

| DATE / WEEK | | | | | | |
|-------------|---|---|---|---|---|---|
| Warm Up | Warm Up Target: 2:56 | T _____ | T _____ | T _____ | T _____ | T _____ |
| | | | | | | |
| Workout | 01 Squat Press Target: Max Reps (1:00) 15:00 Medicine Ball | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | 02 Side Lunge - L Target: Max Reps (1:00) 13:48 Medicine Ball | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | 03 Side Lunge - R Target: Max Reps (1:00) 12:39 Medicine Ball | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | 04 Reverse Lunge - R Target: Max Reps (1:00) 11:29 Medicine Ball | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | 05 Reverse Lunge - L Target: Max Reps (1:00) 10:07 Medicine Ball | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | 06 Sumo Twist Target: Max Reps (1:00) 8:53 Medicine Ball | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | 07 Deadlift Crunch - L Target: Max Reps (1:00) 7:28 Medicine Ball | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | 08 Deadlift Crunch - R Target: Max Reps (1:00) 6:00 Medicine Ball | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | 09 Step-Up Press - R Target: Max Reps (1:00) 4:51 Medicine Ball | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| | 10 Step-Up Press - L Target: Max Reps (1:00) 3:22 Medicine Ball | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ | R _____ W _____ |
| Cool Down | Cool Down Target: 2:13 | T _____ | T _____ | T _____ | T _____ | T _____ |
| Summary | Time (17:56) | 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 |
| | | | | | | |

HAMMER AND CHISEL, DISC D1 - 15 MIN LEG HAMMER

Tools

- 1) Medicine Ball (or weight)
- 2) Worksheet and Pen
- 3) Water

Legend

- R** - Reps
L - Left

Mike Roberts
Mike Roberts

Certified Personal Trainer
Certified Health Coach
P90X Certified Trainer
Insanity Certified Trainer

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