

DATE / WEEK							
Warm-Up (2:43)							
1 - Single Set	Rd 1	01 Back - Deadlift - 15 Target: 20 lbs Dumbbells	46:52 Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W
	Rd 2	02 Back - Deadlift - 12 Target: 40 lbs Dumbbells	45:30 Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W
	Rd 3	03 Back - Deadlift - 8 Target: 50 lbs Dumbbells	44:04 Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W
	Rd 4	04 Back - Deadlift- 8 (Drop Set) Target: 40 lbs Dumbbells	43:33 Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W
2 - Super Set	Round 1	05 Back - Dumbbell Pull-Over - 15 Target: 20 lbs Bench / Dumbbells	41:40 Bench / Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W
		06 Back - Pull-Up - 10 Chin-Up Bar	40:21 Chin-Up Bar	U A	U A	U A	U A
	Round 2	07 Back - Dumbbell Pull-Over - 12 Target: 40 lbs Bench / Dumbbells	39:20 Bench / Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W
		08 Back - Pull-Up - 10 Chin-Up Bar	38:11 Chin-Up Bar	U A	U A	U A	U A
	Round 3	09 Back - Dumbbell Pull-Over - 8 Target: 50 lbs Bench / Dumbbells	37:14 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W
		10 Back - Dumbbell Pull-Over - 8 (Drop Set) Target: 40 lbs Bench / Dumbbells	36:36 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W
11 Back - Pull-Up - 10 Chin-Up Bar		35:50 Chin-Up Bar	U A	U A	U A	U A	
3 - Giant Set	Round 1	12 Back - EZ Bar Row - 15 Target: 20 lbs EZ Bar / Weights	34:06 EZ Bar / Weights	R 15 W	R 15 W	R 15 W	R 15 W
		13 Back - One-Arm Row - 15 Target: 40 lbs Bench / Dumbbells	33:03 Bench / 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
		14 Back - Reverse Fly - 15 Target: 10 lbs Bench / Dumbbells	31:11 Bench / Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W
	Round 2	15 Back - EZ Bar Row - 12 Target: 50 lbs EZ Bar / Weights	29:22 EZ Bar / Weights	R 12 W	R 12 W	R 12 W	R 12 W
		16 Back - One-Arm Row - 12 Target: 50 lbs Bench / Dumbbells	28:35 Bench / 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
		17 Back - Reverse Fly - 12 Target: 10 lbs Bench / Dumbbells	27:10 Bench / Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W
	Round 3	18 Back - EZ Bar Row - 8 Target: 70 lbs EZ Bar / Weights	25:17 EZ Bar / Weights	R 8 W	R 8 W	R 8 W	R 8 W
		19 Back - One-Arm Row - 8 Target: 70 lbs Bench / Dumbbells	24:43 Bench / 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
		20 Back - Reverse Fly - 8 Target: 10 lbs Bench / Dumbbells	23:46 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W
	4 - Single Set	Rd 1	21 Back - Close-Grip Chin-Up - 30s Chin-Up Bar	23:07 Chin-Up Bar	U A	U A	U A
Rd 2		22 Back - Close-Grip Chin-Up - 30s Chin-Up Bar	22:03 Chin-Up Bar	U A	U A	U A	U A
Rd 3		23 Back - Close-Grip Chin-Up - 30s Chin-Up Bar	20:59 Chin-Up Bar	U A	U A	U A	U A
5 - Single Set	Rd 1	24 Bicep - Seated Bicep Curl - 15 Target: 15 lbs Bench / Dumbbells	19:10 Bench / Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W
	Rd 2	25 Bicep - Seated Bicep Curl - 12 Target: 40 lbs Bench / Dumbbells	17:54 Bench / Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W
	Rd 3	26 Bicep - Seated Bicep Curl - 8 Target: 50 lbs Bench / Dumbbells	16:41 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W
	Rd 4	27 Bicep - Seated Bicep Curl - 8 (Drop Set) Target: 20 lbs Bench / Dumbbells	16:17 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W
6 - Single Set	Rd 1	28 Bicep - 1, 1, 2 Hammer Curl - 15 Target: 15 lbs Bench / Dumbbells	15:15 Bench / Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W
	Rd 2	29 Bicep - 1, 1, 2 Hammer Curl - 12 Target: 20 lbs Bench / Dumbbells	12:57 Bench / Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W
	Rd 3	30 Bicep - 1, 1, 2 Hammer Curl - 8 Target: 40 lbs Bench / Dumbbells	10:50 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W
7 - Single Set	Rd 1	31 Bicep - Neutral EZ Bar Curl - 15 Target: 50 lbs EZ-Bar / Weights	8:32 EZ-Bar / Weights	R 15 W	R 15 W	R 15 W	R 15 W
	Rd 2	32 Bicep - Neutral EZ Bar Curl - 12 Target: 70 lbs EZ-Bar / Weights	7:13 EZ-Bar / Weights	R 12 W	R 12 W	R 12 W	R 12 W
	Rd 3	33 Bicep - Neutral EZ Bar Curl - 8 Target: 90 lbs EZ-Bar / Weights	5:57 EZ-Bar / Weights	R 8 W	R 8 W	R 8 W	R 8 W
	Rd 4	34 Bicep - Neutral EZ Bar Curl - 8 (Drop Set) Target: 50 lbs EZ-Bar / Weights	5:14 EZ-Bar / Weights	R 8 W	R 8 W	R 8 W	R 8 W
8 - Single Set	Rd 1	35 Back - Airplane Cobra - 30s Mat	3:36 Mat	R	R	R	R
	Rd 2	36 Back - Airplane Cobra - 30s Mat	2:25 Mat	R	R	R	R
Cool Down (1:44)							
			Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
			Ave _____BPM	Ave _____BPM	Ave _____BPM	Ave _____BPM	Ave _____BPM
			Calories Burned _____Cals	Calories Burned _____Cals	Calories Burned _____Cals	Calories Burned _____Cals	Calories Burned _____Cals
BODY BEAST, DISC 2B - BUILD 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

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

*Note - All Targeted Weights are Sagi's Weights

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