



DATE / WEEK						
Warm Up	Warm Up Target: 3:37	T _____	T _____	T _____	T _____	T _____
	01 / 11 Over The Top Target: Max Reps (1:00) 34:31 / 17:01 Dumbbell / Bench	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	02 / 12 Pull-Up Target: Max Reps (1:00) 32:37 / 15:50 Chin Up Bar	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____
	03 / 13 Dumbbell Swing Target: Max Reps (1:00) 31:17 / 14:15 Dumbbell	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	04 / 14 Figure 8 Target: Max Reps (1:00) 29:07 / 12:50 Dumbbell / Mat	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	05 / 15 Burpee Target: Max Reps (1:00) 27:20 / 11:13	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	06 / 16 Sword Pull - L Target: Max Reps (1:00) 25:43 / 9:44 Dumbbell	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	07 / 17 Sword Pull - R Target: Max Reps (1:00) 23:58 / 8:10 Dumbbell	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	08 / 18 Forearm Plank Kick Target: Max Reps (1:00) 22:39 / 6:56 Mat	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	09 / 19 Side Step-Up Kick - R Target: Max Reps (1:00) 20:55 / 5:33 Dumbbell / Bench	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	10 / 20 Side Step-Up Kick - L Target: Max Reps (1:00) 19:18 / 4:05 Dumbbell / Bench	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
Round 1 Only - Break (1:00)						
Cool Down	Cool Down Target: 2:37	T _____	T _____	T _____	T _____	T _____
	Time (38:08)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
Summary	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 C2 - CHISEL CARDIO

Tools

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

Legend

- R1** - Round 1 Reps
R2 - Round 2 Reps
W - Weights
U - Unassisted
A - Assisted
T - Time

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