

DATE / WEEK						
Warm-Up (2:14)						
1 - Super Set	Round 1	01 Pull-Over - 15 Target: 30 lbs Bench / Dumbbell	26:05 R 15 W	R 15 W	R 15 W	R 15 W
		02 Pull-Up - 10 Chin-Up Bar	24:47 U A	U A	U A	U A
	Round 2	03 Pull-Over - 12 Target: 40 lbs Bench / Dumbbell	23:51 R 12 W	R 12 W	R 12 W	R 12 W
		04 Pull-Up - 10 Chin-Up Bar	22:53 U A	U A	U A	U A
	Round 3	05 Pull Over - 8 Target: 50 lbs Bench / Dumbbell	21:36 R 8 W	R 8 W	R 8 W	R 8 W
		06 Pull Over - 8 (Drop Set) Target: 30 lbs Bench / Dumbbell	20:59 R 8 W	R 8 W	R 8 W	R 8 W
		07 Pull-Up - 10 Chin-Up Bar	20:10 U A	U A	U A	U A
2 - Progressive Set		08 Reverse Grip Row - 15 Target: 10 lbs EZ-Bar / Weights	18:15 R 15 W	R 15 W	R 15 W	R 15 W
		09 Reverse Grip Row - 12 Target: 30 lbs EZ-Bar / Weights	17:17 R 12 W	R 12 W	R 12 W	R 12 W
		10 Reverse Grip Row - 8 Target: 80 lbs EZ-Bar / Weights	16:28 R 8 W	R 8 W	R 8 W	R 8 W
		11 Reverse Grip Row - 8 Target: 80 lbs EZ-Bar / Weights	15:22 R 8 W	R 8 W	R 8 W	R 8 W
		12 Reverse Grip Row - 12 Target: 30 lbs EZ-Bar / Weights	14:57 R 12 W	R 12 W	R 12 W	R 12 W
		13 Reverse Grip Row - 15 Target: 10 lbs EZ-Bar / Weights	14:18 R 15 W	R 15 W	R 15 W	R 15 W
3 - Force Set		14 One-Arm Row - 5 Target: 50 lbs RT - 13:01 / LT - 11:34 Bench / Dumbbell	RT 5 W LT 5 W	RT 5 W LT 5 W	RT 5 W LT 5 W	RT 5 W LT 5 W
		15 One-Arm Row - 5 Target: 50 lbs RT - 12:50 / LT - 11:21 Bench / Dumbbell	RT 5 W LT 5 W	RT 5 W LT 5 W	RT 5 W LT 5 W	RT 5 W LT 5 W
		16 One-Arm Row - 5 Target: 50 lbs RT - 12:38 / LT - 11:07 Bench / Dumbbell	RT 5 W LT 5 W	RT 5 W LT 5 W	RT 5 W LT 5 W	RT 5 W LT 5 W
		17 One-Arm Row - 5 Target: 50 lbs RT - 12:24 / LT - 10:53 Bench / Dumbbell	RT 5 W LT 5 W	RT 5 W LT 5 W	RT 5 W LT 5 W	RT 5 W LT 5 W
		18 One-Arm Row - 5 Target: 50 lbs RT - 12:12 / LT - 10:40 Bench / Dumbbell	RT 5 W LT 5 W	RT 5 W LT 5 W	RT 5 W LT 5 W	RT 5 W LT 5 W
4 - Single Set	Rd 1	19 Deadlift - 15 Target: 35 lbs Dumbbells	9:34 R 15 W	R 15 W	R 15 W	R 15 W
	Rd 2	20 Deadlift - 12 Target: 65 lbs Dumbbells	8:15 R 12 W	R 12 W	R 12 W	R 12 W
	Rd 3	21 Deadlift - 8 Target: 80 lbs Dumbbells	6:57 R 8 W	R 8 W	R 8 W	R 8 W
	Rd 4	22 Deadlift - 8 (Drop Set) Target: 35 lbs Dumbbells	6:23 R 8 W	R 8 W	R 8 W	R 8 W
5 - Super Set	Round 1	23 Reverse Fly - 15 Target: 10 lbs Dumbbells	4:40 R 15 W	R 15 W	R 15 W	R 15 W
		24 Plank Rotation - 30s Target: 10 lbs Dumbbell	3:35 RT W LT W	RT W LT W	RT W LT W	RT W LT W
	Round 2	25 Reverse Fly - 12 Target: 10 lbs Dumbbells	2:49 R 12 W	R 12 W	R 12 W	R 12 W
		26 Plank Rotation - 30s Target: 10 lbs Dumbbell	2:15 RT W LT W	RT W LT W	RT W LT W	RT W LT W
Cool Down (1:38)						
Time (29 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 3B - BULK | BACK

### 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) EZ Curl Bar w/ Weighted Plates (and Spring Collars)
- 6) Worksheet and Pen
- 7) Water and Towel

\*Optional

### Legend

- R - Reps
- RT - Right
- LT - Left
- W - Weight
- U - Unassisted
- A - Assisted

\*Note - All Targeted Weights are Sag's Weights

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