

DATE / WEEK					
Warm-Up (1:46)					
01 Squat to Overhead Press + Hold - 1:25 Sequence: 3 Rounds - 20s Squat / 10s Hold Target: 10 lbs Dumbbells	28:00	T _____ W _____	T _____ W _____	T _____ W _____	T _____ W _____
02 Toe Tap - 1:00 Bench / Plyo Box	25:54	T _____	T _____	T _____	T _____
03 Squat to Jump Squat + Hold - 1:32 Sequence: 3 Rounds - 20s Squat / 10s Hold	23:35	T _____	T _____	T _____	T _____
04 Mountain Climber + Row + Plank - 1:32 Sequence: 2 Rounds - 15s Climber / 15s Row / 15s Plank Target: 10 lbs Dumbbells	21:22	T _____ W _____	T _____ W _____	T _____ W _____	T _____ W _____
05 Sumo Squat + Hold - 1:31 Sequence: 3 Rounds - 20s Squat / 10s Hold Target: 10 lbs Dumbbells	19:11	T _____ W _____	T _____ W _____	T _____ W _____	T _____ W _____
06 Weighed Burpee + Stretch - 1:43 Sequence: 2 Rounds - 30s Burpee / 20s Stretch Target: 10 lbs Dumbbells	16:52	T _____ W _____	T _____ W _____	T _____ W _____	T _____ W _____
07 Plyo Push-Up + Hold - 1:34 Sequence: 3 Rounds - 20s Push-Up / 10s Hold	14:35	T _____	T _____	T _____	T _____
08 Sumo Jump - 1:00	12:18	T _____	T _____	T _____	T _____
09 Squat to Upright Row + Hold - 1:34 Sequence: 3 Rounds - 20s Squat / 10s Hold Target: 10 lbs Dumbbells	10:11	T _____ W _____	T _____ W _____	T _____ W _____	T _____ W _____
10 Alt. Lunge Jumps + Hold - 1:00 Sequence: 2 Rounds - 20s Lunge / 10s Hold	7:47	T _____	T _____	T _____	T _____
11 Plank Press + Hold - 1:34 Sequence: 3 Rounds - 20s Plank / 10s Hold	06:09	T _____	T _____	T _____	T _____
12 Plank + Twist + Sprint - 1:27 Sequence: 3 Rounds - 5s Plank / 5s Twist / 20s Sprint	3:30	T _____	T _____	T _____	T _____
Cool Down (02:02)					
Time (30 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 5 - BEAST CARDIO					

Tools
 1) Bench*
 2) Weights
 3) Worksheet and Pen
 4) Water and Towel
 *Optional

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

***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