



DATE / WEEK						
Warm Up	<b>Warm Up</b> Target: 4:25	T _____	T _____	T _____	T _____	T _____
	Bands					
Workout (2 Rounds)	<b>01 / 10</b> Vertical Jump Target: Max Reps (0:30) 21:07 / 11:20	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>02 / 11</b> Burpee Pull-Up Target: Max Reps (0:30) 20:18 / 10:25 Chin-Up Bar	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 _____
	<b>03 / 12</b> Leg In & Outs Target: Max Reps (0:30) 19:22 / 9:35 Bench	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>04 / 13</b> Plyo Push-Up Taps Target: Max Reps (0:30) 18:18 / 8:35 Bench	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>05 / 14</b> Crazy Horse Target: Max Reps (0:30) 17:15 / 7:38 Bench	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>06 / 15</b> Chin-Up Crunch Squat Jump Target: Max Reps (0:30) 16:14 / 6:35 Chin-Up Bar	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 _____
	<b>07 / 16</b> Knee Driver Target: Max Reps (0:30) 15:01 / 5:24 Dumbbells	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____	R1 _____ W _____ R2 _____ W _____
	<b>08 / 17</b> Sumo Tuck Jump Target: Max Reps (0:30) 13:52 / 4:24	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
	<b>09 / 18</b> Lunge Lunge Squat Target: Max Reps (0:30) 13:00 / 3:27	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____	R1 _____ R2 _____
<b>Round 1 Only - Break (0:30)</b>						
Cool Down	<b>Cool Down</b> Target: 2:22	T _____	T _____	T _____	T _____	T _____
Summary	<b>Time (25:32)</b>	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ 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
<b>HAMMER AND CHISEL, DISC H1 - HAMMER PLYOMETRICS</b>						

#### Tools

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

\*Optional

#### Legend

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

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