



DATE / WEEK						
Warm Up	<b>Warm Up</b> Target: 3:01	T _____	T _____	T _____	T _____	T _____
Round 1	<b>01/04 Chest:</b> Bench Press Target: 10 + 8 + 6 Reps 38:54 / 32:26 Bench / Dumbbells	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____
		R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____
	<b>02/05 Legs:</b> Squat Target: 10 + 8 + 6 Reps 36:38 / 30:32 Dumbbells	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____
		R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____
	<b>03/06 Back:</b> Reverse Grip Row Target: 10 + 8 + 6 Reps 34:40 / 28:44 Dumbbells	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____
		R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____
<b>Break (1:00)</b>						
Round 2	<b>07/10 Chest:</b> Incline Fly Target: 10 + 8 + 6 Reps 25:39 / 19:47 Dumbbells / Bench	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____
		R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____
	<b>08/11 Legs:</b> Reverse Lunge - RT / LT Target: 10 + 8 + 6 Reps 23:49 / 17:32 Dumbbells	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____
		R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____
	<b>09/12 Back:</b> Wide Pull Up Target: 10 + 8 + 6 Reps 22:07 / 15:59 Chin Up Bar	R1-U _____ A _____	R1-U _____ A _____	R1-U _____ A _____	R1-U _____ A _____	R1-U _____ A _____
		R2-U _____ A _____	R2-U _____ A _____	R2-U _____ A _____	R2-U _____ A _____	R2-U _____ A _____
<b>Break (1:00)</b>						
Round 3	<b>13/16 Shoulders:</b> Military Press Target: 10 + 8 + 6 Reps 13:30 / 8:37 Dumbbells / Bench	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____
		R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____
	<b>14/17 Legs:</b> Split Squat - RT / LT Target: 10 + 8 + 6 Reps 12:24 / 6:38 Dumbbell / Bench	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____
		R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____
	<b>15/18 Shoulders:</b> Post Delt Fly- RT / LT Target: 10 + 8 + 6 Reps 10:29 / 5:01 Dumbbell / Bench	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____	R1 _____ W _____
		R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____	R2 _____ W _____
Cool Down	<b>Cool Down</b> Target: 3:21	T _____	T _____	T _____	T _____	T _____
Summary	<b>Time (42:55)</b>	Start _____	Start _____	Start _____	Start _____	Start _____
		End _____	End _____	End _____	End _____	End _____
		Total _____	Total _____	Total _____	Total _____	Total _____
	<b>Average Heart Rate (BPM)</b>	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
<b>Calories Burned</b>	_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals	

## HAMMER AND CHISEL, DISC H2 - TOTAL BODY HAMMER

### Tools

- 1) Bench(or Syability Ball)
- 2) Weights
- 3) Chin-Up Bar (or Bands w/ Door Attachment Kit)
- 4) Chin-Up Max\*
- 5) Resistance Bands (or Towel)
- 6) Worksheet and Pen
- 7) Water and Towel

\*Optional

### Legend

- W** - Weights  
**R1** - Round 1  
**R2** - Round 2  
**U** - Unassisted  
**A** - Assisted  
**T** - Time

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