



Max Hammer Strength

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IG: gf2_fitness



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Date/Day					
Reverse Lunge - R	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____
Reverse Lunge - L	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____
Push-Ups Bench Press	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____
Squat Shoulder Squat	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____
Pull-Ups Pullover	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____
Good Morning SLDL	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____
Chin-Up 1-Arm Row - R 1-Arm Row - L	r _____ w _____ w _____	r _____ w _____ w _____	r _____ w _____ w _____	r _____ w _____ w _____	r _____ w _____ w _____
Stay Low Sumo Sumo Squat	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____
Band Military Press Military Press	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____
Split Squat - R Step-Up - R	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____
Split Squat - L Step-Up - L	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____
Ledge Calf Raise Calf Raise	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____	r _____ w _____

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