

DATE / WEEK						
Warm Up	Warm Up Target: 4:42	Bands	T _____	T _____	T _____	T _____
	01 Clock Push-Up Crunch (CW) Target: 12 Reps	25:08	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	02 Side Lunge Row - R Target: 12 Reps	23:54 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03 Clock Push-Up Crunch (CCW) Target: 12 Reps	22:36	U _____ A _____	U _____ A _____	U _____ A _____	U _____ A _____
	04 Side Lunge Row - L Target: 12 Reps	21:36 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Break (1:00)						
Round 1	05 Fly Lunge Twist - R Target: 12 Reps	19:40 Dumbbell	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	06 Sumo Squat Press Target: 12 Reps	18:24 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	07 Fly Lunge Twist - L Target: 12 Reps	17:16 Dumbbell	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	08 Sumo Squat Press Target: 12 Reps	15:34 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Break (0:40)						
Round 2	09 Burpee Renegade Upright Row Target: 12 Reps	14:06 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	10 Stiff Leg Deadlift Crunch - R Target: 12 Reps	12:36 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	11 Burpee Renegade Upright Row Target: 12 Reps	11:13 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	12 Stiff Leg Deadlift Crunch - L Target: 12 Reps	9:51 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Break (0:35)						
Round 3	13 Plank Raise Tap Crunch - R Target: 12 Reps	8:02	R _____	R _____	R _____	R _____
	14 Reverse Lunge Curl Kickback - L Target: 12 Reps	7:08 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15 Plank Raise Tap Crunch - L Target: 12 Reps	5:15	R _____	R _____	R _____	R _____
	16 Reverse Lunge Curl Kickback - R Target: 12 Reps	3:56 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Cool Down	Cool Down Target: 2:28		T _____	T _____	T _____	T _____
Summary	Time (29:50)		Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
	Average Heart Rate (BPM)		Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
	Calories Burned		_____ Cals	_____ Cals	_____ Cals	_____ Cals

HAMMER AND CHISEL, DISC H3 - HAMMER CONDITIONING

Tools

- 1) Weights
- 2) Resistance Bands (or Towel)
- 3) Worksheet and Pen
- 4) Water and Towel

Legend

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

Mike Roberts

Mike Roberts

Certified Personal Trainer

Certified Health Coach

P90X Certified Trainer

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