEIGHT

REPS/TIME

1. Sumo Glute Bridge
2. Lat Sweep
3. Alternating Single-Arm OH Press w/Cross Body Crunch
4. Alternating Suitcase Lift
5. Dumbbell Florr Fly to Skull Crusher Combo
6. Goblet Squat
7. Bent Over Dumbbell Row
8. Dumbbell Pullover
9. Dumbbell Zottman Curl
10. Standing Dumbbell Curl to Press

17

WORKOUT #17 - DEEP CORE ACTIVATION

EXERCISE

WEIGHT

REPS/TIME

1. Warm-up
2. Bear Plank Hold + Knee Hover
3. Slow Dead Bug Extensions
4. Hollow Raise
5. Slow Mountain Climbers (Hover)
6. Tabletop Toe Taps
7. Pilates 100s
8. Hip Opener Extensions
9. Double Leg Pulls (Alternating)
10. Cool-Down



NOTES



10 MINUTE STACK

DAY 20 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS



WORKOUT #19 - FULL BODY STRETCH

EXERCISE	WEIGHT	REPS/TIME
1. Standing Forward Fold with Shoulder Opener	_____	_____
2. Low Lunge with Side Reach (Left Side)	_____	_____
3. Low Lunge with Side Reach (Right Side)	_____	_____
4. Cat-Cow Flow	_____	_____
5. Seated Hamstring Stretch (Right Leg)	_____	_____
6. Seated Hamstring Stretch (Left Leg)	_____	_____
7. Hip Opener – Butterfly Stretch	_____	_____
8. Seated Spinal Twist (Left)	_____	_____
9. Seated Spinal Twist (Right)	_____	_____
10. Lying Arm Reach – Glute & Shoulder Stretch	_____	_____



WORKOUT #18 - HIP FLEXOR

EXERCISE	WEIGHT	REPS/TIME
1. Low Lunge Hip Flexor Stretch (Left Leg)	_____	_____
2. Low Lunge Hip Flexor Stretch (Right Leg)	_____	_____
3. Lizard Lunge Hip Opener (Left Leg)	_____	_____
4. Lizard Lunge Hip Opener (Right Leg)	_____	_____
5. Half-Kneeling Hip Flexor + Side Reach (Left Leg)	_____	_____
6. Half-Kneeling Hip Flexor + Side Reach (Right Leg)	_____	_____
7. Lying Hip Flexor Stretch (Right Leg)	_____	_____
8. Lying Hip Flexor Stretch (Left Leg)	_____	_____
9. Wide Child's Pose	_____	_____
10. Happy Baby	_____	_____



WORKOUT #16 - ABS

EXERCISE	WEIGHT	REPS/TIME
1. Warm Up	_____	_____
2. Crunches	_____	_____
3. Forearm Plank Hold	_____	_____
4. Forearm Side Plank (Right)	_____	_____
5. Forearm Side Plank (Left)	_____	_____
6. Core Roll-up	_____	_____
7. Alternating Heel Hover	_____	_____
8. Alternating Toe Touches	_____	_____
9. Crunches	_____	_____
10. Quick Stretch	_____	_____



NOTES



10 MINUTE STACK

DAY 22 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

6

WORKOUT #6 - UPPER BODY

EXERCISE	WEIGHT	REPS/TIME
1. Underhand Front Raise		
2. Alternating Gorilla Rows		
3. Reverse Fly		
4. Close-Grip Curls		
5. Hammer to Bicep Curl		
6. Overhead Tricep Extension		
7. Glute Bridge Chest Press		
8. Chest Press		
9. Dumbbell Pullover		
10. Close-Grip Chest Press		

9

WORKOUT #9 - FULL BODY

EXERCISE	WEIGHT	REPS/TIME
1. Alternating Shoulder Press		
2. Narrow Grip Shoulder Press		
3. Lateral Raise Front Raise		
4. Around the World		
5. Rear Delt Fly		
6. Alternating Front Raise		
7. Controlled High Pull		
8. Shoulder Press		
9. Partial Lateral Raises		
10. Arnold Press (Finisher)		

