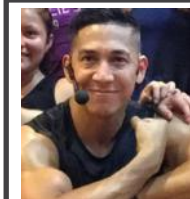


3X3 HOME FITNESS

PROGRAM GUIDE AND TRACKERS



TEAM ELITE 21 DAY CHALLENGE

WWW.COACHEDBYLEFER.COM

WELCOME TO THE TEAM ELITE 21 DAY CHALLENGE

The 3X3 Home Fitness program in combination with Life by Seacret and the 21 Day Challenge will be the key to transforming your body the right way!

THE WORKOUTS

Each of the 6 unique weight lifting workouts will target every part of your body at least once a week and recovery is built into the program to keep your body progressing.

The only equipment you need is a set of **light, medium and heavy weights**, and a **yoga mat**. (I recommend adjustable dumbbells)

Optionally, you can use **loop bands, a weight bench and a foam roller**.

IMPORTANT: Before working out, watch the tutorial videos in the Units section of the challenge group.

PROGRAM MATERIALS

Be sure to print out **this guide which includes your Calendar, Rep Sheets** and also print out the **Meal Plan** you'll be following during the challenge.

TRACK YOUR PROGRESS

The best way to see how much your body is changing is to take progress photos every Saturday morning #STATURDAY, and keeping track of your measurements using the trackers located in the Files section of the Challenge Group.

YOUR 3X3 HOME FITNESS CALENDAR

PHASE 1	WEEK 1	Chest & Back	Legs	Arms	Booty	Recovery	HIIT Cardio	Rest
	WEEK 2	Chest & Back	Legs	Arms	Booty	Recovery	HIIT Cardio	Rest
	WEEK 3	Chest & Back	Legs	Arms	Booty	Recovery	HIIT Cardio	Rest
3X3 HOME FITNESS CALENDAR								

PHASE 1	WEEK 1	WEEK 2	WEEK 3
Tricep Push-Ups	R _____	R _____	R _____
One-Arm Row (Right)	R _____ W _____	R _____ W _____	R _____ W _____
One-Arm Row (Left)	R _____ W _____	R _____ W _____	R _____ W _____
Tricep Push-Ups	R _____	R _____	R _____
One-Arm Row (Right)	R _____ W _____	R _____ W _____	R _____ W _____
One-Arm Row (Left)	R _____ W _____	R _____ W _____	R _____ W _____
Wide Push-Ups	R _____	R _____	R _____
One-Arm Wide Row (Right)	R _____ W _____	R _____ W _____	R _____ W _____
One-Arm Wide Row (Left)	R _____ W _____	R _____ W _____	R _____ W _____
Wide Push-Ups	R _____	R _____	R _____
One-Arm Wide Row (Right)	R _____ W _____	R _____ W _____	R _____ W _____
One-Arm Wide Row (Left)	R _____ W _____	R _____ W _____	R _____ W _____
Standard Push-Ups	R _____	R _____	R _____
Superman Rows	R _____	R _____	R _____
Standard Push-Ups	R _____	R _____	R _____
Superman Rows	R _____	R _____	R _____
Standard Push-Ups	X	R _____	R _____
Superman Rows	X	R _____	R _____

3X3 CHEST & BACK

www.CoachedByLefer.com

R : Reps, *W* : Weight, *C* : Cycles, *RR* : Reps on Right Side, *RL* : Reps on Left Side

PHASE 1	WEEK 1	WEEK 2	WEEK 3
Goblet Squats	R____ W____	R____ W____	R____ W____
Alternating Step Back Lunges	R____ W____	R____ W____	R____ W____
Goblet Squats	R____ W____	R____ W____	R____ W____
Alternating Step Back Lunges	R____ W____	R____ W____	R____ W____
Goblet Squats	x	R____ W____	R____ W____
Alternating Step Back Lunges	x	R____ W____	R____ W____
4-3-1 Sumo Squats	R____ W____	R____ W____	R____ W____
Side Lunges (Right)	R____ W____	R____ W____	R____ W____
Side Lunges (Left)	R____ W____	R____ W____	R____ W____
4-3-1 Sumo Squats	R____ W____	R____ W____	R____ W____
Side Lunges (Right)	R____ W____	R____ W____	R____ W____
Side Lunges (Left)	R____ W____	R____ W____	R____ W____
4-3-1 Sumo Squats	x	R____ W____	R____ W____
Side Lunges (Right)	x	R____ W____	R____ W____
Side Lunges (Left)	x	R____ W____	R____ W____
Parallel Squats	R____ W____	R____ W____	R____ W____
Calf Raises (Right)	R____ W____	R____ W____	R____ W____
Calf Raises (Left)	R____ W____	R____ W____	R____ W____
Parallel Squats	R____ W____	R____ W____	R____ W____
Calf Raises (Right)	R____ W____	R____ W____	R____ W____
Calf Raises (Left)	R____ W____	R____ W____	R____ W____
Parallel Squats	x	R____ W____	R____ W____
Calf Raises (Right)	x	R____ W____	R____ W____
Calf Raises (Left)	x	R____ W____	R____ W____

