

DATE / WEEK						
		Warm-Up (1:12)				
1 - Circuit Set	Round 1	01 <u>Back</u> - Pull-Up - 15 <div>37:07 Chin-Up Bar</div>	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		02 <u>Chest</u> - Push-Up - 15 <div>36:30 Power Stands</div>	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		03 <u>Legs</u> - Squat - 15 <div>35:45 Dumbbells Target: 10 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		04 <u>Core</u> - Crunch - 15 <div>35:09 Mat</div>	R 15 _____	R 15 _____	R 15 _____	R 15 _____
	Round 2	05 <u>Back</u> - Pull-Up - 15 <div>34:16 Chin-Up Bar</div>	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		06 <u>Chest</u> - Push-Up - 15 <div>33:44 Power Stands</div>	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
		07 <u>Legs</u> - Squat - 15 <div>33:15 Dumbbells Target: 40 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		08 <u>Core</u> - Crunch - 15 <div>32:38 Mat</div>	R 15 _____	R 15 _____	R 15 _____	R 15 _____
2 - Circuit Set	Round 1	09 <u>Chest</u> - Incline Press - 15 <div>31:32 Bench / Dumbbells Target: 35 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		10 <u>Back</u> - Bent-Over Row - 15 <div>30:30 Bench / Dumbbells Target: 35 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		11 <u>Legs</u> - Reverse Alternating Lunge - 15 <div>29:16 Dumbbells Target: 30 lbs</div>	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____
		12 <u>Core</u> - Plant Twist - Twist - 15 <div>28:12 Mat</div>	R 15 _____	R 15 _____	R 15 _____	R 15 _____
	Round 2	13 <u>Chest</u> - Incline Press - 15 <div>26:58 Bench / Dumbbells Target: 40 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		14 <u>Back</u> - Bent-Over Row - 15 <div>25:56 Bench / Dumbbells Target: 40 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		15 <u>Legs</u> - Reverse Alternating Lunge - 15 <div>25:15 Dumbbells Target: 30 lbs</div>	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____
		16 <u>Core</u> - Plant Twist - Twist - 15 <div>24:17 Mat</div>	R 15 _____	R 15 _____	R 15 _____	R 15 _____
3 - Circuit Set	Round 1	17 <u>Shoulders</u> - 1,1,2 Military Press - 15 <div>22:39 Bench / Dumbbells Target: 45 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		18 <u>Shoulders</u> - Post Delt Raise - 15 <div>21:10 Dumbbell Target: 10 lbs</div>	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____
		19 <u>Back</u> - Stiff Leg Deadlift - 15 <div>19:25 Dumbbells Target: 30 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		20 <u>Core</u> - Russian Twist - 15 <div>18:05 Dumbbell / Mat Target: 10 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
	Round 2	21 <u>Shoulders</u> - 1,1,2 Military Press - 15 <div>16:38 Bench / Dumbbells Target: 60 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		22 <u>Shoulders</u> - Post Delt Raise - 15 <div>15:14 Dumbbell Target: 15 lbs</div>	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____
		23 <u>Back</u> - Stiff Leg Deadlift - 15 <div>13:40 Dumbbells Target: 30 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		24 <u>Core</u> - Russian Twist - 15 <div>12:50 Dumbbell / Mat Target: 10 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
4 - Circuit Set	Round 1	25 <u>Biceps</u> - Bicep Curl-Up / Hammer Down - 15 <div>11:18 Bench / Dumbbells Target: 20 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		26 <u>Tricep</u> - Tricep Extension Kickback - 15 <div>10:12 Dumbbells Target: 20 lbs</div>	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____
		27 <u>Calves</u> - Calf Raise-Weight at Shoulder - 15 <div>8:57 Dumbbells Target: 30 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		28 <u>Core</u> - Side Forearm Plank - 15 <div>8:20 Mat Target: 15 lbs</div>	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	29 <u>Biceps</u> - Bicep Curl-Up / Hammer Down - 15 <div>6:00 Bench / Dumbbells Target: 30 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		30 <u>Tricep</u> - Tricep Extension Kickback - 15 <div>5:06 Dumbbells Target: 20 lbs</div>	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____
		31 <u>Calves</u> - Calf Raise-Weight at Shoulder - 15 <div>3:59 Dumbbells Target: 30 lbs</div>	R 15 W _____	R 15 W _____	R 15 W _____	R 15 W _____
		32 <u>Core</u> - Side Forearm Plank - 15 <div>3:07 Mat Target: 15 lbs</div>	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____	RT 15 W _____ LT 15 W _____
Cool Down (1:41)						
	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 6 - BEAST | TOTAL BODY

**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) 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  
 847.341.7627  
 thrive-revolution.com