

THE MASTER'S HAMMER AND CHISEL PROGRAM 60-DAY CALENDAR

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

**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.