



DATE / WEEK						
Workout	<b>01</b> C-Sit Tap Target: Max Reps (1:00)	11:56	R _____	R _____	R _____	R _____
	<b>02</b> Forearm Run Target: Max Reps (1:00)	10:39	R _____	R _____	R _____	R _____
	<b>03</b> Up Down Reach Target: Max Reps (1:00)	9:22	R _____	R _____	R _____	R _____
	<b>04</b> Oblique Crunch Twist - R Target: Max Reps (1:00)	8:02	R _____	R _____	R _____	R _____
	<b>05</b> Oblique Crunch Twist - L Target: Max Reps (1:00)	6:49	R _____	R _____	R _____	R _____
	<b>06</b> Side Plank Wing - R Target: Max Reps (1:00)	5:38	R _____	R _____	R _____	R _____
	<b>07</b> Side Plank Wing - L Target: Max Reps (1:00)	4:14	R _____	R _____	R _____	R _____
	<b>08</b> Windshield Wiper Target: Max Reps (1:00)	2:54	R _____	R _____	R _____	R _____
	<b>09</b> Hammer Run Target: Max Reps (1:00)	1:23	R _____	R _____	R _____	R _____
Summary	<b>Time (11:56)</b>		Start _____	Start _____	Start _____	Start _____
			End _____	End _____	End _____	End _____
			Total _____	Total _____	Total _____	Total _____
	<b>Average Heart Rate (BPM)</b>		Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
<b>Calories Burned</b>			_____ Cals	_____ Cals	_____ Cals	_____ Cals

## HAMMER AND CHISEL, DISC H1 - 10 MIN AB HAMMER

### Tools

- 1) Mat
- 2) Worksheet and Pen
- 3) Water

### Legend

R - Reps

Mike Roberts

Mike Roberts

Certified Personal Trainer

Certified Health Coach

P90X Certified Trainer

Insanity Certified Trainer

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