



BODY BEAST

Disc	Workout	Time	Target Muscles
1a	BUILD: Chest / Tris	48:53	Chest / Triceps (+Abs)
1b	BUILD: Shoulders	38:19	Shoulders (+Abs)
1c	BEAST: Abs	10:32	Abs
2a	BUILD: Legs	38:19	Legs (+Abs)
2b	BUILD: Back / Bis	50:05	Back / Biceps
3a	BULK: Chest	30:07	Chest (+Abs)
3b	BULK: Back	29:05	Back (+Abs)
3c	BULK: Legs	41:14	Legs (+Abs)
4a	BULK: Shoulders	35:20	Shoulders (+Abs)
4b	BULK: Arms	35:37	Arms (+Abs)
5	BEAST: Cardio	30:10	Cardio / Total Body
6	BEAST: Total Body	38:36	Total Body
7a	TEMPO: Chest / Tris	52:24	Chest / Triceps (+Abs)
7b	TEMPO: Back / Bis	48:25	Back / Biceps (+Abs)
8	Lucky 7 - Total Body	22:38	Total Body



OVERVIEW

Exercises
Chest - Single, Super, and Giant Set (20 Exercises)
Triceps - Single, Super, Super Set (13 Exercises)
Shoulders - Single, Super, Giant, Super, Super Set (29 Exercises)
Abs - 11 Exercises
Legs - Single, Super, Giant, Giant Set (25 Exercises)
Back - Single, Super, Giant, Single + Single (25 Exercises)
Biceps - Single, Single, Single (11 Exercises)
Super, Force, Progressive, Combo, Multi (24 Exercises)
Super, Progressive, Force, Single, Super (26 Exercises)
Super, Progressive, Force, Progressive, Super, Super (31 Exercises)
Super, Progressive, Super, Progressive, Super (35 Exercises)
Progressive, Single, Force, Single, Progressive, Progressive, Single (31 Exercises)
12 Exercises
4 Circuits - Each containing 2 Rounds (32 Exercises)
Chest - Single, Single, Single (12 Exercises)
Triceps - Single, Super (11 Exercises)
Back - Single, Single, Single (12 Exercises)
Biceps - Single, Biceps (8 Exercises)
7 Exercises. Each Exercise has 1+2+3+4+5+6+7 Reps

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