

60-Day Calendar

Base Kit Only

Start Date	
IP%	
Weight	

YourFitnessPath.com

The Hammer and CHISEL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Card Balance	Hammer Plyometrics	Ice Strength Circuit	Ice	Ice Speed Hammer	Circuit Endurance	Total Body Hammer (20 Mo 40 Hammer)
Week 2	Circuit Cardio	Max Hammer Strength	Circuit Agility	Ice	Hammer Power	Circuit Balance	Hammer Conditioning
Week 3	Total Body Hammer	Circuit Agility	Max Hammer Strength (20 Mo 40 Hammer)	Ice	Total Body Circuit (20 Mo 40 Circuit)	Hammer Plyometrics	Ice Strength Circuit
Week 4	Card Balance	Max Hammer Strength	Circuit Cardio	Ice	Ice Speed Hammer	Circuit Agility	Hammer Power (20 Mo 40 Hammer)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Total Body Circuit (20 Mo 40 Circuit)	Hammer Power (20 Mo 40 Hammer)	Circuit Balance	Ice	Ice Speed Hammer	Circuit Endurance	Total Body Hammer
Week 6	Circuit Agility	Hammer Conditioning (20 Mo 40 Hammer)	Circuit Cardio	Ice	Hammer Power	Circuit Balance (20 Mo 40 Circuit)	Max Hammer Strength
Week 7	Total Body Circuit (20 Mo 40 Circuit)	Ice Speed Hammer	Ice Strength Circuit	Ice	Hammer Conditioning	Circuit Cardio	Total Body Hammer (20 Mo 40 Hammer)
Week 8	Circuit Endurance (20 Mo 40 Circuit)	Max Hammer Strength	Circuit Cardio	Ice	Hammer Plyometrics	Total Body Circuit	Hammer Power (20 Mo 40 Hammer)

Send Chris Laborn

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