

DATE / WEEK									Performance & Notes		
Warm-Up (2:23)											
1 - Progressive Set	01 Standing Curl - 15 Target: 10 lbs	32:08 Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W				
	02 Standing Curl - 12 Target: 20 lbs	31:29 Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W				
	03 Standing Curl - 8 Target: 30 lbs	30:55 Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W				
	04 Standing Curl - 8 Target: 30 lbs	29:45 Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W				
	05 Standing Curl - 12 Target: 20 lbs	29:25 Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W				
	06 Standing Curl - 15 Target: 10 lbs	28:57 Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W				
2 - Single set	07 Tricep Extension - 15 Target: 20 lbs	27:39 Bench / Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W				
	08 Tricep Extension - 12 Target: 30 lbs	26:20 Bench / Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W				
	09 Tricep Extension - 8 Target: 40 lbs	25:04 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W				
	10 Tricep Extension - 8 (Drop Set) Target: 30 lbs	24:45 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W				
3 - Force Set	11 Wide EZ Curl Bar - 5 Target: 20 lbs	22:45 EZ Curl / Weights	R 5 W	R 5 W	R 5 W	R 5 W	R 5 W				
	12 Wide EZ Curl Bar - 5 Target: 20 lbs	22:32 EZ Curl / Weights	R 5 W	R 5 W	R 5 W	R 5 W	R 5 W				
	13 Wide EZ Curl Bar - 5 Target: 20 lbs	22:00 EZ Curl / Weights	R 5 W	R 5 W	R 5 W	R 5 W	R 5 W				
	14 Wide EZ Curl Bar - 5 Target: 20 lbs	21:30 EZ Curl / Weights	R 5 W	R 5 W	R 5 W	R 5 W	R 5 W				
	15 Wide EZ Curl Bar - 5 Target: 20 lbs	21:03 EZ Curl / Weights	R 5 W	R 5 W	R 5 W	R 5 W	R 5 W				
4 - Single Set	16 Skull Crusher - 15 Target: 20 lbs	19:36 Bench / EZ Curl / Weights	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W				
	17 Skull Crusher - 12 Target: 40 lbs	18:06 Bench / EZ Curl / Weights	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W				
	18 Skull Crusher - 8 Target: 90 lbs	16:26 Bench / EZ Curl / Weights	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W				
	19 Skull Crusher - 8 Target: 40 lbs	15:39 Bench / EZ Curl / Weights	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W				
5 - Progressive Set	20 Hammer Curl - 15 Target: 10 lbs	14:22 (RT), 12:53 (LT) Bench / Dumbbell	1-RT 15 W 1-LT 15 W	1-RT 15 W 1-LT 15 W	1-RT 15 W 1-LT 15 W	1-RT 15 W 1-LT 15 W	1-RT 15 W 1-LT 15 W				
	21 Hammer Curl - 12 Target: 20 lbs	13:47 (RT), 12:24 (LT) Bench / Dumbbell	2-RT 12 W 2-LT 12 W	2-RT 12 W 2-LT 12 W	2-RT 12 W 2-LT 12 W	2-RT 12 W 2-LT 12 W	2-RT 12 W 2-LT 12 W				
	22 Hammer Curl - 8 Target: 30 lbs	13:17 (RT), 11:53 (LT) Bench / Dumbbell	3-RT 8 W 3-LT 8 W	3-RT 8 W 3-LT 8 W	3-RT 8 W 3-LT 8 W	3-RT 8 W 3-LT 8 W	3-RT 8 W 3-LT 8 W				
	22 Hammer Curl - 8 Target: 30 lbs	11:12 (RT), 9:59 (LT) Bench / Dumbbell	4-RT 8 W 4-LT 8 W	4-RT 8 W 4-LT 8 W	4-RT 8 W 4-LT 8 W	4-RT 8 W 4-LT 8 W	4-RT 8 W 4-LT 8 W				
	23 Hammer Curl - 12 Target: 20 lbs	10:53 (RT), 9:40 (LT) Bench / Dumbbell	5-RT 12 W 5-LT 12 W	5-RT 12 W 5-LT 12 W	5-RT 12 W 5-LT 12 W	5-RT 12 W 5-LT 12 W	5-RT 12 W 5-LT 12 W				
	24 Hammer Curl - 15 Target: 10 lbs	10:28 (RT), 9:19 (LT) Bench / Dumbbell	6-RT 15 W 6-LT 15 W	6-RT 15 W 6-LT 15 W	6-RT 15 W 6-LT 15 W	6-RT 15 W 6-LT 15 W	6-RT 15 W 6-LT 15 W				
6 - Progressive Set	25 Tricep Kickback - 15 Target: 10 lbs	7:57 (LT), 6:30 (RT) Bench / Dumbbell	1-LT 15 W 1-RT 15 W	1-LT 15 W 1-RT 15 W	1-LT 15 W 1-RT 15 W	1-LT 15 W 1-RT 15 W	1-LT 15 W 1-RT 15 W				
	26 Tricep Kickback - 12 Target: 20 lbs	7:20 (LT), 6:08 (RT) Bench / Dumbbell	2-LT 12 W 2-RT 12 W	2-LT 12 W 2-RT 12 W	2-LT 12 W 2-RT 12 W	2-LT 12 W 2-RT 12 W	2-LT 12 W 2-RT 12 W				
	27 Tricep Kickback - 8 Target: 30 lbs	6:54 (LT), 5:39 (RT) Bench / Dumbbell	3-LT 8 W 3-RT 8 W	3-LT 8 W 3-RT 8 W	3-LT 8 W 3-RT 8 W	3-LT 8 W 3-RT 8 W	3-LT 8 W 3-RT 8 W				
	28 Tricep Kickback - 8 Target: 30 lbs	5:01 (LT), 3:48 (RT) Bench / Dumbbell	4-LT 8 W 4-RT 8 W	4-LT 8 W 4-RT 8 W	4-LT 8 W 4-RT 8 W	4-LT 8 W 4-RT 8 W	4-LT 8 W 4-RT 8 W				
	29 Tricep Kickback - 12 Target: 20 lbs	4:48 (LT), 3:34 (RT) Bench / Dumbbell	5-LT 12 W 5-RT 12 W	5-LT 12 W 5-RT 12 W	5-LT 12 W 5-RT 12 W	5-LT 12 W 5-RT 12 W	5-LT 12 W 5-RT 12 W				
	30 Tricep Kickback - 15 Target: 10 lbs	4:29 (LT), 3:14 (RT) Bench / Dumbbell	6-LT 15 W 6-RT 15 W	6-LT 15 W 6-RT 15 W	6-LT 15 W 6-RT 15 W	6-LT 15 W 6-RT 15 W	6-LT 15 W 6-RT 15 W				
7- Single Set	31 Weighted Crunch - 30 Target: 10 lbs	2:12 Bench / Weight	R 30 W	R 30 W	R 30 W	R 30 W	R 30 W				
Cool Down (1:27)											
Time (35 Min)	Start	Start	Start	Start	Start	Start					
	End	End	End	End	End	End					
	Total	Total	Total	Total	Total	Total					
	Average Heart Rate (BPM)	Ave BPM	Ave BPM	Ave BPM	Ave BPM	Ave BPM					
Calories Burned		Cals	Cals	Cals	Cals	Cals					

BODY BEAST, DISC 4B - BULK | ARMS

- Tools**
1) Bench (or Stability Ball)
3) Weights
4) Worksheet and Pen
5) Water and Towel

Legend
R - Reps
RT - Right
LT - Left
W - Weight

*Note - All Targeted Weights are Sag's Weights

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