

THE MASTER'S HAMMER™ 30-DAY CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	MAX HAMMER STRENGTH	HAMMER CONDITIONING <i>and optional:</i> 15 MIN LEG HAMMER*	HAMMER POWER	DAY OFF	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO**	TOTAL BODY HAMMER <i>or optional:</i> HAMMER BUILD UP*	ISO SPEED HAMMER
2	HAMMER POWER <i>and</i> 10 MIN AB HAMMER	TOTAL BODY HAMMER <i>or optional:</i> HAMMER BUILD UP*	MAX HAMMER STRENGTH	DAY OFF	ISO SPEED HAMMER <i>and</i> 10 MIN AB HAMMER	HAMMER CONDITIONING <i>and optional:</i> 15 MIN LEG HAMMER*	HAMMER PLYOMETRICS <i>or optional:</i> THE MASTER'S CARDIO** <i>and optional:</i> 15 MIN LEG HAMMER*
3	MAX HAMMER STRENGTH	ISO SPEED HAMMER <i>and optional:</i> HAMMER BUILD UP*	HAMMER PLYOMETRICS <i>and</i> 10 MIN AB HAMMER	DAY OFF	HAMMER POWER	HAMMER CONDITIONING <i>and optional:</i> 15 MIN LEG HAMMER*	TOTAL BODY HAMMER <i>and</i> 10 MIN AB HAMMER
4	ISO SPEED HAMMER <i>and optional:</i> 15 MIN LEG HAMMER*	HAMMER CONDITIONING <i>and</i> 10 MIN AB HAMMER	HAMMER POWER	DAY OFF	HAMMER PLYOMETRICS <i>and</i> 10 MIN AB HAMMER	TOTAL BODY HAMMER <i>and</i> 10 MIN AB HAMMER	MAX HAMMER STRENGTH <i>or optional:</i> HAMMER BUILD UP* <i>and</i> 10 MIN AB HAMMER*



*HAMMER BUILD UP, 15 MIN LEG HAMMER, POWER CHISEL, 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. To purchase, contact your Coach, or visit TeamBeachbody.com or HammerChiselDeluxe.com.