



Hammer Build Up

info@gf2revolution.com



GF2|revolution

Date/Day					
Round 1 White 30 sec / grey 15 sec					
Squat	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Front Back Lunge -R	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Front Back Lunge -L	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Step-Up -R	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Step-Up -L	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Round 2 All sets 30 sec					
Pull-Up	r _____	r _____	r _____	r _____	r _____
Reverse Grip Row	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Pullover	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Reverse Fly	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Round 3 White 15 sec / grey 30 sec					
1-Hand Push-Up -R	r _____	r _____	r _____	r _____	r _____
1-Hand Push-Up -L	r _____	r _____	r _____	r _____	r _____
Bench Fly	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Feet on Ball Push-Up	r _____	r _____	r _____	r _____	r _____
Incline Press	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Round 4 All sets 30 sec					
Ball Military Press	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Lateral Raise	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Upright Row	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Anterior Raise	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____

Equipment: Bench, Weights/Bands, Med Ball, Chin-Up Bar, Mat
 Facebook.com/gf2revolution

Visit us at GF2revolution.com

Round 5					
White 30 sec / grey 15 sec / white 30 sec					
Standard Curl	w_____r_____	w_____r_____	w_____r_____	w_____r_____	w_____r_____
Hammer Curl	w_____r_____	w_____r_____	w_____r_____	w_____r_____	w_____r_____
Concentration Curl -L	w_____r_____	w_____r_____	w_____r_____	w_____r_____	w_____r_____
Concentration Curl -R	w_____r_____	w_____r_____	w_____r_____	w_____r_____	w_____r_____
Rotational Curl	w_____r_____	w_____r_____	w_____r_____	w_____r_____	w_____r_____
Round 6					
All sets 30 sec					
Dips	r_____	r_____	r_____	r_____	r_____
Kickbacks -R	w_____r_____	w_____r_____	w_____r_____	w_____r_____	w_____r_____
Kickbacks -L	w_____r_____	w_____r_____	w_____r_____	w_____r_____	w_____r_____
Skull Crusher	w_____r_____	w_____r_____	w_____r_____	w_____r_____	w_____r_____
Round 7					
All sets 30 sec					
Ball Plank Hold	_____sec	_____sec	_____sec	_____sec	_____sec
Ball Mtn Climber	w_____	w_____	w_____	w_____	w_____
Windshield Wipers -R	w_____r_____	w_____r_____	w_____r_____	w_____r_____	w_____r_____
Windshield Wipers -L	w_____r_____	w_____r_____	w_____r_____	w_____r_____	w_____r_____