

DATE / WEEK						
Warm-Up (1:59)						
1 - Tempo Single Set	Rd 1	01 Pull-Over - 15 Target: 25 lbs (6s Down / 6s Up) 45:28 Bench / Dumbbell	R 15 W	R 15 W	R 15 W	R 15 W
	Rd 2	02 Pull-Over - 12 Target: 35 lbs (6s Down / 3s Up) 42:19 Bench / Dumbbell	R 12 W	R 12 W	R 12 W	R 12 W
	Rd 3	03 Chest Press - 8 Target: 45 lbs (3s Down / 3s Up) 40:09 Bench / Dumbbell	R 8 W	R 8 W	R 8 W	R 8 W
	Rd 4	04 Wide Plank In & Out - 10 (3s In / 3s Out) 39:02 Mat	R 10	R 10	R 10	R 10
2 - Tempo Single Set	Rd 1	05 Pull-Up - 10 (6s Up / 6s Down) 36:50 Chin-Up Bar	U A	U A	U A	U A
	Rd 2	06 Pull-Ups - 10 (3s Up / 6s Down) 34:24 Chin-Up Bar	U A	U A	U A	U A
	Rd 3	07 Pull-Ups - 8 (3s Up / 3s Down) 32:39 Chin-Up Bar	U A	U A	U A	U A
	Rd 4	08 Hanging Circle - 10 (3s Left / 3s Right) 31:34 Chin-Up Bar	RT 10 LT 10	RT 10 LT 10	RT 10 LT 10	RT 10 LT 10
3 - Tempo Single Set	Rd 1	09 Reverse Bent-Over Row - 15 Target: 20 lbs (6s Up / 6s Down) 29:37 EZ-Bar / Weights	R 15 W	R 15 W	R 15 W	R 15 W
	Rd 2	10 Reverse Bent-Over Row - 12 Target: 40 lbs (3s Up / 6s Down) 26:27 EZ-Bar / Weights	R 12 W	R 12 W	R 12 W	R 12 W
	Rd 3	11 Reverse Bent-Over Row - 8 Target: 50 lbs (3s Up / 3s Down) 24:20 EZ-Bar / Weights	R 8 W	R 8 W	R 8 W	R 8 W
	Rd 4	12 Lat Oblique Twist - 10 Target: 25 lbs (6s Left / 6s Right) 22:51 EZ-Bar / Weights	RT 10 W LT 10 W	RT 10 W LT 10 W	RT 10 W LT 10 W	RT 10 W LT 10 W
4 - Tempo Single Set	Rd 1	13 Preacher Curl - 15 Target: 20 lbs (6s Down / 6s Up) 18:57 Bench/ Dumbbell	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W
	Rd 2	14 Preacher Curl - 12 Target: 25 lbs (6s Down / 3s Up) 14:41 Bench / Dumbbell	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W
	Rd 3	15 Preacher Curl - 8 Target: 30 lbs (3s Down / 3s Up) 11:37 Bench / Dumbbell	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W
	Rd 4	16 Hanging Curl - 10 (3s Up / 3s 90°) 9:33 Chin-Up Bar	R 10	R 10	R 10	R 10
5 - Tempo Single Set	Rd 1	17 All-Angle Bicep (Wide) - 15 Target: 20 lbs (6s Up / 6s Down) 6:56 EZ-Bar / Weights	R 15 W	R 15 W	R 15 W	R 15 W
	Rd 2	18 All-Angle Bicep (Close) - 12 Target: 20 lbs (6s Up / 3s Down) 4:37 EZ-Bar / Weights	R 12 W	R 12 W	R 12 W	R 12 W
	Rd 3	19 All-Angle Bicep (Reverse) - 8 Target: 20 lbs (3s Up / 3s Down) 3:04 EZ-Bar / Weights	R 8 W	R 8 W	R 8 W	R 8 W
	Rd 4	20 Speed Mountain Climber - 30s 2:15 Mat	T 30 s	T 30 s	T 30 s	T 30 s
Cool Down (1:44)						
Time (48 Min)		Start _____	Start _____	Start _____	Start _____	Start _____
		End _____	End _____	End _____	End _____	End _____
		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 7B - TEMPO BACK / BIS						

Tools

- 1) Bench (or Stability Ball)
- 2) Chin-Up Bar (or Bands w/ Door Attachment)
- 3) Chin-Up Max* (Or Sturdy Chair)
- 4) Weights
- 5) EZ Curl Bar w/ Weighted Plates (and Spring Collars)
- 6) Worksheet and Pen
- 7) Water and Towel

*Optional

Legend

- R** - Reps
RT - Right
LT - Left
W - Weight
U - Unassisted
A - Assisted
T - Time

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

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