

DATE / WEEK							
Warm-Up (2:21)							
1 - Super Set	Round 1	01 Incline Dumbbell Fly - 15 Target: 20 lbs Bench / Dumbbells	26:40	R 15 W	R 15 W	R 15 W	R 15 W
		02 Incline Dumbbell Press - 15 Target: 40 lbs Bench / Dumbbells	25:30	R 15 W	R 15 W	R 15 W	R 15 W
	Round 2	03 Incline Dumbbell Fly - 12 Target: 20 lbs Bench / Dumbbells	23:45	R 12 W	R 12 W	R 12 W	R 12 W
		04 Incline Dumbbell Press - 12 Target: 50 lbs Bench / Dumbbells	22:55	R 12 W	R 12 W	R 12 W	R 12 W
	Round 3	05 Incline Dumbbell Fly - 8 Target: 30 lbs Bench / Dumbbells	21:39	R 8 W	R 8 W	R 8 W	R 8 W
		06 Incline Dumbbell Press - 8 Target: 60 lbs Bench / Dumbbells	20:49	R 8 W	R 8 W	R 8 W	R 8 W
		07 Incline Dumbbell Press - 8 (Drop Set) Target: 40 lbs Bench / Dumbbells	20:25	R 8 W	R 8 W	R 8 W	R 8 W
2 - Force Set	08 Chest Press w/ Rotation - 5 Target: 50 lbs Bench / Dumbbells	18:46	R 5 W	R 5 W	R 5 W	R 5 W	
	09 Chest Press w/ Rotation - 5 Target: 50 lbs Bench / Dumbbells	18:31	R 5 W	R 5 W	R 5 W	R 5 W	
	10 Chest Press w/ Rotation - 5 Target: 50 lbs Bench / Dumbbells	18:14	R 5 W	R 5 W	R 5 W	R 5 W	
	11 Chest Press w/ Rotation - 5 Target: 50 lbs Bench / Dumbbells	17:55	R 5 W	R 5 W	R 5 W	R 5 W	
	12 Chest Press w/ Rotation - 5 Target: 50 lbs Bench / Dumbbells	17:36	R 5 W	R 5 W	R 5 W	R 5 W	
	13 Incline Press - 15 Target: 30 lbs Bench / Dumbbells	15:57	R 15 W	R 15 W	R 15 W	R 15 W	
3 - Progressive Set	14 Incline Press - 12 Target: 50 lbs Bench / Dumbbells	15:23	R 12 W	R 12 W	R 12 W	R 12 W	
	15 Incline Press - 8 Target: 60 lbs Bench / Dumbbells	14:49	R 8 W	R 8 W	R 8 W	R 8 W	
	16 Incline Press - 8 Target: 60 lbs Bench / Dumbbells	13:26	R 8 W	R 8 W	R 8 W	R 8 W	
	17 Incline Press - 12 Target: 50 lbs Bench / Dumbbells	13:00	R 12 W	R 12 W	R 12 W	R 12 W	
	18 Incline Press - 15 Target: 30 lbs Bench / Dumbbells	12:25	R 15 W	R 15 W	R 15 W	R 15 W	
	4 - Combo Set	Rd 1 19 Close-Grip Press to Fly - 15 Target: 30 lbs Bench / Dumbbells	11:12	R 15 W	R 15 W	R 15 W	R 15 W
Rd 2 19 Close-Grip Press to Fly - 12 Target: 40 lbs Bench / Dumbbells		9:02	R 12 W	R 12 W	R 12 W	R 12 W	
Rd 3 19 Close-Grip Press to Fly - 8 Target: 45 lbs Bench / Dumbbells		5:55	R 8 W	R 8 W	R 8 W	R 8 W	
5 - Multi Set	Round 1	20 Decline Push-Up - 15 Power Stands / Bench	4:02	U A	U A	U A	U A
		21 Cobra to Airplane - 10 Mat	3:35	R 10	R 10	R 10	R 10
	Round 2	22 Decline Push-Up - 12 Power Stands / Bench	2:58	U A	U A	U A	U A
		23 Russian Twists - 30s Mat / Dumbbell	2:32	R W	R W	R W	R W
	Rd 3	24 Decline Push-Up - 8 Power Stands / Bench	1:53	U A	U A	U A	U A
Cool Down (1:42)							
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 3A - BULK | CHEST

### Tools

- 1) Bench (or Stability Ball)
  - 2) Weights
  - 3) Power Stands\*
  - 4) Worksheet and Pen
  - 5) Water and Towel
- \*Optional

### Legend

- R** - Reps  
**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