

30-Day Calendar
The Master's Chisel

Start Date:	
8Wk:	
Weight:	

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Chisel Endurance	ISO Strength Chisel	Chisel Agility or Power Chisel	Rest	Total Body Chisel	Chisel Cardio 15 Min Glute Chisel	Chisel Balance
Week 2	Total Body Chisel 10 Min Ab Chisel	Chisel Agility or The Master's Cardio	ISO Strength 10 Min Ab Chisel	Rest	Chisel Balance 15 Min Glute Chisel	Chisel Endurance or Power Chisel	Chisel Cardio
Week 3	Chisel Balance 10 Min Ab Chisel	Chisel Cardio	Chisel Endurance	Rest	ISO Strength or Power Chisel	Chisel Agility 10 Min Ab Chisel	Total Body Chisel 15 Min Glute Chisel
Week 4	ISO Strength Chisel 10 Min Ab Chisel	Chisel Agility or The Master's Cardio 15 Min Glute Chisel	Total Body Chisel or Power Chisel 10 Min Ab Chisel	Rest	Chisel Endurance	Chisel Balance 10 Min Ab Chisel	Chisel Cardio

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