

DATE / WEEK					
01 Crunches -20 10:20 Mat	R <u>20</u>	R <u>20</u>	R <u>20</u>	R <u>20</u>	R <u>20</u>
02 Russian Twists - 20 Target: 10 lbs 9:05 Mat / Dumbbell	R <u>20</u> W <u> </u>	R <u>20</u> W <u> </u>	R <u>20</u> W <u> </u>	R <u>20</u> W <u> </u>	R <u>20</u> W <u> </u>
03 Hip Ups - 20 7:58 Mat	R <u>20</u>	R <u>20</u>	R <u>20</u>	R <u>20</u>	R <u>20</u>
04 Crossed Tuck-In - 20 7:00 Mat	R <u>20</u>	R <u>20</u>	R <u>20</u>	R <u>20</u>	R <u>20</u>
05 Cobra - 10 6:02 Mat	R <u>10</u>	R <u>10</u>	R <u>10</u>	R <u>10</u>	R <u>10</u>
06 Spiderman Crunch- 10 5:23 Mat	R <u>10</u>	R <u>10</u>	R <u>10</u>	R <u>10</u>	R <u>10</u>
07 Bucket Drop - 10 4:36 Mat	R <u>10</u>	R <u>10</u>	R <u>10</u>	R <u>10</u>	R <u>10</u>
08 One Arm Open Plank - 12 Target: 10 lbs 3:39 Mat / Dumbbell	RT <u>10</u> W <u> </u> LT <u>10</u> W <u> </u>	RT <u>10</u> W <u> </u> LT <u>10</u> W <u> </u>	RT <u>10</u> W <u> </u> LT <u>10</u> W <u> </u>	RT <u>10</u> W <u> </u> LT <u>10</u> W <u> </u>	RT <u>10</u> W <u> </u> LT <u>10</u> W <u> </u>
09 Window Washers - 20 2:12 Mat	R <u>20</u>	R <u>20</u>	R <u>20</u>	R <u>20</u>	R <u>20</u>
10 Beast Abs - 30s (B-E-A-S-T) 1:14 Mat	R1 <u> </u>	R1 <u> </u>	R1 <u> </u>	R1 <u> </u>	R1 <u> </u>
11 Beast Abs - 30s (T-S-A-E-B) 0:27 Mat	R2 <u> </u>	R2 <u> </u>	R2 <u> </u>	R2 <u> </u>	R2 <u> </u>
Time (10 Min)	Start <u> </u> End <u> </u> Total <u> </u>	Start <u> </u> End <u> </u> Total <u> </u>	Start <u> </u> End <u> </u> Total <u> </u>	Start <u> </u> End <u> </u> Total <u> </u>	Start <u> </u> End <u> </u> Total <u> </u>
Average Heart Rate (BPM)	Ave <u> </u> BPM	Ave <u> </u> BPM	Ave <u> </u> BPM	Ave <u> </u> BPM	Ave <u> </u> BPM
Calories Burned	<u> </u> Cals	<u> </u> Cals	<u> </u> Cals	<u> </u> Cals	<u> </u> Cals

BODY BEAST, DISC 1C - BEAST | ABS

Tools

- 1) Mat
- 2) 1 Weight
- 3) Worksheet and Pen
- 4) Water and Towel

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

