

DATE / WEEK						
Warm Up	Warm Up Target: 1:30	T _____	T _____	T _____	T _____	T _____
Workout	01 Reverse Lunge Twist Target: 30 Reps 15:20	R _____	R _____	R _____	R _____	R _____
	02 Shuffle Target: 30 Reps 14:19	R _____	R _____	R _____	R _____	R _____
	03 Sumo Squat Hop Target: 30 Reps 13:09	R _____	R _____	R _____	R _____	R _____
	04 3-Way Lunge Target: 15 Reps Per Side 11:53	R _____	R _____	R _____	R _____	R _____
	05 1 Leg Squat - L Target: 30 Reps 10:23	R _____	R _____	R _____	R _____	R _____
	06 1 Leg Squat - R Target: 30 Reps 8:57	R _____	R _____	R _____	R _____	R _____
	07 Clock Lunge Pulse - L Target: 13 Reps 7:50	R _____	R _____	R _____	R _____	R _____
	08 Clock Lunge Pulse - R Target: 13 Reps 6:45	R _____	R _____	R _____	R _____	R _____
	09 Lateral Squat Hops Target: 30 Reps 6:15	R _____	R _____	R _____	R _____	R _____
	10 Sumo Jacks Target: 30 Reps 5:05	R _____	R _____	R _____	R _____	R _____
	11 Narrow Wide Burpee Target: 30 Reps 3:46	R _____	R _____	R _____	R _____	R _____
Cool Down	Cool Down Target: 1:50	T _____	T _____	T _____	T _____	T _____
Summary	Time (16:50)	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 HC1 - MASTER'S CARDIO

Tools

- 1) Worksheet and Pen
- 2) Water and 2 Towels

Legend

R - Reps

Mike Roberts

Mike Roberts
Certified Personal Trainer
Certified Health Coach
P90X Certified Trainer
Insanity Certified Trainer

mike@thrive-revolution.com
847.341.7627
thrive-revolution.com

