

CHISEL BALANCE WORKSHEET

PDF

1-Leg Squat Sit	15 Reps L W _____ R W _____	15 Reps L W _____ R W _____	
Round 2 1-Leg Bridge Pullover	15 Reps L W _____ R W _____		
Round 3 1-Leg Squat Deadlift	15 Reps R W _____ L W _____	15 Reps R W _____ L W _____	
Round 4 Up-Down	15 Reps R BP _____ L BP _____		
Round 5 Split Squat Jump	15 Reps R BP _____ L BP _____	15 Reps R BP _____ L BP _____	
Round 6 Renegade Row Leg Lift	15 Reps R W _____ L W _____	15 Reps R W _____ L W _____	
Round 7 1-Arm Press Bridge	15 Reps R W _____ L W _____	15 Reps R W _____ L W _____	
Round 8 Balance Row Pistol Squat	15 Reps R W _____ L W _____	15 Reps R W _____ L W _____	
Cooldown	BP = reps W = weight R = right L = left Sec = time		

Equipment

- Bench (or Stability Ball)
- Weights
- Beachbody® Core Comfort Mat®

Optional

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