

## Kettlebell Quick Strike V2

Click Calendar Day to Open Video

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  |



**Kettlebell**

## Battle Ropes V2

Click Calendar Day to Open Video

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  |



**Battle Ropes**

## Rip Trainer V1

Click Calendar Day to Open Video

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  |



**Rip Trainer**

## Body Weight V2

Click Calendar Day to Open Video

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  |



**No Equipment**

## SPRI UPPER BODY V1

Click Calendar Day to Open Video

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  |



**Spri Band Upper Body**

## Kick Boxing

**CENTURY BOB Workout**



## GORILLA BOW V2

Click Calendar Day to Open Video

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  |



**Gorilla Bow**

## Air Bike V2

Click Calendar Day to Open Video

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  |



**Air Bike**

## Sandbag V2

Click Calendar Day to Open Video

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  |



**Sandbag**

## Slam Ball V2

Click Calendar Day to Open Video

| Mon | Tue | Wed | Thu | Fri |
|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  |



**Slam Ball**

## Dip Bar Rapid Fire Ripped Alpha Program

Click Here for V1

| SUN  | MON | TUE | WED | THU | FRI | SAT  |
|------|-----|-----|-----|-----|-----|------|
| Rest | 1   | 2   | 3   | 4   | 5   | Rest |
| Rest | 6   | 7   | 8   | 9   | 10  | Rest |
| Rest | 11  | 12  | 13  | 14  | 15  | Rest |
| Rest | 16  | 17  | 18  | 19  | 20  | Rest |



**Dip Bars**

# KETTLEBELL QUICK STRIKE

# V2

Click Calander Day to Open Video

| Mon              | Tue              | Wed              | Thur             | Fri              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |



# KETTLEBELL QUICK STRIKE

V1

Click Calander Day to Open Video

| Mon              | Tue              | Wed              | Thur             | Fri              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |



# Battle Ropes

## V.2

Click Calander Day to Open Video

| Mon              | Tue              | Wed              | Thur             | Fri              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |



# Battle Ropes

## V.1

Click Calander Day to Open Video

| Mon              | Tue              | Wed              | Thur             | Fri              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |
| Day<br><b>16</b> | Day<br><b>17</b> | Day<br><b>18</b> | Day<br><b>19</b> | Day<br><b>20</b> |



# Rip Trainer

**V.1**

Click Calander Day to Open Video

| Mon              | Tue              | Wed              | Thur             | Fri              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |



# BODY WEIGHT V2.1



# Body Weight V.2

Click Calander Day to Open Video

| <i>Mon</i>       | <i>Tue</i>       | <i>Wed</i>       | <i>Thur</i>      |                  |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |





# Body Weight

## V.1

Click Calander Day to Open Video

| <i>Mon</i>       | <i>Tue</i>       | <i>Wed</i>       | <i>Thur</i>      | <i>Fri</i>       |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |
| Day<br><b>16</b> | Day<br><b>17</b> | Day<br><b>18</b> | Day<br><b>19</b> | Day<br><b>20</b> |



# SPRI

Click Calander Day to Open Video

# V1

## UPPER BODY

| Mon              | Tue              | Wed              | Thur             | Fri              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |



*Music Version*

**CENTURY**

*Click Date  
to Open Video*

***BOB Program***



| MON              | TUE              | WED              | THU              | FRI              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |



# GORILLA BOW

## V.2

Click Calander Day to Open Video

| Mon              | Tue              | Wed              | Thur             | Fri              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |



# GORILLA BOW

## V.1

Click Calander Day to Open Video

| Mon                                | Tue                        | Wed                            | Thur                       | Fri                          |
|------------------------------------|----------------------------|--------------------------------|----------------------------|------------------------------|
| <b>1</b><br>Total<br>Body          | <b>2</b><br>Total<br>Body  | <b>3</b><br>Total<br>Body      | <b>4</b><br>Total<br>Body  | <b>5</b><br>Total<br>Body    |
| <b>6</b><br>Total<br>Body          | <b>7</b><br>Total<br>Body  | <b>8</b><br>Total<br>Body      | <b>9</b><br>Total<br>Body  | <b>10</b><br>Total<br>Body   |
| <b>11</b><br>Total<br>Body         | <b>12</b><br>Total<br>Body | <b>13</b><br>Total<br>Body     | <b>14</b><br>Total<br>Body | <b>15</b><br>Total<br>Body   |
| <b>16</b><br>Chest<br>Back<br>Arms | <b>17</b><br>Legs          | <b>18</b><br>Shoulders<br>Arms | <b>19</b><br>Legs          | <b>20</b><br>Upper/<br>Lower |



