



Chisel Cardio

GF2 revolution

Date/Day					
All Rds 60 sec, Rd1 white, Rd2 Grey					
Over The Top	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Pull-Up	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____
Dumbbell Swing	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____
Figure 8	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____
Burpee	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____
Sword Pull - L	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____
Sword Pull - R	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____
Forearm Plank Kick	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____	r _____ r _____
Side Step-Up Kick - R	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____
Side Step-Up Kick - L	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____	w _____ w _____

Equipment: Bench, Weights/Bands, Chin Up Bar, Mat
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