

DATE / WEEK							
Warm Up	Warm Up Target: 4:18	Bands	T	T	T	T	T
Workout	01a Legs: Reverse Lunge - R Target: Max Reps (1:00)	31:30	R	R	R	R	R
	01b Legs: Reverse Lunge - R (Heavy) Target: 8 Reps	29:51 Dumbbells	R W	R W	R W	R W	R W
	02a Legs: Reverse Lunge - L Target: Max Reps (1:00)	29:16	R	R	R	R	R
	02b Legs: Reverse Lunge - L (Heavy) Target: 8 Reps	28:03 Dumbbells	R W	R W	R W	R W	R W
	03a Chest: Push-Up Target: Max Reps (1:00)	27:35	R	R	R	R	R
	03b Chest: Bench Press (Heavy) Target: 8 Reps	26:13 Dumbbells / Bench	R W	R W	R W	R W	R W
	04a Legs: Squat Target: Max Reps (1:00)	25:19	R	R	R	R	R
	04b Legs: Shoulder Squat (Heavy) Target: 8 Reps	23:46 Dumbbells	R W	R W	R W	R W	R W
	05a Back: Pull-Up Target: Max Reps (1:00)	23:02 Chin Up Bar	U A	U A	U A	U A	U A
	05b Back: Pullover (Heavy) Target: 8 Reps	21:10 Dumbbell / Bench	R W	R W	R W	R W	R W
	06a Legs: Good Morning Target: Max Reps (1:00)	19:56	R	R	R	R	R
	06b Legs: Stiff Leg Deadlift Target: 8 Reps	18:30 Dumbbells	R W	R W	R W	R W	R W
	07a Back: Chin Up Target: Max Reps (1:00)	17:40	U A	U A	U A	U A	U A
	07b Back: 1 Arm Row - R (Heavy) Target: 8 Reps	16:04 Dumbbell / Bench	R W	R W	R W	R W	R W
	07c Back: 1 Arm Row - L (Heavy) Target: 8 Reps	15:26 Dumbbell / Bench	R W	R W	R W	R W	R W
	08a Legs: Stay Low Sumo Target: Max Reps (1:00)	14:51	R	R	R	R	R
	08b Back: Sumo Squat (Heavy) Target: 8 Reps	13:23 Dumbbells	R W	R W	R W	R W	R W
	09a Shoulder: Band Military Press Target: Max Reps (1:00)	12:41 Resistance Band	R BC	R BC	R BC	R BC	R BC
	09b Shoulder: Military Press (Heavy) Target: 8 Reps	11:07 Dumbbell / Bench	R W	R W	R W	R W	R W
	10a Legs: Split Squat - R Target: Max Reps (1:00)	10:05 Bench	R	R	R	R	R
	10b Legs: Step-Up - R (Heavy) Target: 8 Reps	8:20 Dumbbell / Bench	R W	R W	R W	R W	R W
	11a Legs: Split Squat - L Target: Max Reps (1:00)	7:29 Bench	R	R	R	R	R
	11b Legs: Step-Up - L (Heavy) Target: 8 Reps	6:09 Dumbbell / Bench	R W	R W	R W	R W	R W
	12a Calves: Ledge Calf Raise Target: Max Reps (1:00)	5:31 Bench	R	R	R	R	R
12b Calves: Ledge Calf Raise (Heavy) Target: 8 Reps	3:50 Dumbbell / Bench	R W	R W	R W	R W	R W	
Cool Down	Cool Down Target: 2:47		T	T	T	T	T
Summary	Time (35:48)		Start	Start	Start	Start	Start
			End	End	End	End	End
			Total	Total	Total	Total	Total
	Average Heart Rate (BPM)		Ave	Ave	Ave	Ave	Ave
	Calories Burned		Cals	Cals	Cals	Cals	Cals

HAMMER AND CHISEL, DISC H2 - MAX HAMMER STRENGTH

- Tools**
- 1) Bench (or Stability Ball)
 - 2) Weights
 - 3) Chin-Up Bar (or Bands w/ Door Attachment Kit)
 - 4) Chin-Up Max*
 - 5) Resistance Bands (or Towel)
 - 6) Worksheet and Pen
 - 7) Water and Towel
- *Optional

Legend
W - Weights
R - Reps
U - Unassisted
A - Assisted
T - Time

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