



# Power Chisel **GF2 revolution**

Date/Day					
<b>4x4 = 4 reps 4 sec hold 4 times</b>					
Ball Squat Jump 4x4 Squat Hvy	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____
Upright Row 4x4 Pull-Up	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____
Hanging Knee Curl	r _____	r _____	r _____	r _____	r _____
Ball Plyo Lunge - R 4x4 Lunge - R - Hvy	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____
Ball Plyo Lunge - L 4x4 Lunge - L - Hvy	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____
Plyo Push-Up 4x4 Chest Press - Hvy	r _____ 10r _____	r _____ 10r _____	r _____ 10r _____	r _____ 10r _____	r _____ 10r _____
Half Spiderman	r _____	r _____	r _____	r _____	r _____
Ball Sumo Plyo 4x4 Sumo Squat - Hvy	r _____ 10r _____	r _____ 10r _____	r _____ 10r _____	r _____ 10r _____	r _____ 10r _____
Ball Push Press 4x4 Military Press - Hvy	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____
Ball Seated Toe Tap	r _____	r _____	r _____	r _____	r _____
Ball Knee Drivers - L 4x4 Side Step-Up - L - Hvy	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____
Ball Knee Drivers - R 4x4 Side Step-Up - R - Hvy	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____
Bicep Curls 4x4 Bicep Curls Hvy	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____
Tricep Kickbacks 4x4 Tricep Kickbacks Hvy	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____	w _____ 10r _____

**Equipment: Bench, Weights, Med Ball, Chin-Up Bar**  
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