



Iso Speed Hammer



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Date/Day					
All sets are 10-3 stop reps then 10 fast reps					
Push-Up	r _____	r _____	r _____	r _____	r _____
Static Lunge - L	w _____	w _____	w _____	w _____	w _____
Static Lunge - R	w _____	w _____	w _____	w _____	w _____
Chin-Ups	r _____	r _____	r _____	r _____	r _____
Deadlift	w _____	w _____	w _____	w _____	w _____
Side Lateral Raise	w _____	w _____	w _____	w _____	w _____
Sumo Squat	w _____	w _____	w _____	w _____	w _____
Rear Delt Cross Fly	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Pistol Squat - L	w _____	w _____	w _____	w _____	w _____
Pistol Squat - R	w _____	w _____	w _____	w _____	w _____
Curl Face Down	w _____	w _____	w _____	w _____	w _____
Calf Raise	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____
Tricep Kickback Twist	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____	w _____ r _____

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