

# DUMBBELLS X

V.4

# Session Lineup

**Dumbbells Only**

**RODGER THAT**

A man in a grey t-shirt with 'RVCA' on it, holding two dumbbells.

**TRX + DUMBBELLS**

**TOTAL BODY**

A man in a dark t-shirt, holding a TRX strap and a dumbbell.

**DUMBBELLS X KETTLEBELL**

A man in a dark t-shirt, holding a dumbbell and a kettlebell. A barbell and another kettlebell are on the floor next to him.

**DUMBBELLS + SLAM BALL**

**FAT BURNER!**

A man in a white t-shirt with 'PROGRESS THROUGH PAIN' on it, holding a slam ball and a dumbbell.

**DUMBBELLS**

**V.3.1**

A man in a black t-shirt with 'THERE'S NO LUCK IT'S ALL WORK AND STRIFE' and 'TRX' on it, holding two dumbbells. A smaller image of him in a gym is in the background.

**Dumbbells + Bench Upper Body Program**

**V.2**

A man in a white t-shirt with 'TRX' on it, sitting on a bench and holding a dumbbell.

**Dumbbells + Step Deck = RESULTS**

A man in a black t-shirt with 'TRX' on it, sitting on a step deck and holding a dumbbell.

**Dumbbells Pt 1 Total Body Program**

**V.2**

**FITNESS**

A man in a black t-shirt with 'TRX' on it, sitting on the floor and holding a 20lb dumbbell.

Click Calender for music version  
or Click Music Off for No music Version

SUN

MON

TUE

WED

THUR

FRI

SAT

Day  
**1**

MUSIC  
OFF

Day  
**2**

MUSIC  
OFF

Day  
**3**

MUSIC  
OFF

Day  
**4**

MUSIC  
OFF

Day  
**5**

MUSIC  
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Day  
**6**

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**7**

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**8**

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**9**

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**10**

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**11**

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Day  
**20**

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Day  
**23**

MUSIC  
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Day  
**24**

MUSIC  
OFF

Day  
**25**

MUSIC  
OFF



RODGER  
THAT

# Questions and Answers

**Can you grow muscle when fasting?**

**Warm up cardio to burn more fat before lifting workout?**

**Best foods to eat post workout?**

**Snacks to eat when cutting?**

**3 Diet protocols to lose fat. Which is fastest? Advantages or disadvantages?**

**Walking vs Running? Which Burns more fat faster?**

**Been lifting for 6 months. What can speed up muscle gains?**

**Dumbbell only workouts or Dumbbells and Bench?**

**Been lifting for 6 months. What can speed up muscle gains?**

**Working out but would like to speed up results?**

**Add Cardio to lifting days or keep separate?**

**Fruit ok to eat when cutting? What other carbs are ok?**

**Lift Mon-Fri. Add Cardio on the weekends for a lean bulk?**

**Carb Cycling to lose weight?**

**Add Cardio to help with weekend cheat days?**

**Dont like vegetables. Do I need to cut and build muscle?**

**Trouble with fasting? Add water, are vitamins ok?**

**Want to gain muscle! Do I have to count calories?**

**What to eat when going out to social events while cutting fat?**

**Want to get shredded by summer! How much weight should I be losing weekly?**

**What to do when schedule changes making it hard to workout or diet?**

**Been working out and have changed diet. I see some progress, but now feeling unmotivated to keep going?**

**What to do when schedule changes making it hard to workout or diet?**

**Been working out and have changed diet. I see some progress, but now feeling unmotivated to keep going?**

**What is the best time of day to workout for the most fat loss and muscle gains?**

**Total Body or Split Training workouts to maximize fat loss and muscle gains?**

**What are some recovery tools you use? Feeling sore even with stretching and foam rolling?**



# TRX+ DUMBBELLS

Click Calender for music version  
or Click Music Off for No music Version

# DUMBBELLS X

Rap Rock  
Day  
**1**

A calendar icon for Day 1 with headphones. The number 1 is large and orange.

MUSIC  
OFF

Electronic Trap  
Day  
**2**

A calendar icon for Day 2 with headphones. The number 2 is large and orange.

MUSIC  
OFF

Bay Area Hip Hop  
Day  
**3**

A calendar icon for Day 3 with headphones. The number 3 is large and orange.

MUSIC  
OFF

Latin/ Reggaeton  
Day  
**4**

A calendar icon for Day 4 with headphones. The number 4 is large and orange.

MUSIC  
OFF

Country Rap  
Day  
**5**

A calendar icon for Day 5 with headphones. The number 5 is large and orange.

MUSIC  
OFF

Hip Hop Rap  
Day  
**6**

A calendar icon for Day 6 with headphones. The number 6 is large and orange.

