



DATE / WEEK						
Workout	01 Forearm Plank <i>Target: Max Reps (1:00)</i> 10:14 <i>Bench</i>	R _____	R _____	R _____	R _____	R _____
	02 Seated Rainbows <i>Target: Max Reps (1:00)</i> 8:41 <i>Bench</i>	R _____	R _____	R _____	R _____	R _____
	03 Forearm Plank Cross <i>Target: Max Reps (1:00)</i> 7:17 <i>Bench</i>	R _____	R _____	R _____	R _____	R _____
	04 Unicorn <i>Target: Max Reps (1:00)</i> 5:54 <i>Bench</i>	R _____	R _____	R _____	R _____	R _____
	05 Bird Dog Crunch <i>Target: Max Reps (1:00)</i> 4:34 <i>Bench</i>	R _____	R _____	R _____	R _____	R _____
	06 C-Sit Scissors <i>Target: Max Reps (1:00)</i> 3:06 <i>Bench</i>	R _____	R _____	R _____	R _____	R _____
	07 Side Arm Twist - L / R <i>Target: Max Reps Each Side (2 x 0:30)</i> 1:41 <i>Bench</i>	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____	R _____ L _____
Summary		Start _____	Start _____	Start _____	Start _____	Start _____
	Time (10:14)	End _____	End _____	End _____	End _____	End _____
		Total _____	Total _____	Total _____	Total _____	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 - 10 MIN AB CHISEL

Tools

- 1) Mat
- 2) Bench
- 3) Worksheet and Pen
- 4) Water

Legend

- R** - Reps
L - Left

Mike Roberts
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