

DUMBBELLS X

V.4

Session Lineup



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

SUN	MON	TUE	WED	THUR	FRI	SAT
	<div>Day 1</div>	<div>Day 2</div>	<div>Day 3</div>	<div>Day 4</div>	<div>Day 5</div>	
	<div>Day 6</div>	<div>Day 7</div>	<div>Day 8</div>	<div>Day 9</div>	<div>Day 10</div>	
	<div>Day 11</div>	<div>Day 12</div>	<div>Day 13</div>	<div>Day 14</div>	<div>Day 15</div>	
	<div>Day 16</div>	<div>Day 17</div>	<div>Day 18</div>	<div>Day 19</div>	<div>Day 20</div>	
	<div>Day 21</div>	<div>Day 22</div>	<div>Day 23</div>	<div>Day 24</div>	<div>Day 25</div>	



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 whn 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 vegatables. 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

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DUMBBELLS
X



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TRX+
DUMBBELLS

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

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
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DUMBBELLS X KETTLEBELL



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**DUMBBELLS
X**

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or Click Music Off for No music Version

**DUMBBELLS X
SLAM BALL**



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DUMBBELLS
X

Bonus 1



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OFF

DUMBBELLS V.3

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

[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>	Day 1	Day 2	Day 3	Day 4	Day 5	
Rest						Rest
	Day 6	Day 7	Day 8	Day 9	Day 10	
Rest						Rest
	Day 11	Day 12	Day 13	Day 14	Day 15	
Rest						



**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



Off




Off



Deck & Dumbbells

Music Version

***Click Date
to Open Video***

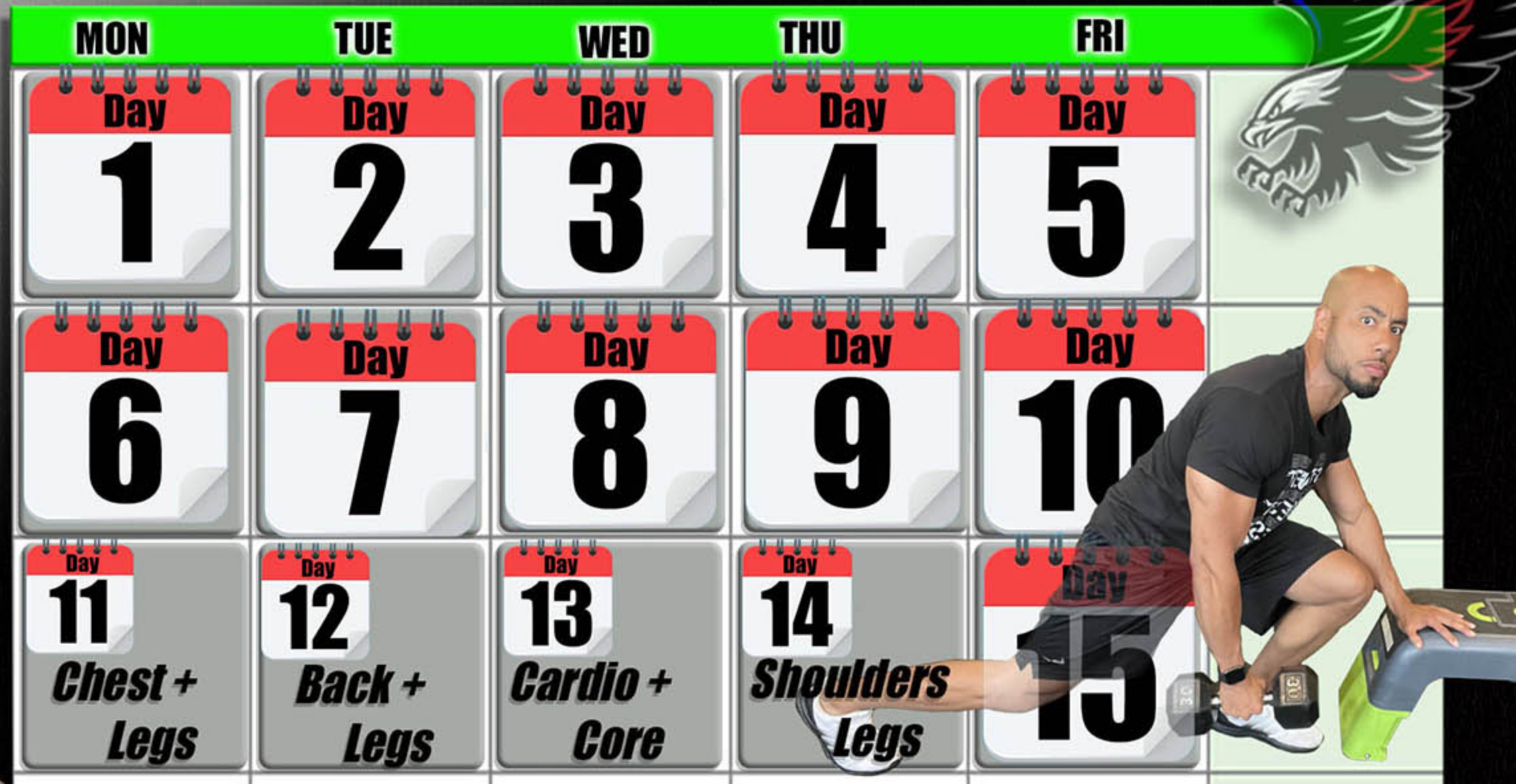
MON	TUE	WED	THU	FRI		
Day 1	Day 2	Day 3	Day 4	Day 5		
Day 6	Day 7	Day 8	Day 9	Day 10		
Day 11 <i>Chest + Legs</i>	Day 12 <i>Back + Legs</i>	Day 13 <i>Cardio + Core</i>	Day 14 <i>Shoulders Legs</i>	Day 15		



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

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