

The Master's HAMMER and CHISEL™

60-DAY CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CHISEL BALANCE	HAMMER PLYOMETRICS or optional: THE MASTER'S CARDIO**	ISO STRENGTH CHISEL	DAY OFF	ISO SPEED HAMMER	CHISEL ENDURANCE	TOTAL BODY HAMMER and 10 MIN AB HAMMER
2	CHISEL CARDIO	MAX HAMMER STRENGTH or optional: HAMMER BUILD UP*	CHISEL AGILITY or optional: THE MASTER'S CARDIO** and optional: 15 MIN GLUTE CHISEL*	DAY OFF	HAMMER POWER	CHISEL BALANCE or optional: POWER CHISEL* and 10 MIN AB CHISEL	HAMMER CONDITIONING and optional: 15 MIN LEG HAMMER*
3	TOTAL BODY HAMMER and optional: 15 MIN LEG HAMMER*	CHISEL AGILITY or optional: THE MASTER'S CARDIO**	MAX HAMMER STRENGTH and 10 MIN AB HAMMER	DAY OFF	TOTAL BODY CHISEL and 10 MIN AB CHISEL	HAMMER PLYOMETRICS or optional: THE MASTER'S CARDIO**	ISO STRENGTH CHISEL and optional: 15 MIN GLUTE CHISEL*
4	CHISEL BALANCE or optional: POWER CHISEL* and 10 MIN AB CHISEL	MAX HAMMER STRENGTH	CHISEL CARDIO and optional: 15 MIN GLUTE CHISEL*	DAY OFF	ISO SPEED HAMMER or optional: HAMMER BUILD UP* and optional: 15 MIN LEG HAMMER*	CHISEL AGILITY or optional: THE MASTER'S CARDIO**	HAMMER POWER and 10 MIN AB HAMMER
5	TOTAL BODY CHISEL and 10 MIN AB CHISEL	HAMMER POWER and 10 MIN AB HAMMER	CHISEL BALANCE and optional: 15 MIN GLUTE CHISEL*	DAY OFF	ISO SPEED HAMMER and optional: 15 MIN LEG HAMMER*	CHISEL ENDURANCE or optional: POWER CHISEL*	TOTAL BODY HAMMER or optional: HAMMER BUILD UP*
6	CHISEL AGILITY or optional: THE MASTER'S CARDIO** and optional: 15 MIN GLUTE CHISEL*	HAMMER CONDITIONING and 10 MIN AB HAMMER	CHISEL CARDIO or optional: POWER CHISEL*	DAY OFF	HAMMER POWER	CHISEL BALANCE and 10 MIN AB CHISEL	MAX HAMMER STRENGTH or optional: HAMMER BUILD UP* and optional: 15 MIN LEG HAMMER*
7	TOTAL BODY CHISEL and 10 MIN AB CHISEL	ISO SPEED HAMMER and optional: 15 MIN LEG HAMMER*	ISO STRENGTH CHISEL	DAY OFF	HAMMER CONDITIONING	CHISEL CARDIO and optional: 15 MIN GLUTE CHISEL*	TOTAL BODY HAMMER and 10 MIN AB HAMMER
8	CHISEL ENDURANCE and 10 MIN AB CHISEL	MAX HAMMER STRENGTH or optional: HAMMER BUILD UP* and optional: 15 MIN LEG HAMMER*	CHISEL CARDIO and optional: 15 MIN GLUTE CHISEL*	DAY OFF	HAMMER PLYOMETRICS or optional: THE MASTER'S CARDIO** and optional: 15 MIN LEG HAMMER*	TOTAL BODY CHISEL or optional: POWER CHISEL* and optional: 15 MIN GLUTE CHISEL*	HAMMER POWER and 10 MIN AB HAMMER



*HAMMER BUILD UP, POWER CHISEL, 15 MIN LEG HAMMER, and 15 MIN GLUTE CHISEL are part of the DELUXE KIT. If you purchased a DELUXE KIT, you can incorporate these workouts on the specified days.

**THE MASTER'S CARDIO is a TEAM BEACHBODY® EXCLUSIVE WORKOUT and can be used to replace HAMMER PLYOMETRICS and/or CHISEL AGILITY on their scheduled days, if you have limited time.

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