



Chisel Balance

GF2 revolution

Date/Day					
Round 1					
1-Leg Squat Sit- 15	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
Round 2					
1-Leg Bridge Pullover- 15	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
Round 3					
1-Leg Squat Deadlift- 15	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
Round 4					
Up-Down	Rr _____	Rr _____	Rr _____	Rr _____	Rr _____
	Lr _____	Lr _____	Lr _____	Lr _____	Lr _____
Round 5					
Split Squat Jump	Rr _____	Rr _____	Rr _____	Rr _____	Rr _____
	Lr _____	Lr _____	Lr _____	Lr _____	Lr _____
	Rr _____	Rr _____	Rr _____	Rr _____	Rr _____
	Lr _____	Lr _____	Lr _____	Lr _____	Lr _____
Round 6					
Renegade Row Leg Lift	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
Round 7					
1-Arm Press Bridge- 15	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
Round 8					
Balance Row Pistol Squat- 15	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____
	Rw _____	Rw _____	Rw _____	Rw _____	Rw _____
	Lw _____	Lw _____	Lw _____	Lw _____	Lw _____

Equipment: Bench/Ball, Weights, Water, Towel, Mat

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