13

WORKOUT #13 - CHEST

EXERCISE	WEIGHT	REPS/TIME
1. Lying Svend Press		
2. Floor Chest Press		
3. Chest Fly (Floor)		
4. Chest Fly Hold (Open) + Pulse		
5. Alternating Chest Press		
6. Single Dumbbell Chest Press (Centered)		
7. Glute Bridge Chest Press		
8. Half Range Chest Press (Bottom Range)		
9. Chest Fly (Top Half Pulse)		
10. Chest Press Finisher (Tempo)		



NOTES



10 MINUTE STACK

DAY 23 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

23

WORKOUT #23 - DUMBBELL SCULPT

EXERCISE	WEIGHT	REPS/TIME
1. Sumo Glute Bridge		
2. Lat Sweep		
3. Alternating Single-Arm OH Press w/Cross Body Crunch		
4. Alternating Suitcase Lift		
5. Dumbbell Florr Fly to Skull Crusher Combo		
6. Goblet Squat		
7. Bent Over Dumbbell Row		
8. Dumbbell Pullover		
9. Dumbbell Zottman Curl		
10. Standing Dumbbell Curl to Press		

21

WORKOUT #21 - FULL BODY

EXERCISE	WEIGHT	REPS/TIME
1. Mini Band Squats with Abductions		
2. Standing Mini Band Pull-Aparts		
3. Mini Band Bicep Curls		
4. Single-Leg Mini Band Deadlift (Left Leg)		
5. Single-Leg Mini Band Deadlift (Right Leg)		
6. Standing Mini Band Alternating Lunges		
7. Lateral Mini Band Walk		
8. Squat to Calf Raise with Mini Band		
9. Good Mornings		
10. Squat Pulses		

15

WORKOUT #15 - STANDING ABS

EXERCISE	WEIGHT	REPS/TIME
1. Warm-Up		
2. Standing Crunch - Elbows to Knees		
3. Standing Bicycle		
4. Alternating Toe Reach Crunch		
5. Standing Scissor Crunch (Left)		
6. Standing Scissor Crunch (Right)		
7. Alternating Controlled Front Kick		
8. Jack Knife (Right)		
9. Jack Knife (Left)		
10. Twist to Crunch (Alternating)		



NOTES



10 MINUTE STACK

DAY 24 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

14

WORKOUT #14 - BICEP

EXERCISE	WEIGHT	REPS/TIME
1. Bicep Curl		
2. Hammer Curl Hold + Curl (Right)		
3. Hammer Curl Hold + Curl (Left)		
4. Cross-Body Hammer Curl		
5. Wide Curl		
6. Curl + Pulse Combo		
7. Single Arm Curl (Right)		
8. Single Arm Curl (Left)		
9. Reverse Curl		
10. Bicep Pulse Finisher		

11

WORKOUT #11 - BACK + CORE

EXERCISE	WEIGHT	REPS/TIME
1. Supported Split-Stance Row (Right)		
2. Supported Split-Stance Row (Left)		
3. Dumbbell Pullover (Floor)		
4. 4-Point Kneeling Row (Right)		
5. 4-Point Kneeling Row (Left)		
6. Deadlift to Row Combo		
7. Bird Dog Row (Right)		
8. Bird Dog Row (Left)		
9. Dumbbell Skier Swings		
10. ISO Hold + Pulse Row (Finisher)		

20

WORKOUT #20 - ABS

EXERCISE	WEIGHT	REPS/TIME
1. Reverse Crunches		
2. Leg Raises		
3. Flutter Kicks		
4. Scissor Kicks		
5. Hip Lift Pulse		
6. Mountain Climbers		
7. Forearm Bicycle		
8. Up & Down Plank		
9. V Crunch		
10. Plank		



NOTES



10 MINUTE STACK

DAY 25 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

7

WORKOUT #7 - FULL BODY

EXERCISE	WEIGHT	REPS/TIME
1. Goblet Squat + Overhead Tricep Press		
2. Reverse Lunge + Forward Swing Raise (Right)		
3. Reverse Lunge + Forward Swing Raise (Left)		
4. Kneeling Rotation Pull		
5. B-Stance Stiff-Leg Deadlift (Left)		
6. B-Stance Stiff-Leg Deadlift (Right)		
7. Squat + Alternating Hammer Curl		
8. Alternating Reverse Lunge Curl Press		
9. Upright Row		
10. Squat Hold One Dumbbell Curl (Upper Half)		

