

DATE / WEEK							
			Warm-Up (2:47)				
1 - Single Set	Rd 1	01 Dumbbell Chest Press - 15 Target: 20 lbs Bench / Dumbbells	45:08	R 15 W	R 15 W	R 15 W	R 15 W
	Rd 2	02 Dumbbell Chest Press - 12 Target: 40 lbs Bench / Dumbbells	43:56	R 12 W	R 12 W	R 12 W	R 12 W
	Rd 3	03 Dumbbell Chest Press - 8 Target: 50 lbs Bench / Dumbbells	42:16	R 8 W	R 8 W	R 8 W	R 8 W
	Rd 4	04 Dumbbell Chest Press - 8 (Drop Set) Target: 40 lbs Bench / Dumbbells	41:39	R 8 W	R 8 W	R 8 W	R 8 W
2 - Super Set	Round 1	05 Incline Dumbbell Fly - 15 Target: 20 lbs Bench / Dumbbells	39:09	R 15 W	R 15 W	R 15 W	R 15 W
		06 Incline Dumbbell Press - 15 Target: 40 lbs Bench / Dumbbells	37:57	R 15 W	R 15 W	R 15 W	R 15 W
	Round 2	07 Incline Dumbbell Fly - 12 Target: 20 lbs Bench / Dumbbells	35:58	R 12 W	R 12 W	R 12 W	R 12 W
		08 Incline Dumbbell Press - 12 Target: 40 lbs Bench / Dumbbells	34:59	R 12 W	R 12 W	R 12 W	R 12 W
	Round 3	09 Incline Dumbbell Fly - 8 Target: 30 lbs Bench / Dumbbells	33:14	R 8 W	R 8 W	R 8 W	R 8 W
		10 Incline Dumbbell Press - 8 Target: 50 lbs Bench / Dumbbells	32:26	R 8 W	R 8 W	R 8 W	R 8 W
11 Incline Dumbbell Press - 8 (Drop Set) Target: 40 lbs Bench / Dumbbells		31:51	R 8 W	R 8 W	R 8 W	R 8 W	
3 - Giant Set	Round 1	12 Close Grip Press - 15 Target: 30 lbs Bench / Dumbbells	29:48	R 15 W	R 15 W	R 15 W	R 15 W
		13 Partial Chest Fly - 15 Target: 30 lbs Bench / Dumbbells	28:53	R 15 W	R 15 W	R 15 W	R 15 W
		14 Decline Push-Up - 15 Bench (or Plyo Box) / Power Stands	28:00	U A	U A	U A	U A
	Round 2	15 Close Grip Press - 12 Target: 50 lbs Bench / Dumbbells	26:02	R 12 W	R 12 W	R 12 W	R 12 W
		16 Partial Chest Fly - 12 Target: 30 lbs Dumbbells	25:21	R 12 W	R 12 W	R 12 W	R 12 W
		17 Decline Push-Up - 12 Bench (or Plyo Box) / Power Stands	24:32	U A	U A	U A	U A
	Round 3	18 Close Grip Press - 8 Target: 50 lbs Bench / Dumbbells	22:54	R 8 W	R 8 W	R 8 W	R 8 W
		19 Partial Chest Fly - 8 Target: 30 lbs Dumbbells	22:24	R 8 W	R 8 W	R 8 W	R 8 W
		20 Decline Push-Up - 8 Bench (or Plyo Box) / Power Stands	21:49	U A	U A	U A	U A
4 - Single Set	Rd 1	21 Tricep Extension - 15 Target: 15 lbs Bench / Dumbbells	20:10	R 15 W	R 15 W	R 15 W	R 15 W
	Rd 2	22 Tricep Extension - 12 Target: 20 lbs Bench / Dumbbells	18:36	R 12 W	R 12 W	R 12 W	R 12 W
	Rd 3	23 Tricep Extension - 8 Target: 30 lbs Bench / Dumbbells	17:09	R 8 W	R 8 W	R 8 W	R 8 W
	Rd 4	24 Tricep Extension - 8 (Drop Set) Target: 20 lbs Bench / Dumbbells	16:37	R 8 W	R 8 W	R 8 W	R 8 W
5 - Super Set	Round 1	25 Single Arm Kickback - 15 Target: 15 lbs Dumbbells	14:49	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W
		26 Tricep Push-Up - 15 Power Stands	13:27	U A	U A	U A	U A
	Round 2	27 Single Arm Kickback - 12 Target: 20 lbs Dumbbells	11:50	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W
		28 Tricep Push-Up - 12 Power Stands	10:44	U A	U A	U A	U A
	Round 3/4	29 Single Arm Kickback - 8 Target: 30 lbs Dumbbells	9:27, 8:33	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W
		30 Single Arm Kickback - 8 (Drop Set) Target: 30 lbs Dumbbells	9:12, 8:12	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W
31 Tricep Push-Up - 8 Power Stands		7:50	U A	U A	U A	U A	
6-Super Set	Round 1	32 Dips on Bench - 60 seconds Bench (Plyo Box)	05:24	R	R	R	R
		33 In and Outs - 60 seconds Bench	3:52	R	R	R	R
			Cool Down (2:22)				
		Time (48 Min)	Start End Total	Start End Total	Start End Total	Start End Total	Start End 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 1A - BUILD | CHEST / TRIS

Tools
 1) Bench (or Stability Ball)
 2) Sturdy Chair
 3) Weights
 4) Power Stands*
 5) Worksheet and Pen
 6) Water and Towel
 *Optional

Legend
R - Reps
RT - Right
LT - Left
W - Weight
U - Unassisted
A - Assisted

***Note** - All Targeted Weights are Sagi's Weights

Mike Roberts
 Mike Roberts
 Certified Personal Trainer
 Certified Health Coach
 P90X Certified Trainer
 Insanity Certified Trainer
 mike@thrive-revolution.com
 847.343.3627
 thrive-revolution.com