

DATE / WEEK						
Warm Up	<b>Warm Up</b> Target: 4:34 Bands	T _____	T _____	T _____	T _____	T _____
Workout	<b>01 Chest:</b> Push Up Target: 10 Reps + 10 Fast Reps 18:26	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	<b>02 Legs:</b> Static Lunge - L Target: 10 Reps + 10 Fast Reps 17:23 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>03 Legs:</b> Static Lunge - R Target: 10 Reps + 10 Fast Reps 16:20 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>04 Back:</b> Chin Ups Target: 10 Reps + 10 Fast Reps 15:32 Chin Up Bar	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	<b>05 Back:</b> Deadlift Target: 10 Reps + 10 Fast Reps 14:12 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>06 Shoulders:</b> Side Lateral Raise Target: 10 Reps + 10 Fast Reps 12:43 Dumbbells / Bench	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>07 Legs:</b> Sumo Squat Target: 10 Reps + 10 Fast Reps 11:29 Dumbbell	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>08 Back:</b> Rear Delt Cross Fly Target: 10 Reps + 10 Fast Reps 10:08 Dumbbells	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____	R _____ BC _____
	<b>09 Legs:</b> Pistol Squat - L Target: 10 Reps + 10 Fast Reps 8:43 Dumbbell	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>10 Legs:</b> Pistol Squat - R Target: 10 Reps + 10 Fast Reps 7:20 Dumbbell	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>11 Biceps:</b> Curl Face Down Target: 10 Reps + 10 Fast Reps 6:30 Dumbbells / Bench	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>12 Legs:</b> Calf Raises Target: 10 Reps + 10 Fast Reps 4:58 Dumbbells or Bench	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	<b>13 Triceps:</b> Tricep Kickback Twist Target: 10 Reps + 10 Fast Reps 3:37 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Cool Down	<b>Cool Down</b> Target: 2:11	T _____	T _____	T _____	T _____	T _____
Summary	<b>Time (23:01)</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

## HAMMER AND CHISEL, DISC H1 - ISO SPEED HAMMER

### Tools

- 1) Bench (or Stabiity 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 2 Towels

\*Optional

### Legend

- W** - Weights  
**R** - Reps  
**U** - Unassisted  
**A** - Assisted  
**T** - Time  
**BC** - Band Color

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