2

WORKOUT #2 - LEGS

EXERCISE	WEIGHT	REPS/TIME
1. Heels Elevated Narrow Squat		
2. Banded Squat Walk Forward + Backward		
3. Banded Split Squat Hold + Pulse (Right)		
4. Banded Split Squat Hold + Pulse (Left)		
5. Banded Squat + 1 1/4 Rep		
6. Banded Knee Drive Squat		
7. Banded Spanish Squat Hold + Mini Squats		
8. Lateral Step-Out Squat		
9. Narrow Squat Hold + Alternating Toe Tap Forward		
10. Quad Burn Finisher		

3

WORKOUT #20 - ABS FLOOR

EXERCISE	WEIGHT	REPS/TIME
1. Hold Crunch		
2. Cocoon Crunch		
3. Reverse Crunch + Extend		
4. Toe Reach Crunch		
5. Suitcase Crunch		
6. Alternating Straight Leg Raise + Crunch Twist		
7. Kneeling Side Reach (Right)		
8. Kneeling Side Reach (Left)		
9. AB Staircase		
10. AB Finisher		



NOTES



10 MINUTE STACK

DAY 26 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

19

WORKOUT #19 - FULL BODY STRETCH

EXERCISE	WEIGHT	REPS/TIME
1. Standing Forward Fold with Shoulder Opener		
2. Low Lunge with Side Reach (Left Side)		
3. Low Lunge with Side Reach (Right Side)		
4. Cat-Cow Flow		
5. Seated Hamstring Stretch (Right Leg)		
6. Seated Hamstring Stretch (Left Leg)		
7. Hip Opener – Butterfly Stretch		
8. Seated Spinal Twist (Left)		
9. Seated Spinal Twist (Right)		
10. Lying Arm Reach – Glute & Shoulder Stretch		

18

WORKOUT #18 - HIP FLEXOR

EXERCISE	WEIGHT	REPS/TIME
1. Low Lunge Hip Flexor Stretch (Left Leg)		
2. Low Lunge Hip Flexor Stretch (Right Leg)		
3. Lizard Lunge Hip Opener (Left Leg)		
4. Lizard Lunge Hip Opener (Right Leg)		
5. Half-Kneeling Hip Flexor + Side Reach (Left Leg)		
6. Half-Kneeling Hip Flexor + Side Reach (Right Leg)		
7. Lying Hip Flexor Stretch (Right Leg)		
8. Lying Hip Flexor Stretch (Left Leg)		
9. Wide Child's Pose		
10. Happy Baby		

17

WORKOUT #17 - DEEP CORE ACTIVATION

EXERCISE	WEIGHT	REPS/TIME
1. Warm-up		
2. Bear Plank Hold + Knee Hover		
3. Slow Dead Bug Extensions		
4. Hollow Raise		
5. Slow Mountain Climbers (Hover)		
6. Tabletop Toe Taps		
7. Pilates 100s		
8. Hip Opener Extensions		
9. Double Leg Pulls (Alternating)		
10. Cool-Down		



NOTES



10 MINUTE STACK

DAY 27 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

1

WORKOUT #1 - LEG

EXERCISE	WEIGHT	REPS/TIME
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1. Side-Lying Outer Leg Lift (Right)
2. Inner Thigh Raise (Left)
3. Side-Lying Front Diagonal Lift (Right)
4. Side-Lying Rainbow Sweep (Right)
5. Side-Lying Outer Leg Lift (Left)
6. Inner Thigh Raise (Right)
7. Side-Lying Front Diagonal Lift (Left)
8. Side-Lying Rainbow Sweep (Left)
9. Supine Inner Thigh Open + Close
10. Frog Open Close

5

WORKOUT #5 - GLUTES

EXERCISE	WEIGHT	REPS/TIME
----------	--------	-----------

1. Sumo Squat Pulse
2. Staggered Romanian Deadlift (Right)
3. Staggered Romanian Deadlift (Left)
4. Dumbbell Swing
5. Curtsy Lunge (Right)
6. Curtsy Lunge (Left)
7. Quadruped Dumbbell Kickback (Right)
8. Quadruped Dumbbell Kickback (Left)
9. Glute Bridge
10. Dumbbell Frog Pump Burnout

