

DATE / WEEK						
Warm Up	Warm Up Target: 3:38	T _____	T _____	T _____	T _____	T _____
Round 1	01 1-Leg Squat Sit Target: 15 Per Side 36:41 Weight / Bench	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____
	02 1-Leg Squat Sit Target: 15 Reps Per Side 34:16 Weight / Bench	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____
Round 2	03 1-Leg Bridge Pullover Target: 15 Reps Per Side 32:09 Dumbbells	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____	L _____ W _____ R _____ W _____
Round 3	04 1-Leg Squat Deadlift Target: 15 Reps Per Side 29:16 Dumbbells	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
	05 1-Leg Squat Deadlift Target: 15 Reps Per Side 26:48 Dumbbells	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
Round 4	06 Up-Down Target: 15 Reps Per Side 24:35 Bench or Mat	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
Round 5	07 Split Squat Jump Target: 15 Reps Per Side 22:15 Bench	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
	08 Split Squat Jump Target: 15 Reps Per Side 20:21 Bench	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
Round 6	09 Renegade Row Leg Lift Target: 15 Reps Per Side 18:28 Bench / Dumbbell	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
	10 Renegade Row Leg Lift Target: 15 Reps Per Side 16:33 Bench / Dumbbell	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
Round 7	11 1-Arm Press Bridge Target: 15 Reps Per Side 14:49 Bench / Dumbbell	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
	12 1-Arm Press Bridge Target: 15 Reps Per Side 12:46 Bench / Dumbbell	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
Round 8	13 Balance Row Pistol Squat Target: 15 Reps Per Side 10:57 Dumbbells	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
	14 Balance Row Pistol Squat Target: 12 Reps 6:47 Dumbbells	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____	R _____ W _____ L _____ W _____
Cool Down	Cool Down Target: 2:28	T _____	T _____	T _____	T _____	T _____
Summary	Time (40:19)	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 C1 - CHISEL BALANCE

Tools

- 1) Bench(or Stability Ball)
 - 2) Weights
 - 3) Mat*
 - 4) Worksheet and Pen
 - 5) Water and 2 Towels
- *Optional

Legend

- WT** - Weights
R - Right
L - Left
T - Time

Mike Roberts

Mike Roberts

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 Certified Health Coach
 P90X Certified Trainer
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