

DATE / WEEK								
Warm-Up (1:54)								
1 - Single Set	Rd 1	01 Front to Back Lunge - 12 Target: 15 lbs 38:48 Dumbbells	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W
	Rd 2	02 Front to Back Lunge - 10 Target: 20 lbs 36:16 Dumbbells	RT 10 W LT 10 W	RT 10 W LT 10 W	RT 10 W LT 10 W	RT 10 W LT 10 W	RT 10 W LT 10 W	RT 10 W LT 10 W
	Rd 3	03 Fronttoot Back Lunge - 8 Target: 25 lbs 33:35 Dumbbells	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W
2 - Progressive Set	04 Squat - 15 Target: 15 lbs 30:56 Dumbbells	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W
	05 Squat - 12 Target: 20-25 lbs 30:17 Dumbbells	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W
	06 Squat - 8 Target: 30 lbs 29:33 Dumbbells	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W
	07 Squat - 8 Target: 15 lbs 27:49 Dumbbells	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W
	08 Squat - 12 Target: 20-25 lbs 27:24 Dumbbells	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W
	09 Squat - 15 Target: 30 lbs 26:49 Dumbbells	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W
3 - Force Set	10 Full to 1/2 Sumo Squat - 5 Target: 40 lbs 25:15 Dumbbells	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W
	11 Full to 1/2 Sumo Squat - 5 Target: 40 lbs 25:00 Dumbbells	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W
	12 Full to 1/2 Sumo Squat - 5 Target: 40 lbs 24:45 Dumbbells	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W
	13 Full to 1/2 Sumo Squat - 5 Target: 40 lbs 24:33 Dumbbells	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W
	14 Full to 1/2 Sumo Squat - 5 Target: 40 lbs 24:17 Dumbbells	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W	R 5 W LT 5 W
4 - Progressive Set	15 Split Squat w/ EZ Bar - 15 Target: 10 lbs RT-22:47 / LT-19:56 EZ-Bar / Weights	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W
	16 Split Squat w/ EZ Bar - 12 Target: 20 lbs RT-21:53 / LT-19:10 EZ-Bar / Weights	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W
	17 Split Squat w/ EZ Bar - 8 Target: 40 lbs RT-20:58 / LT-18:24 EZ-Bar / Weights	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W
	18 Split Squat w/ EZ Bar - 8 Target: 40 lbs RT-16:46 / LT-14:32 EZ-Bar / Weights	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W	RT 8 W LT 8 W
	19 Split Squat w/ EZ Bar - 12 Target: 20 lbs RT-16:12 / LT-13:59 EZ-Bar / Weights	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W	RT 12 W LT 12 W
	20 Split Squat w/ EZ Bar - 15 Target: 10 lbs RT-15:39 / LT-13:15 EZ-Bar / Weights	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W	RT 15 W LT 15 W
5 - Super Set	Round 1	21 Stiff Leg Deadlift - 15 Target: 15 lbs 11:38 Dumbbells	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W	R 15 W LT 15 W
		22 Alternating Side Squat - 10 Target: 15 lbs 10:52 Dumbbells	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W
	Round 2	23 Stiff Leg Deadlift - 12 Target: 20 lbs 9:21 Dumbbells	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W	R 12 W LT 12 W
		24 Alternating Side Squat - 10 Target: 15 lbs 8:34 Dumbbells	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W
	Round 3 / 4	25 Stiff Leg Deadlift - 8 Target: 30 lbs 7:04 Dumbbells	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W
6 - Super Set		26 Stiff Leg Deadlift - 8 (Drop Set) Target: 20 lbs 6:35 Dumbbells	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W	R 8 W LT 8 W
		27 Alternating Side Squat - 8 Target: 20 lbs 07:27 Dumbbells	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W	R 10 W LT 10 W
	Round 1	28 Calf Raise (Right) - 50 Target: 25 lbs Bench / Dumbbells	RT 50 W LT 50 W	RT 50 W LT 50 W	RT 50 W LT 50 W	RT 50 W LT 50 W	RT 50 W LT 50 W	RT 50 W LT 50 W
		29 Beast Abs - 30s (B-E-A-S-T) 3:41 Mat	T T	T T	T T	T T	T T	T T
	Round 2	30 Calf Raise (Left) - 50 Target: 25 lbs Bench / Dumbbells	LT 50 W LT 50 W	LT 50 W LT 50 W	LT 50 W LT 50 W	LT 50 W LT 50 W	LT 50 W LT 50 W	LT 50 W LT 50 W
		31 Beast Abs - 30s (T-S-E-A-B) 1:57 Mat	T T	T T	T T	T T	T T	T T
Cool Down (1:31)								
		Time (41 Min)	Start End Total	Start End Total	Start End Total	Start End Total	Start End Total	Start End Total
		Average Heart Rate (BPM)	Ave BPM	Ave BPM	Ave BPM	Ave BPM	Ave BPM	Ave BPM
		Calories Burned	Cals	Cals	Cals	Cals	Cals	Cals
BODY BEAST, DISC 3C - BULK   LEGS								

## BODY BEAST, DISC 3c - BULK | LEGS

**Tools**  
 1) Bench\* (or Stability Ball)  
 2) EZ Curl Bar w/ Weighted Plates (and Spring Collars)  
 3) Weights  
 4) Worksheet and Pen  
 5) Water and Towel  
 \*Optional

**Legend**  
**R** - Reps  
**RT** - Right  
**LT** - Left  
**W** - Weight  
**\*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  
 947.341.7627  
 thrive-revolution.com