



# Total Body Hammer

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Date/Day					
<b>Round 1 All Reps are 10-8-6</b>					
Bench Press	w _____	w _____	w _____	w _____	w _____
	w _____	w _____	w _____	w _____	w _____
Squat	w _____	w _____	w _____	w _____	w _____
	w _____	w _____	w _____	w _____	w _____
Reverse Grip Row	w _____	w _____	w _____	w _____	w _____
	w _____	w _____	w _____	w _____	w _____
<b>Round 2 All Reps are 10-8-6</b>					
Incline Fly	w _____	w _____	w _____	w _____	w _____
	w _____	w _____	w _____	w _____	w _____
Reverse Lunge	L _____	L _____	L _____	L _____	L _____
	R _____	R _____	R _____	R _____	R _____
Wide Pull-Up	w _____	w _____	w _____	w _____	w _____
	w _____	w _____	w _____	w _____	w _____
<b>Round 3 All Reps are 10-8-6</b>					
Military Press	w _____	w _____	w _____	w _____	w _____
	w _____	w _____	w _____	w _____	w _____
Split Squat	L _____	L _____	L _____	L _____	L _____
	R _____	R _____	R _____	R _____	R _____
Post Delt Fly	L _____	L _____	L _____	L _____	L _____
	R _____	R _____	R _____	R _____	R _____

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