# Air Bike

# V.2

Click Calander Day to Open Video

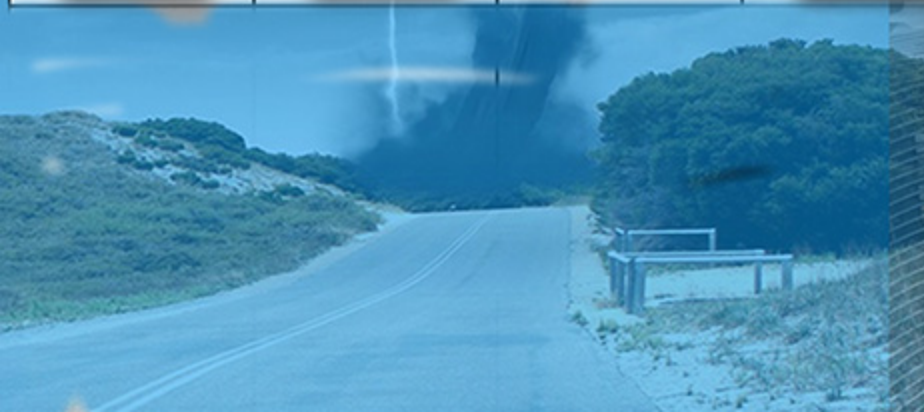
| Mon              | Tue              | Wed              | Thur             | Fri              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |



# Air Bike

Click Calander Day to Open Video

| Mon             | Tue             | Wed | Thur            | Fri             |
|-----------------|-----------------|-----|-----------------|-----------------|
| Day<br><b>1</b> | Day<br><b>2</b> |     | Day<br><b>3</b> | Day<br><b>4</b> |
| Day<br><b>5</b> | Day<br><b>6</b> |     | Day<br><b>7</b> | Day<br><b>8</b> |



**V.1**

# Sandbag

## V.2

Click Calander Day to Open Video

| <i>Mon</i>       | <i>Tue</i>       | <i>Wed</i>       | <i>Thur</i>      | <i>Fri</i>       |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |





# Sandbag

## V.1

Click Calander Day to Open Video

| Mon              | Tue              | Wed              | Thur             | Fri              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |



# Slam Ball

## V.2

Click Calander Day to Open Video

| Mon              | Tue              | Wed              | Thur             | Fri              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |



Click Here for V.1

# Slam Ball

## V.1

Click Calander Day to Open Video

| Mon              | Tue              | Wed              | Thur             | Fri              |
|------------------|------------------|------------------|------------------|------------------|
| Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  |
| Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> |
| Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> |

To change the music for each video go to the description for that video and click the link of the version you would like to open



# Dip Bar

# Rapid Fire Ripped



**Alpha  
Program**

| SUN                                 | MON              | TUE              | WED              | THU              | FRI              | SAT  |
|-------------------------------------|------------------|------------------|------------------|------------------|------------------|------|
| <i>Click Date<br/>to Open Video</i> | Day<br><b>1</b>  | Day<br><b>2</b>  | Day<br><b>3</b>  | Day<br><b>4</b>  | Day<br><b>5</b>  | Rest |
| Rest                                | Day<br><b>6</b>  | Day<br><b>7</b>  | Day<br><b>8</b>  | Day<br><b>9</b>  | Day<br><b>10</b> | Rest |
| Rest                                | Day<br><b>11</b> | Day<br><b>12</b> | Day<br><b>13</b> | Day<br><b>14</b> | Day<br><b>15</b> | Rest |
| Rest                                | Day<br><b>16</b> | Day<br><b>17</b> | Day<br><b>18</b> | Day<br><b>19</b> | Day<br><b>20</b> | Rest |

