

DATE / WEEK						
Warm Up	Warm Up Target: 3:22	T _____	T _____	T _____	T _____	T _____
Workout	01 Legs: Sumo Squat Target: 3x (10 Reps + 10 sec) 31:27 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	02 Chest: Push-Up Target: 3x (10 Reps + 10 sec) 28:36	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	03 Legs: Split Squat - R Target: 3x (10 Reps + 10 sec) 26:02 Dumbbells / Bench	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	04 Legs: Split Squat - L Target: 3x (10 Reps + 10 sec) 22:57 Dumbbells / Bench	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	05 Back: Push-Up Target: 3x (10 Reps + 10 sec) 20:11 Dumbbells	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	06 Legs: Step-Up Side Hold - R Target: 3x (10 Reps + 10 sec) 17:25 Dumbbells / Bench	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	07 Legs: Step-Up Side Hold - L Target: 3x (10 Reps + 10 sec) 14:31 Dumbbells / Bench	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	08 Back: 1 Arm Row - R Target: 3x (10 Reps + 10 sec) 11:52 Dumbbell / Bench	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	09 Back: 1 Arm Row - L Target: 3x (10 Reps + 10 sec) 8:24 Dumbbell / Bench	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 Core: Sit-Up C-Curve Target: 3x (10 Reps + 10 sec) 6:42 Dumbbell / Mat	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	11 Shoulders: Lateral Raise Target: 3x (10 Reps + 10 sec) 3:26 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Summary	Time (34:49)	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 - ISO STRENGTH CHISEL						

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 2 Towels

*Optional

Legend

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

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