22

WORKOUT #22 - HIPS

EXERCISE	WEIGHT	REPS/TIME
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1. Warm Up
2. Slow Hip Thrust
3. Hip Thrust
4. Pulse Hip Thrust
5. Single-Leg Hip Thrust - Right
6. Single-Leg Hip Thrust - Left
7. Frog Hip Thrust
8. Wide-Stance Hip Thrust
9. Staggered-Stance Hip Thrust - Right
10. Staggered-Stance Hip Thrust - Left



NOTES



10 MINUTE STACK

DAY 29 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

6

WORKOUT #6 - UPPER BODY

EXERCISE	WEIGHT	REPS/TIME
1. Underhand Front Raise		
2. Alternating Gorilla Rows		
3. Reverse Fly		
4. Close-Grip Curls		
5. Hammer to Bicep Curl		
6. Overhead Tricep Extension		
7. Glute Bridge Chest Press		
8. Chest Press		
9. Dumbbell Pullover		
10. Close-Grip Chest Press		

9

WORKOUT #9 - SHOULDERS

EXERCISE	WEIGHT	REPS/TIME
1. Alternating Shoulder Press		
2. Narrow Grip Shoulder Press		
3. Lateral Raise Front Raise		
4. Around the World		
5. Rear Delt Fly		
6. Alternating Front Raise		
7. Controlled High Pull		
8. Shoulder Press		
9. Partial Lateral Raises		
10. Arnold Press (Finisher)		

12

WORKOUT #12 - TRICEP

EXERCISE	WEIGHT	REPS/TIME
1. Close Grip Press + Halfway Lower		
2. Single Arm Skull Crushers (Right)		
3. Single Arm Skull Crushers (Left)		
4. Tricep Extension (Full Range)		
5. Tate Press		
6. Single Dumbbell Overhead Extension		
7. Close Grip Press		
8. Past Head Skull Crusher		
9. Dumbbell Crush (Hold) + Pulse		
10. Tricep Pulse Finisher		



NOTES



10 MINUTE STACK

DAY 30 PROGRESSIVE OVERLOAD LOG

TRACK YOUR PROGRESS, STAY CONSISTENT, GET RESULTS

1

WORKOUT #1 - LEGS

EXERCISE

WEIGHT

REPS/TIME

1. Side-Lying Outer Leg Lift (Right)
2. Inner Thigh Raise (Left)
3. Side-Lying Front Diagonal Lift (Right)
4. Side-Lying Rainbow Sweep (Right)
5. Side-Lying Outer Leg Lift (Left)
6. Inner Thigh Raise (Right)
7. Side-Lying Front Diagonal Lift (Left)
8. Side-Lying Rainbow Sweep (Left)
9. Supine Inner Thigh Open + Close
10. Frog Open Close

5

WORKOUT #5 - GLUTES

EXERCISE

WEIGHT

REPS/TIME

1. Sumo Squat Pulse
2. Staggered Romanian Deadlift (Right)
3. Staggered Romanian Deadlift (Left)
4. Dumbbell Swing
5. Curtsy Lunge (Right)
6. Curtsy Lunge (Left)
7. Quadruped Dumbbell Kickback (Right)
8. Quadruped Dumbbell Kickback (Left)
9. Glute Bridge
10. Dumbbell Frog Pump Burnout

2

WORKOUT #2 - LEGS

EXERCISE

WEIGHT

REPS/TIME

1. Heels Elevated Narrow Squat
2. Banded Squat Walk Forward + Backward
3. Banded Split Squat Hold + Pulse (Right)
4. Banded Split Squat Hold + Pulse (Left)
5. Banded Squat + 1 1/4 Rep
6. Banded Knee Drive Squat
7. Banded Spanish Squat Hold + Mini Squats
8. Lateral Step-Out Squat
9. Narrow Squat Hold + Alternating Toe Tap Forward
10. Quad Burn Finisher



NOTES