

DVD 3

HAMMER POWER - This intense powerlifting-inspired workout will increase speed, reactive strength, and power.

LENGTH CHISEL - An intense resistance workout using isometric holds and flexibility to increase strength.

10 MIN AB CHISEL - This core-crusher will transform your midsection, without ever getting on the floor.

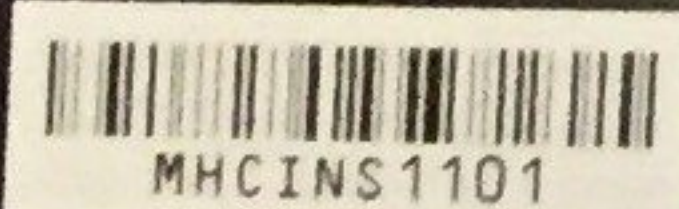
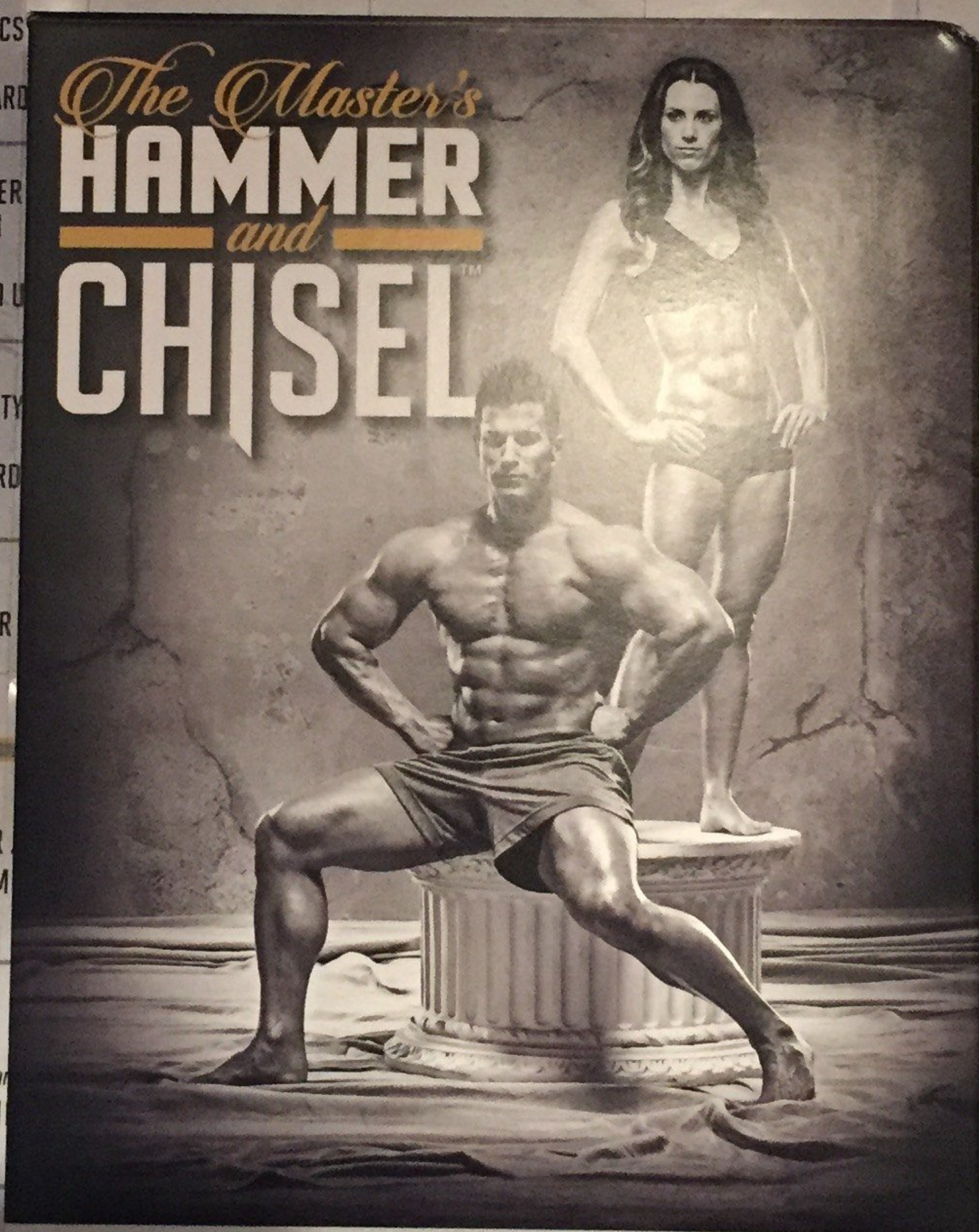
21 DAY DIRTY 30
BONUS: This is a seven compound muscle groups simultaneous integrated strength and

All of these routines can be accessed on any web-enabled device if you have a BeachbodyOnDemand.com account.

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				CHISEL ENDURANCE	TOTAL BODY HAMMER and 10 MIN AB HAMMER
2	CHISEL CARDIO	MAX HAMMER STRENGTH or optional: HAMMER BUILD UP				CHISEL BALANCE or optional: POWER CHISEL* 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				HAMMER PLYOMETRICS or optional: THE MASTER'S CARDIO**	ISO SPEED HAMMER
4	CHISEL BALANCE or optional: POWER CHISEL* and 10 MIN AB CHISEL	MAX HAMMER STRENGTH				CHISEL AGILITY or optional: THE MASTER'S CARDIO	CHISEL BALANCE and 10 MIN AB CHISEL
5	TOTAL BODY CHISEL and 10 MIN AB CHISEL	HAMMER POWER 10 MIN AB HAMMER				CHISEL ENDURANCE or optional: POWER CHISEL*	MAX HAMMER STRENGTH or optional: HAMMER BUILD UP* and optional: 15 MIN LEG HAMMER*
6	CHISEL AGILITY or optional: THE MASTER'S CARDIO** and optional: 15 MIN GLUTE CHISEL*	HAMMER CONDITIONING and optional: 10 MIN AB HAMMER				CHISEL BALANCE and 10 MIN AB CHISEL	TOTAL BODY HAMMER and 10 MIN AB HAMMER
7	TOTAL BODY CHISEL and 10 MIN AB CHISEL	ISO SPEED HAMMER and optional: 15 MIN LEG HAMMER*				CHISEL CARDIO and optional: 15 MIN GLUTE CHISEL*	
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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