



DATE / WEEK							
Warm Up	Warm Up Target: 3:25	T_____	T_____	T_____	T_____	T_____	
	Round 1	01 / 04 / 07 Legs: Squat 31:49 / 28:50 / 26:40 Target: 10 Reps Dumbbells	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____
			R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____
			R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____
02 / 05 / 08 Chest: Bench Press 30:48 / 28:05 / 25:55 Target: 10 Reps Bench / Dumbbells		R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	
		R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	
		R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	
03 / 06 / 09 Back: Reverse Grip Row 29:51 / 27:15 / 25:05 Target: 10 Reps Dumbbells	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____		
	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____		
	R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____		
Break (1:00)							
Round 2	10 / 14 / 18 Legs: Lunge - R 23:30 / 19:57 / 16:42 Target: 10 Reps Dumbbells	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	
		R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	
		R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	
	11 / 15 / 19 Legs: Lunge - L 22:53 / 19:10 / 15:54 Target: 10 Reps Dumbbells	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	
		R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	
		R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	
	12 / 16 / 20 Chest: Incline Fly 22:25 / 18:39 / 15:26 Target: 10 Reps Bench / Dumbbells	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	
		R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	
R3_____W3_____		R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____		
13 / 17 / 21 Back: Lat Pull Over 21:12 / 17:39 / 14:30 Target: 10 Reps Bench / Dumbbells	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____		
	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____		
	R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____		
Break (1:00)							
Round 3	22 / 26 / 30 Legs: Step Down Cross Back - R 12:28 / 8:38 / 5:26 Target: 10 Reps Bench / Dumbbells	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	
		R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	
		R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	
	23 / 27 / 31 Legs: Step Down Cross Back - L 11:29 / 7:46 / 4:31 Target: 10 Reps Bench / Dumbbells	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	
		R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	
		R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____	
	24 / 28 / 32 Bicep: Incline Curl 10:49 / 7:05 / 3:49 Target: 10 Reps Bench / Dumbbells	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	R1_____W1_____	
		R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	R2_____W2_____	
R3_____W3_____		R3_____W3_____	R3_____W3_____	R3_____W3_____	R3_____W3_____		
25 / 29 / 33 Tricep: Bench Dips 9:36 / 6:02 / 2:54 Target: 10 Reps Bench	R1_____	R1_____	R1_____	R1_____	R1_____		
	R2_____	R2_____	R2_____	R2_____	R2_____		
	R3_____	R3_____	R3_____	R3_____	R3_____		
Cool Down	Cool Down Target: 2:06	T_____	T_____	T_____	T_____	T_____	
	Summary	Time (35:14)	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 C3 - TOTAL BODY CHISEL							

- Tools**
- 1) Bench (or Stabiity Ball)
  - 2) Weights
  - 3) Worksheet and Pen
  - 4) Water and 2 Towels

- Legend**
- W - Weights
  - R - Reps
  - U - Unassisted
  - A - Assisted
  - T - Time

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