3X3 LEGS

PHASE 1	WEEK 1	WEEK 2	WEEK 3
Shoulder Presses	R ____ W ____	R ____ W ____	R ____ W ____
Wide Bicep Curls	R ____ W ____	R ____ W ____	R ____ W ____
Tricep KickBacks	R ____ W ____	R ____ W ____	R ____ W ____
Shoulder Flies	R ____ W ____	R ____ W ____	R ____ W ____
Bicep Curls	R ____ W ____	R ____ W ____	R ____ W ____
Overhead Tricep Presses	R ____ W ____	R ____ W ____	R ____ W ____
Front Raises	R ____ W ____	R ____ W ____	R ____ W ____
Hammer Curls	R ____ W ____	R ____ W ____	R ____ W ____
Skull Crushers	R ____ W ____	R ____ W ____	R ____ W ____
Shoulder Presses	R ____ W ____	R ____ W ____	R ____ W ____
Wide Bicep Curls	R ____ W ____	R ____ W ____	R ____ W ____
Tricep KickBacks	R ____ W ____	R ____ W ____	R ____ W ____
Shoulder Flies	R ____ W ____	R ____ W ____	R ____ W ____
Bicep Curls	R ____ W ____	R ____ W ____	R ____ W ____
Overhead Tricep Presses	R ____ W ____	R ____ W ____	R ____ W ____
Front Raises	R ____ W ____	R ____ W ____	R ____ W ____
Hammer Curls	R ____ W ____	R ____ W ____	R ____ W ____
Skull Crushers	R ____ W ____	R ____ W ____	R ____ W ____

3X3 ARMS

PHASE 1	WEEK 1	WEEK 2	WEEK 3
Alternating Curtsies (set 1)	R _____ W _____	R _____ W _____	R _____ W _____
Alternating Curtsies (set 2)	R _____ W _____	R _____ W _____	R _____ W _____
Alternating Curtsies (set 3)	R _____ W _____	R _____ W _____	R _____ W _____
Alternating Curtsies (set 4)	R _____ W _____	R _____ W _____	R _____ W _____
Single Leg Dead Lift (Right)	R _____ W _____	R _____ W _____	R _____ W _____
Single Leg Dead Lift (Left)	R _____ W _____	R _____ W _____	R _____ W _____
Single Leg Dead Lift (Right)	R _____ W _____	R _____ W _____	R _____ W _____
Single Leg Dead Lift (Left)	R _____ W _____	R _____ W _____	R _____ W _____
Single Leg Dead Lift (Right)	R _____ W _____	R _____ W _____	R _____ W _____
Single Leg Dead Lift (Left)	R _____ W _____	R _____ W _____	R _____ W _____
Hip Thrusts to Pulses (set 1)	R _____ W _____	R _____ W _____	R _____ W _____
Hip Thrusts to Pulses (set 2)	R _____ W _____	R _____ W _____	R _____ W _____
Hip Thrusts to Pulses (set 3)	R _____ W _____	R _____ W _____	R _____ W _____
Romanian Dead Lifts (set 1)	R _____ W _____	R _____ W _____	R _____ W _____
Romanian Dead Lifts (set 2)	R _____ W _____	R _____ W _____	R _____ W _____
Romanian Dead Lifts (set 3)	R _____ W _____	R _____ W _____	R _____ W _____
Single Leg Hip Thrusts (right)	R _____	R _____	R _____
Single Leg Hip Thrusts (left)	R _____	R _____	R _____
Hip Thrusts	R _____	R _____	R _____
3X3 BOOTY			

PHASE 1	WEEK 1	WEEK 2	WEEK 3
BLOCK 1			
Burpees	R _____	R _____	R _____
Skaters	R _____	R _____	R _____
Push-Up Jacks	R _____	R _____	R _____
Burpees	R _____	R _____	R _____
Skaters	R _____	R _____	R _____
Push-Up Jacks	R _____	R _____	R _____
Burpees	R _____	R _____	R _____
Skaters	R _____	R _____	R _____
Push-Up Jacks	R _____	R _____	R _____
Burpees	R _____	R _____	R _____
Skaters	R _____	R _____	R _____
Push-Up Jacks	R _____	R _____	R _____
BLOCK 2			
Ski Abs to Burpees Ladder Ups	R _____	R _____	R _____
Ski Abs to Burpees Ladder Downs	R _____	R _____	R _____
Ski Abs to Burpees Pyramid	R _____	R _____	R _____
BLOCK 3			
Suicide Drills	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
Walking Planks	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
Jumping Jacks	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
Push-Up to Plank Crunches	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
3X3 HIIT CARDIO 1			