



Chisel Endurance

GF2 revolution

Date/Day					
Rd 1 White, Rd 2 Grey					
Bench Run Ups - L	_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
	_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
Bench Run Ups - R	_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
	_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
Negative Pull-Ups	r_____	r_____	r_____	r_____	r_____
	r_____	r_____	r_____	r_____	r_____
Step-Up Cross Over - R	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____
	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____
Step-Up Cross Over - L	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____
	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____
Decline Push-Up	r_____	r_____	r_____	r_____	r_____
	r_____	r_____	r_____	r_____	r_____
1-Hand Row Leg Ext. - R	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____
	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____
1-Hand Row Leg Ext. - L	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____
	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____
Incline Press	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____
	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____	r_____ w_____
Plank Hold Knee Tap	_____ sec	_____ sec	_____ sec	_____ sec	_____ sec
	_____ sec	_____ sec	_____ sec	_____ sec	_____ sec

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