



		DATE / WEEK						Personal Health & Notes
Warm Up	Warm Up							
	Target: 3:02	Bands	T_____	T_____	T_____	T_____	T_____	
Round 1 - Legs	01	Legs: Squat Target: Max Reps (0:30)	28:55 Medicine Ball or Weights	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	02	Legs: Front Back Lunge - R Target: Max Reps (0:30)	28:08 Medicine Ball or Weights	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	03	Legs: Front Back Lunge - L Target: Max Reps (0:30)	27:21 Medicine Ball or Weights	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	04	Legs: Step Up - R Target: Max Reps (0:15)	26:46 Bench / Dumbbells	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	05	Legs: Step Up - L Target: Max Reps (0:15)	26:05 Bench / Dumbbells	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
Break (0:25)								
Round 2 - Back	06	Back: Pull-Up Target: Max Reps (0:30)	25:21 Chin-Up Bar	U_____A_____	U_____A_____	U_____A_____	U_____A_____	U_____A_____
	07	Back: Reverse Grip Row Target: Max Reps (0:30)	24:52 Dumbbells	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	08	Back: Pullover Target: Max Reps (0:30)	23:56 Bench / Dumbbells	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	09	Back: Reverse Fly Target: Max Reps (0:30)	22:53 Dumbbells	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
Break (0:25)								
Round 3 - Chest	10	Chest: 1-Hand Push-Up - R Target: Max Reps (0:15)	21:25 Medicine Ball	U_____A_____	U_____A_____	U_____A_____	U_____A_____	U_____A_____
	11	Chest: 1-Hand Push-Up - L Target: Max Reps (0:15)	21:10 Medicine Ball	U_____A_____	U_____A_____	U_____A_____	U_____A_____	U_____A_____
	12	Chest: 1-Bench Fly Target: Max Reps (0:30)	20:51 Bench / Dumbbells	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	13	Chest: Feet on Ball Push-Up Target: Max Reps (0:30)	19:50 Medicine Ball	U_____A_____	U_____A_____	U_____A_____	U_____A_____	U_____A_____
	14	Chest: Incline Press Target: Max Reps (0:30)	18:57 Bench / Dumbbells	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
Break (0:25)								
Round 4 - Shoulders	15	Shoulders: Ball Military Press Target: Max Reps (0:30)	17:25 Medicine Ball or Weights	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	16	Shoulders: Lateral Raise Target: Max Reps (0:30)	16:55 Dumbbells	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	17	Shoulders: Upright Row Target: Max Reps (0:30)	16:01 Dumbbells	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
	18	Shoulders: Anterior Raise Target: Max Reps (0:30)	15:01 Medicine Ball or Weights	R_____W_____	R_____W_____	R_____W_____	R_____W_____	R_____W_____
Break (0:20)								

Round 5 - Biceps	19 Biceps: Standard Curls Target: Max Reps (0:30)	13:44 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	20 Biceps: Hammer Curl Target: Max Reps (0:30)	13:13 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	21 Biceps: Concentration Curls - L Target: Max Reps (0:15)	12:22 Bench / Dumbbell	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	22 Biceps: Concentration Curls - R Target: Max Reps (0:15)	11:34 Bench / Dumbbell	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	23 Biceps: Rotation Curls Target: Max Reps (0:30)	11:13 Bench / Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Break (0:38)							
Round 6 - Triceps	24 Triceps: Dips Target: Max Reps (0:30)	9:29 Bench	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	25 Triceps: Kickbacks - R Target: Max Reps (0:30)	8:59 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	26 Triceps: Kickbacks - L Target: Max Reps (0:30)	7:55 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	27 Triceps: Skull Crusher Target: Max Reps (0:30)	7:21 Bench / Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Break (0:33)							
Round 7 - Core	28 Core: Ball Plank Hold Target: Max Reps (0:30)	5:39 Medicine Ball	T _____	T _____	T _____	T _____	T _____
	29 Core: Ball Mountain Climber Target: Max Reps (0:30)	5:09 Medicine Ball	R _____	R _____	R _____	R _____	R _____
	30 Core: Windshield Wipers - R Target: Max Reps (0:30)	4:02 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	31 Core: Windshield Wipers - L Target: Max Reps (0:30)	2:34 Medicine Ball	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Cool Down	Cool Down Target: 1:55		T _____	T _____	T _____	T _____	T _____
Summary	Time (31:57)		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 D1 - HAMMER BUILD UP							

Tools

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

*Optional

Legend

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

