

DATE / WEEK		Warm-Up (1:21)						
1 - Single Set	Rd 1	01 Sumo Squat - 15 Target: 20 lbs 36:20 Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W	
	Rd 2	02 Sumo Squat - 12 Target: 40 lbs 35:21 Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W	
	Rd 3	03 Sumo Squat - 8 Target: 50 lbs 34:16 Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W	
	Rd 4	04 Sumo Squat- 8 (Drop Set) Target: 40 lbs 33:58 Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W	
2 - Super Set	Round 1	05 Alternating Lunge - 15 Target: 20 lbs 32:52 Dumbbells	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	
		06 Step-Up Reverse Lunge - 15 Target: 20 lbs 31:42 Bench (or Plyo Box) / Weights	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	
	Round 2	07 Alternating Lunge - 12 Target: 30 lbs 29:15 Dumbbells	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	
		08 Step-Up Reverse Lunge - 12 Target: 30 lbs 28:10 Bench (or Plyo Box) / Weights	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	
	Round 3	09 Alternating Lunge - 8 Target: 40 lbs 25:21 Dumbbells	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	
		10 Step-Up Reverse Lunge - 8 Target: 40 lbs 24:20 Bench (or Plyo Box) / Weights	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	
	3 - Giant Set	Round 1	11 Parallel Squat- 15 Target: 20 lbs 22:00 Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W
			12 Bulgarian Squat - 15 Target: 20 lbs 21:18 Bench (or Plyo Box) / Dumbbells	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W
13 Straight Leg Deadlift - 15 Target: 0 lbs 19:32 EZ-Bar / Weights			RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	
Round 2		14 Parallel Squat- 12 Target: 40 lbs 17:25 Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W	
		15 Bulgarian Squat - 12 Target: 40 lbs 16:36 Bench (or Plyo Box) / Dumbbells	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	
		16 Straight Leg Deadlift - 12 Target: 20 lbs 14:53 EZ-Bar / Weights	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	
Round 3		17 Parallel Squat- 8 Target: 50 lbs 12:50 Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W	
		18 Bulgarian Squat - 8 Target: 20 lbs 12:10 Bench (or Plyo Box) / Dumbbells	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	
		19 Straight Leg Deadlift - 8 Target: 40 lbs 10:40 EZ-Bar / Weights	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	
4 - Giant Set	Round 1	20 Single Leg Calf Raise - 30s Target: 20 lbs 8:34 Bench / Dumbbells	RT W LT W	RT W LT W	RT W LT W	RT W LT W	RT W LT W	
		21 Seated Calf Raise - 30s Target: 20 lbs 6:59 Bench / Dumbbells	R W	R W	R W	R W	R W	
		22 in and Outs - 30s 5:44 Bench	R	R	R	R	R	
	Round 2	23 Single Leg Calf Raise - 30s Target: 30 lbs 4:58 Bench / Dumbbells	RT W LT W	RT W LT W	RT W LT W	RT W LT W	RT W LT W	
		24 Seated Calf Raise - 30s Target: 30 lbs 3:25 Bench / Dumbbells	R W	R W	R W	R W	R W	
25 in and Outs - 30s 2:43 Bench	R	R	R	R	R			
Cool Down (2:12)								
Time (38 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 2A - BUILD | LEGS

Tools

- 1) Bench (or Stability Ball)
- 2) EZ Curl Bar w/ Weighted Plates (and Spring Collars)
- 3) Weights
- 4) Worksheet and Pen
- 5) Water and Towel

Legend

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

*Note - All Targeted Weights are Sagi's Weights

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