



DATE / WEEK						
Workout (2 Rounds)	Warm Up Target: 3:37	T _____	T _____	T _____	T _____	T _____
	01 / 11 Bench Run Ups - L Target: Max Reps (1:00) 32:33 / 16:05 <i>Bench</i>	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	02 / 12 Bench Run Ups - R Target: Max Reps (1:00) 31:04 / 14:59 <i>Bench</i>	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	03 / 13 Neagtive Pull-Ups Target: Max Reps (1:00) 29:37 / 13:46 <i>Chin Up Bar</i>	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____
	04 / 14 Step-Up Cross Over - R Target: Max Reps (1:00) 27:55 / 12:25 <i>Dumbbell / Bench</i>	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	05 / 15 Step-Up Cross Over - L Target: Max Reps (1:00) 26:16 / 11:00 <i>Dumbbell / Bench</i>	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	06 / 16 Decline Push-Up Target: Max Reps (1:00) 24:51 / 9:32 <i>Bench</i>	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____	R1-U _____ A _____ R2-U _____ A _____
	07 / 17 1-Hand Row Leg Extension - R Target: Max Reps (1:00) 23:13 / 7:53 <i>Dumbbell / Bench</i>	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	08 / 18 1-Hand Row Leg Extension - L Target: Max Reps (1:00) 21:26 / 6:28 <i>Dumbbell / Bench</i>	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	09 / 19 Incline Press Target: Max Reps (1:00) 20:10 / 5:08 <i>Dumbbell / Bench</i>	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	10 / 20 Plank Hold Knee Taps Target: Max Reps (1:00) 18:31 / 3:42	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
Round 1 Only - Break (1:00)						
Cool Down Target: 2:18	T _____	T _____	T _____	T _____	T _____	
Summary	Time (36:11) Start _____ End _____ Total _____	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	Ave _____ BPM
	Calories Burned _____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals
	<h2 style="text-align: center;">HAMMER AND CHISEL, DISC C2 - CHISEL ENDURANCE</h2>					

Tools

- 1) Bench (or Stability Ball)
- 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

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

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

