

		DATE / WEEK						PERSONAL RECORD & TOTALS	
Warm-Up (2:49)									
1 - Super Set	Round 1	01 Lateral Raise - 15 Target: 10 lbs	31:31 Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W	
		02 Arnold Press - 15 Target: 30 lbs	30:50 Bench / Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W	
	Round 2	03 Lateral Raise - 12 Target: 15 lbs	29:04 Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W	
		04 Arnold Press - 12 Target: 40 lbs	28:29 Bench / Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W	
	Round 3	05 Lateral Raise - 8 Target: 20 lbs	27:04 Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W	
		06 Arnold Press - 8 Target: 50 lbs	26:37 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W	
		07 Arnold Press - 8 (Drop Set) Target: 30 lbs	26:04 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W	
2 - Progressive Set		08 Upright Row - 15 Target: 10 lbs	23:56 EZ-Bar / Weights	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W	
		09 Upright Row - 12 Target: 20 lbs	22:55 EZ-Bar / Weights	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W	
		10 Upright Row - 8 Target: 40 lbs	22:15 EZ-Bar / Weights	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W	
		11 Upright Row - 8 Target: 40 lbs	20:31 EZ-Bar / Weights	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W	
		12 Upright Row - 12 Target: 20 lbs	20:02 EZ-Bar / Weights	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W	
		13 Upright Row - 15 Target: 10 lbs	19:19 EZ-Bar / Weights	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W	
3 - Super Set	Round 1	14 Alternating Front Raise - 15 Target: 10 lbs	17:23 Bench / Dumbbells	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	
		15 Plate Twist - Twist - 10 Target: 25 lbs	16:10 Bench / Weight	R 10 W	R 10 W	R 10 W	R 10 W	R 10 W	
	Round 2	14 Alternating Front Raise - 12 Target: 25 lbs	15:03 Bench / 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	
		15 Plate Twist - Twist - 10 Target: 25 lbs	14:07 Bench / Weight	R 10 W	R 10 W	R 10 W	R 10 W	R 10 W	
	Round 3	16 Alternating Front Raise - 8 Target: 30 lbs	12:37 Bench / 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	
		17 Plate Twist - Twist - 10 Target: 25 lbs	12:00 Bench / Weight	R 10 W	R 10 W	R 10 W	R 10 W	R 10 W	
4 - Progressive Set		18 Reverse Fly - 15 Target: 10 lbs	9:57 Bench / Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W	
		19 Reverse Fly - 12 Target: 15 lbs	8:57 Bench / Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W	
		20 Reverse Fly - 8 Target: 20 lbs	8:10 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W	
		21 Reverse Fly - 8 Target: 20 lbs	6:29 Bench / Dumbbells	R 8 W	R 8 W	R 8 W	R 8 W	R 8 W	
		22 Reverse Fly - 12 Target: 15 lbs	5:56 Bench / Dumbbells	R 12 W	R 12 W	R 12 W	R 12 W	R 12 W	
		23 Reverse Fly - 15 Target: 10 lbs	5:13 Bench / Dumbbells	R 15 W	R 15 W	R 15 W	R 15 W	R 15 W	
5 - Super Set	Round 1	24 Superman Stretch - 10	3:55 Mat	R 10	R 10	R 10	R 10	R 10	
		25 Plank Twist-Twist - 30s	3:10 Mat	R	R	R	R	R	
	Round 2	26 Superman Stretch - 10	2:32 Mat	R 10	R 10	R 10	R 10	R 10	
		27 Plank Twist-Twist - 30s	1:49 Mat	R	R	R	R	R	
Cool Down (1:18)									
		Time (35 Min)	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		
		Calories Burned	_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals		
BODY BEAST, DISC 4A - BULK SHOULDERS									

Tools

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

Legend

- R** - Reps
RT - Right
LT - Left
W - Weight

***Note** - All Targeted Weights are Sagi's Weights

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