

DATE / WEEK						
Warm Up	<b>Warm Up</b> Target: 3:32	T _____	T _____	T _____	T _____	T _____
Workout	<b>01 / 11</b> High Knees Target: Max Reps (1:00) 34:08 / 16:16	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>02 / 12</b> Plank X Tap Target: Max Reps (1:00) 32:46 / 15:06	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>03 / 13</b> Grapevine Shuffle Target: Max Reps (1:00) 30:52 / 13:29	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>04 / 14</b> Lateral Squat Hop Target: Max Reps (1:00) 29:13 / 12:01	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>05 / 15</b> Multidirectional Lunge Target: Max Reps (0:30 each side) 27:30 / 10:34	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>06 / 16</b> Rotating Squat Jump Target: Max Reps (1:00) 25:54 / 9:07	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>07 / 17</b> Skater Triangle Target: Max Reps (1:00) 24:26 / 7:45	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>08 / 18</b> Diagonal Jump Lunge Target: Max Reps (1:00) 22:33 / 6:17	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>09 / 19</b> Circle In & Out Target: Max Reps (1:00) 20:46 / 4:51	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>10 / 20</b> Diagonal Squat Jump Target: Max Reps (1:00) 19:00 / 3:22	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
Round 1 Only - Break (1:00)						
Cool Down	<b>Cool Down</b> Target: 1:49	T _____	T _____	T _____	T _____	T _____
Summary	<b>Time (37:40)</b>	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
	<b>Average Heart Rate (BPM)</b>	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
	<b>Calories Burned</b>	_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals
<b>HAMMER AND CHISEL, DISC C3 - CHISEL AGILITY</b>						

**Tools**

- 1) Worksheet and Pen
- 2) Water and 2 Towels

**Legend**

- R1** - Round 1  
**R2** - Round 2

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