

DATE / WEEK						
Warm Up	Warm Up Target: 1:00	T _____	T _____	T _____	T _____	T _____
Workout	01 Sumo Jacks Target: 25 Reps 16:23 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	02 Split Squat - R Target: 25 Reps 15:16 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03 Split Squat - L Target: 25 Reps 13:45 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	04 Jumping Curtsy Lunge Target: 25 Reps 12:26 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	05 Warrior 3 - R Target: 25 Reps 11:16 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	06 Warrior 3 - L Target: 25 Reps 9:17 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	07 Side Lunge Ball Pull - R Target: 25 Reps 7:40 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	08 Side Lunge Ball Pull - L Target: 25 Reps 5:55 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	09 Bridge on Ball - R Target: 25 Reps 4:30 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 Bridge on Ball - L Target: 25 Reps 2:45 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Cool Down	Cool Down Target: 1:16	T _____	T _____	T _____	T _____	T _____
Summary	Time (17:23)	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
	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 D1 - 15 MIN GLUTE CHISEL

Tools

- 1) Medicine Ball (or weight)
- 2) Worksheet and Pen
- 3) Water

Legend

- R** - Reps
L - Left

Mike Roberts
Mike Roberts

Certified Personal Trainer
Certified Health Coach
P90X Certified Trainer
Insanity Certified Trainer

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