

DATE / WEEK						
Warm Up	Warm Up Target: 3:22	T _____	T _____	T _____	T _____	T _____
Workout	01 Ball Squat Jumps Target: 4x (4 Reps + 4 sec) 25:36 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	02 Squat (Heavy) Target: 10 Reps 24:30 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03 Upright Row Target: 4x (4 Reps + 4 sec) 23:45 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	04 Pull-Up Target: 10 Reps 22:23 Chin Up Bar	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	05 Hanging Knee Curl Target: 16 Reps 21:51 Chin Up Bar	R _____	R _____	R _____	R _____	R _____
	06 Ball Plyo Lunge - R Target: 4x (4 Reps + 4sec) 21:00 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	07 Lunge - R (Heavy) Target: 10 Reps 20:00 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	08 Ball Plyo Lunge - L Target: 4x (4 Reps + 4sec) 19:25 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	09 Lunge - L (Heavy) Target: 10 Reps 18:29 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 Plyo Push-Up Target: 4x (4 Reps + 4 sec) 17:52	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	11 Chest Press (Heavy) Target: 10 Reps 16:38 Bench / Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	12 Half Spiderman Target: 16 Reps 15:54	R _____	R _____	R _____	R _____	R _____
	13 Ball Sumo Plyo Target: 4x (4 Reps + 4 sec) 14:41 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	14 Sumo Squat (Heavy) Target: 10 Reps 12:54 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15 Ball Push Press Target: 4x (4 Reps + 4 sec) 12:09 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	16 Military Press (Heavy) Target: 10 Reps 11:04 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	17 Ball Seated Toe Tap Target: 16 Reps 10:30 Bench / Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	18 Ball Knee Drivers - L Target: 4x (4 Reps + 4 sec) 9:28 Bench / Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	19 Side Step Up - L (Heavy) Target: 10 Reps 7:48 Bench	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	20 Ball Knee Drivers - R Target: 4x (4 Reps + 4 sec) 7:08 Bench / Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	21 Side Step Up - R (Heavy) Target: 10 Reps 5:58 Bench / Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	22 Bicep Curls Target: 4x (4 Reps + 4 sec) 5:17 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	23 Bicep Curls (Heavy) Target: 10 Reps 3:59 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	24 Triceo Kickbacks Target: 4x (4 Reps + 4 sec) 3:20 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	25 Trice Kickbacks (Heavy) Target: 10 Reps 2:13 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Cool Down	Cool Down Target: 1:37	T _____	T _____	T _____	T _____	T _____
Summary	Time (29:15)	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 D4 - POWER CHISEL

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

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

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