

Hammer and chisel

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAT	SUNDAY
CHISEL BALANCE (41:03 mins) EQUIP: B or SB,W,M	HAMMER PLYMETRICS (26:27 mins) EQUIP: B or F,W,RIS-BAND or T,CH-Up or RIS-BAND,CH-UP MAX	ISO STRENGTH CHISEL (35:37 min) EQUIP: B or F,W,CH-UP or RIS-BAND, CH-UP MAX,M	REST	CHISEL ENDURANCE (36:55 mins) EQUIP: B or F,W,CH-UP,RIS-BAND, CH-UP MAX,M	TOTAL BODY HAMMER (43:45 mins) EQUIP: B or F,W,RIS-BAND or T,CH-Up or RIS-BAND,CH-UP MAX 10 MIN AB HAMMER (12:27 mins) EQUIP: M
CHISEL CARDIO (38:58 mins) EQUIP: B or F,W,CH-UP or RIS-BAND, CH-UP MAX,M	MAX HAMMER STRENGTH (36:51 mins) EQUIP: B or SB,W,RIS-BAND or T,CH-Up or RIS-BAND,CH-UP MAX	CHISEL AGILITY (38:27 mins) EQUIP: not needed	REST	CHISEL BALANCE (41:03 mins) EQUIP: B or SB,W, M	HAMMER CONDITIONING (30:41 mins) EQUIP: W, RIS-BAND or T
TOTAL BODY HAMMER (43:45 mins) EQUIP: B or F,W,RIS-BAND or T,CH-UP or RIS-BAND,CH-UP MAX	CHISEL AGILITY (38:27 mins) EQUIP: not needed	MAX HAMMER STRENGTH (36:51 mins) EQUIP: B or SB,W,RIS-BAND or T,CH-Up or RIS-BAND,CH-UP MAX 10 MIN AB HAMMER (12:27 mins) EQUIP: M	REST	HAMMER PLYOMETRICS (26:27 mins) EQUIP: B or F,W,RIS-BAND or T,CH-Up or RIS-BAND,CH-UP MAX	ISO STRENGTH CHISEL (35:37 min) EQUIP: B or F,W,CH-UP,RIS-BAND, CH-UP MAX,M
CHISEL ENDURANCE (36:55 mins) EQUIP: B or F,W,CH-UP or RIS-BAND, CH-UP MAX,M	MAX HAMMER STRENGTH (36:51 mins) EQUIP: B or SB,W,RIS-BAND or T,CH-Up or RIS-BAND,CH-UP MAX	CHISEL CARDIO (38:58 mins) EQUIP: B or F,W,CH-UP or RIS-BAND, CH-UP MAX,M	REST	CHISEL AGILITY (38:27 mins) EQUIP: not needed	HAMMER POWER (39:09 mins) EQUIP: W, RIS-BANDS or T 10 MIN AB HAMMER (12:27 mins) EQUIP: M

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Hammer and chisel

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAT	SUNDAY
TOTAL BODY CHISEL (36:04 mins) EQUIP: B or ST, W 10 MIN AB CHISEL (10:54 min) EQUIP: B or F, M	HAMMER POWER (39:09 mins) EQUIP: W, RIS-BANDS or T 10 MIN AB HAMMER (12:27 mins) EQUIP: M	CHISEL BALANCE (41:03 mins) EQUIP: B or SB, W, M	REST	CHISEL ENDURANCE (36:55 mins) EQUIP: B or F,W,CH-UP or RIS-BAND, CH-UP MAX,M	TOTAL BODY HAMMER (43:45 mins) EQUIP: B or F,W,RIS-BAND or T,CH-UP or RIS-BAND,CH-UP MAX
CHISEL AGILITY (38:27 mins) EQUIP: not needed	HAMMER CONDITIONING (30:41 mins) EQUIP: W, RIS-BAND or T 10 MIN AB HAMMER (12:27 mins) EQUIP: M	CHISEL CARDIO (38:58 mins) EQUIP: B or F,W,CH-UP or RIS-BAND, CH-UP MAX,M	REST	CHISEL BALANCE (41:03 mins) EQUIP: B or SB, W, M 10 MIN AB CHISEL (10:54 min) EQUIP: B or F, M	MAX HAMMER STRENGTH (36:51 mins) EQUIP: B or SB,W,RIS-BAND or T,CH-UP or RIS-BAND,CH-UP MAX
TOTAL BODY CHISEL (36:04 mins) EQUIP: B or SB, W 10 MIN AB CHISEL (10:54 min) EQUIP: B or F, M	ISO SPEED HAMMER (24:11 mins)EQUIP: B or SB,W,RIS-BAND or T,CH-UP or RIS-BAND,CH-UP MAX	ISO STRENGTH CHISEL (35:37 min)EQUIP: B or F,W,CH-UP,RIS-BAND, CH-UP MAX,M	REST	CHISEL CARDIO (38:58 mins) EQUIP: B or F,W,CH-UP or RIS-BAND, CH-UP MAX,M	TOTAL BODY HAMMER (43:45 mins) EQUIP: B or F,W,RIS-BAND or T,CH-Up or RIS-BAND,CH-UP MAX 10 MIN AB HAMMER (12:27 mins) EQUIP: M
CHISEL ENDURANCE (36:55 mins) EQUIP: B or F,W,CH-UP,RIS-BAND, CH-UPX,M 10 MIN AB CHISEL (10:54 min) EQUIP: B or F, M	MAX HAMMER STRENGTH (36:51 mins) EQUIP: B or SB,W,RIS-BAND or T,CH-UP or RIS-BAND,CH-UP MAX	CHISEL CARDIO (38:58 mins) EQUIP: B or F,W,CH-UP or RIS-BAND, CH-UP MAX,M	REST	TOTAL BODY CHISEL (36:04 mins) EQUIP: B or SB, W	HAMMER POWER (39:09 mins) EQUIP: W, RIS-BANDS or T 10 MIN AB HAMMER (12:27 mins) EQUIP: M

WEEK 5

WEEK 6

WEEK 7

WEEK 8

B=BENCH,F=FLOOR,W=WEIGHTS,SB=STABILITY BALL,RIS-BAND=RESISTANCE BAND,CH-UP=CHIN-UP BAR,CH-UP MAX=CHIN-UP MAX,M=MAT,T=TOWEL