MUSIC  
OFF

Rock  
Day  
**7**

A calendar icon for Day 7 with headphones. The number 7 is large and orange.

MUSIC  
OFF

Pop  
Day  
**8**

A calendar icon for Day 8 with headphones. The number 8 is large and orange.

MUSIC  
OFF

Coming March 2025  
Day  
**9**

A calendar icon for Day 9 with headphones. The number 9 is large and orange.

MUSIC  
OFF

Coming March 2025  
Day  
**10**

A calendar icon for Day 10 with headphones. The number 10 is large and orange.

MUSIC  
OFF

Like the music from the workouts?  
Grab the Soundtracks here!

**TRX+**  
**DUMBBELLS**

**1** Rap Rock 

**5** Country Rap 

**9** Coming March 2025

**2** Electronic Trap 

**6** Hip Hop Rap 

**10** Coming March 2025

**3** Bay Area Hip Hop 

**7** Rock 

**4** Latin/ Reggaeton 

**8** Cloud Pop Rap 



# DUMBBELLS X

Click Calender for music version  
or Click Music Off for No music Version

# DUMBBELLS X KETTLEBELL



MUSIC  
OFF



MUSIC  
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MUSIC  
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MUSIC  
OFF



MUSIC  
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MUSIC  
OFF



# DUMBBELLS X

Click Calender for music version  
or Click Music Off for No music Version

# DUMBBELLS X SLAM BALL



MUSIC OFF



MUSIC OFF



MUSIC OFF



MUSIC OFF



MUSIC OFF



MUSIC OFF



MUSIC OFF



MUSIC OFF



MUSIC OFF



MUSIC OFF

**DUMBBELLS**  
**X**

**Bonus 1**



**MUSIC**  
**OFF**



**MUSIC**  
**OFF**

# DUMBBELLS V.3

SUN	MON	TUE	WED	THU	FRI
<i>Click Date to Open Video</i>	Day 1	Day 2	Day 3	Day 4	Day 5
Rest	Day 6	Day 7	Day 8	Day 9	Day 10
Rest	Day 11	Day 12	Day 13	Day 14	Day 15



[Click Here for V1](#)

[Click Here for V2](#)

[Click Here for V3 Bonus](#)

# ***Dumbbells Only* Pt 2**

## ***Total Body***

### ***2nd Edition***

***Session***



***Session***



***Session***



***Session***



***Session***



***How to  
Burn Fat +  
Build Muscle***



# Dumbbells Only Total Body

# Pt 2



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



To change the music for each workout go to the description of that video and click the link of the version you would like to open. Music Versions do not include the closing talks with Coach Sim

# BONUS

**Air Bike D1**

**Gorilla Bow D1**

**Slam Ball D2**

**TRX RFR D1**

**TRX Begin D2**

**Dumbbells & Bench  
D2**

**Dumbbells & Bench  
D3**



# Dumbbells + Bench Upper Body

## V.2

Click Calander Day to Open Video



Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Off	Day 3	Day 4
Day 5	Day 6	Off	Day 7	Day 8
Day 9	Day 10	Off	Day 11	Day 12
Day 13	Day 14	Off	Day 15	Day 16

# Dumbbells + Bench Upper Body

## V.1

Click Calander Day to Open Video

Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Off	Day 3	Day 4
Day 5	Day 6	Off	Day 7	Day 8



# Deck & Dumbbells

## Music Version

Click Date  
to Open Video

MON	TUE	WED	THU	FRI	
Day <b>1</b>	Day <b>2</b>	Day <b>3</b>	Day <b>4</b>	Day <b>5</b>	
Day <b>6</b>	Day <b>7</b>	Day <b>8</b>	Day <b>9</b>	Day <b>10</b>	
Day <b>11</b> <i>Chest + Legs</i>	Day <b>12</b> <i>Back + Legs</i>	Day <b>13</b> <i>Cardio + Core</i>	Day <b>14</b> <i>Shoulders Legs</i>	Day <b>15</b>	



# Deck & Dumbbells

## No Music Version

Click Date to Open Video



MON	TUE	WED	THU	FRI	
Day 1	Day 2	Day 3	Day 4	Day 5	
Day 6	Day 7	Day 8	Day 9	Day 10	
Day 11 <i>Chest + Legs</i>	Day 12 <i>Back + Legs</i>	Day 13 <i>Cardio + Core</i>	Day 14 <i>Shoulders Legs</i>	Day 15	



# Dumbbells

## V.2 Pt 1

Click Calander Day to Open Video

Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15



# Dumbbells

## V.1 Pt 1

Click Calander Day to Open Video

Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20

