

DATE / WEEK						
Warm Up	Warm Up Target: 4:30	Bands	T _____	T _____	T _____	T _____
Round 1	01a Overhead Press (Light) Target: 10 Reps	33:40 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	01b Overhead Press (Medium) Target: 10 Reps	32:48 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	02a Squat (Light) Target: 10 Reps	32:09 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	02b Squats (Medium) Target: 10 Reps	31:18 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03a Thruster (Light) Target: 10 Reps	30:44 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	03b Thruster (Medium) Target: 10 Reps	29:53 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	04a Jerk Press - L (Light) Target: 5 Reps	29:09 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	04a Jerk Press - R (Light) Target: 5 Reps	28:07 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	05a Jerk Press - L (Medium) Target: 5 Reps	27:40 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	05b Jerk Press - R (Medium) Target: 5 Reps	27:02 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	06a Deadlift (Light) Target: 10 Reps	26:35 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	06b Deadlift (Medium) Target: 10 Reps	25:25 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	07a Shrug (Light) Target: 10 Reps	24:46 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	07b Shrug with extension (Medium) Target: 10 Reps	23:48 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	08a Upright Row (Light) Target: 10 Reps	22:58 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	08b Full Upright Row (Medium) Target: 10 Reps	21:55 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	09a Clean (Light) Target: 10 Reps	21:01 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	09b Full Range Clean (Medium) Target: 10 Reps	19:48 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Break (0:50)						
	10a Clean & Press (Light) Target: 10 Reps	17:54 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____

Round 2	10b Clean & Press (Heavy) Target: 5 Reps 17:09 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	11a Clean & Squat (Light) Target: 10 Reps 15:58 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	11b Clean & Squat (Heavy) Target: 5 Reps 14:29 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	12a Clean Squat Press (Light) Target: 10 Reps 13:48 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	12b Clean Squat Press (Heavy) Target: 5 Reps 12:17 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	13a Clean Squat Jerk - L (Light) Target: 5 Reps 11:10 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	13b Clean Squat Jerk - R (Light) Target: 5 Reps 10:00 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	13c Clean Squat Jerk (Heavy) Target: 5 Reps 9:13 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	14a 1-Arm Clean Squat Jerk - L (Light) Target: 10 Reps 8:10 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	14b 1-Arm Clean Squat Jerk - L (Heavy) Target: 5 Reps 6:10 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Cool Down	15a 1-Arm Clean Squat Jerk - R (Light) Target: 10 Reps 5:08 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15b 1-Arm Clean Squat Jerk - R (Heavy) Target: 5 Reps 3:44 Dumbbells	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Summary	Cool Down Target: 2:52	T _____	T _____	T _____	T _____	T _____
	Time (38:10)	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 H3 - HAMMER POWER

Tools

- 1) Weights
- 2) Resistance Bands (or Towel)
- 3) Worksheet and Pen
- 4) Water and Towel

*Optional

Legend

- W** - Weights
R - Reps
T - Time

Mike Roberts

Mike Roberts

Certified Personal Trainer

Certified Health Coach

P90X Certified Trainer

Insanity Certified Trainer

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