

DATE / WEEK							
Warm-Up (2:34)							
1 - Tempo Single Set	Rd 1	01 Chest Press - 15 Target: 25 lbs (6s Up / 6s Down) Bench / Dumbbells	48:56	R <u>15</u> W _____	R <u>15</u> W _____	R <u>15</u> W _____	R <u>15</u> W _____
	Rd 2	02 Chest Press - 12 Target: 35 lbs (3s Up / 6s Down) Bench / Dumbbells	46:03	R <u>12</u> W _____	R <u>12</u> W _____	R <u>12</u> W _____	R <u>12</u> W _____
	Rd 3	03 Chest Press - 8 Target: 45 lbs (3s Up / 3s Down) Bench / Dumbbells	44:07	R <u>8</u> W _____	R <u>8</u> W _____	R <u>8</u> W _____	R <u>8</u> W _____
	Rd 4	04 Figure 4 Crunch - 10 (3s Up / 3s Down) Mat	42:41	RT <u>10</u> _____ LT <u>10</u> _____	RT <u>10</u> _____ LT <u>10</u> _____	RT <u>10</u> _____ LT <u>10</u> _____	RT <u>10</u> _____ LT <u>10</u> _____
2 - Tempo Single Set	Rd 1	05 Incline Press - 15 Target: 20 lbs (6s Up / 6s Down) Bench / Dumbbells	40:52	R <u>15</u> W _____	R <u>15</u> W _____	R <u>15</u> W _____	R <u>15</u> W _____
	Rd 2	06 Incline Press - 12 Target: 35 lbs (3s Up / 6s Down) Bench / Dumbbells	38:12	R <u>12</u> W _____	R <u>12</u> W _____	R <u>12</u> W _____	R <u>12</u> W _____
	Rd 3	07 Incline Press - 8 Target: 45 lbs (3s Up / 3s Down) Bench / Dumbbells	36:02	R <u>8</u> W _____	R <u>8</u> W _____	R <u>8</u> W _____	R <u>8</u> W _____
	Rd 4	08 Cricket Crunch - 10 (3s Up / 3s Down) Mat	34:17	RT <u>10</u> _____ LT <u>10</u> _____	RT <u>10</u> _____ LT <u>10</u> _____	RT <u>10</u> _____ LT <u>10</u> _____	RT <u>10</u> _____ LT <u>10</u> _____
3 - Tempo Single Set	Rd 1	09 Incline Fly - 15 Target: 20 lbs (6s Down / 6s Up) Bench / Dumbbells	32:11	R <u>15</u> W _____	R <u>15</u> W _____	R <u>15</u> W _____	R <u>15</u> W _____
	Rd 2	10 Incline Fly - 12 Target: 35 lbs (6s Down / 3s Up) Bench / Dumbbells	29:09	R <u>12</u> W _____	R <u>12</u> W _____	R <u>12</u> W _____	R <u>12</u> W _____
	Rd 3	11 Incline Fly - 8 Target: 35 lbs (3s Down / 3s Up) Bench / Dumbbells	27:18	R <u>8</u> W _____	R <u>8</u> W _____	R <u>8</u> W _____	R <u>8</u> W _____
	Rd 4	12 Tempo Plank - 10 (6s Up / 6s Down) Mat	26:05	R <u>10</u> _____	R <u>10</u> _____	R <u>10</u> _____	R <u>10</u> _____
4 - Tempo Single Set	Rd 1	13 Skull Crusher - 15 Target: 10 lbs (6s Down / 6s Up) Bench / EZ Bar / Weights	22:51	R <u>15</u> W _____	R <u>15</u> W _____	R <u>15</u> W _____	R <u>15</u> W _____
	Rd 2	14 Skull Crusher - 12 Target: 20 lbs (6s Down / 3s Up) Bench / EZ Bar / Weights	19:40	R <u>12</u> W _____	R <u>12</u> W _____	R <u>12</u> W _____	R <u>12</u> W _____
	Rd 3	15 Skull Crusher - 8 Target: 40 lbs (3s Down / 3s Up) Bench / EZ Bar / Weights	17:23	R <u>8</u> W _____	R <u>8</u> W _____	R <u>8</u> W _____	R <u>8</u> W _____
	Rd 4	16 EZ Bar Crunch - 10 Target: 30 lbs (3s Up / 3s Down) Bench / EZ Bar / Weights	16:02	R <u>10</u> W _____	R <u>10</u> W _____	R <u>10</u> W _____	R <u>10</u> W _____
5 - Tempo Super Set	Round 1	17 Tricep Kickback - 15 Target: 15 lbs (3s Up / 3s Down) Bench / Dumbbells	14:36	RT <u>15</u> W _____ LT <u>15</u> W _____	RT <u>15</u> W _____ LT <u>15</u> W _____	RT <u>15</u> W _____ LT <u>15</u> W _____	RT <u>15</u> W _____ LT <u>15</u> W _____
		18 Dips - 15 (6s Down / 6s Up) Bench / Plyo Box	12:25	R <u>15</u> _____	R <u>15</u> _____	R <u>15</u> _____	R <u>15</u> _____
	Round 2	19 Tricep Kickback - 12 Target: 20 lbs (3s Up / 3s Down) Bench / Dumbbells	9:59	RT <u>12</u> W _____ LT <u>12</u> W _____	RT <u>12</u> W _____ LT <u>12</u> W _____	RT <u>12</u> W _____ LT <u>12</u> W _____	RT <u>12</u> W _____ LT <u>12</u> W _____
		20 Dips - 12 (6s Down / 3s Up) Bench / Plyo Box	8:00	R <u>12</u> _____	R <u>12</u> _____	R <u>12</u> _____	R <u>12</u> _____
	Round 3	19 Tricep Kickback - 8 Target: 15 lbs (3s Up / 3s Down) Bench / Dumbbells	6:08	RT <u>8</u> W _____ LT <u>8</u> W _____	RT <u>8</u> W _____ LT <u>8</u> W _____	RT <u>8</u> W _____ LT <u>8</u> W _____	RT <u>8</u> W _____ LT <u>8</u> W _____
		20 Dips - 8 (3s Down / 3s Up) Bench / Plyo Box	4:49	R <u>8</u> _____	R <u>8</u> _____	R <u>8</u> _____	R <u>8</u> _____
	Rd 4	21 Plank Twist - Twist - 10 (6s Left / 6s Right) Mat	3:25	RT <u>10</u> _____ LT <u>10</u> _____	RT <u>10</u> _____ LT <u>10</u> _____	RT <u>10</u> _____ LT <u>10</u> _____	RT <u>10</u> _____ LT <u>10</u> _____
Cool Down (1:52)							
				Start _____	Start _____	Start _____	Start _____
				End _____	End _____	End _____	End _____
				Total _____	Total _____	Total _____	Total _____
				Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
				_____ Cals	_____ Cals	_____ Cals	_____ Cals

BODY BEAST, DISC 7A - TEMPO | CHEST / TRIS

Tools
 1) Bench (or Stability Ball)
 2) Sturdy Chair
 3) Weights
 4) EZ Curl Bar w/ Weighted Plates (and Spring Collars)
 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

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