



ZILLA FITNESS
 INDEPENDENT TEAM BEACHBODY COACH
CHAD PINK

Chisel Balance

chad@zillafitness.com

WEEK:

			1	2	4	5	6
WARM UP			15 Reps	15 Reps	15 Reps	15 Reps	15 Reps
1-Leg Squat Sit							
Round One	w		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
Round Two	w		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
1 Leg Bridge Pullover							
Only One Round	w		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
1 Leg Squat Deadlift							
Round One	w		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
Round Two	w		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
Up-Down							
Only One Round	rp		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
Split Squat Jump							
Round One	rp		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
Round Two	rp		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
Renegade Row Leg Lift							
Round One	w		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
Round Two	w		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
1-Arm Press Bridge							
Round One	w		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
Round Two	w		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
Balance Row Pistol Squat							
Round One	w		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _
Round Two	w		l _ r _	l _ r _	l _ r _	l _ r _	l _ r _



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Total Body Chisel

WEEK:

	3			5		
WARM UP						
Round 1	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Squat	_____	_____	_____	_____	_____	_____
Bench Press	_____	_____	_____	_____	_____	_____
Reverse Grip Row	_____	_____	_____	_____	_____	_____
Round 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Lunge Right	_____	_____	_____	_____	_____	_____
Lunge Left	_____	_____	_____	_____	_____	_____
Incline Fly	_____	_____	_____	_____	_____	_____
Lat Pullover	_____	_____	_____	_____	_____	_____
Round 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Step Down Cross Back - R	_____	_____	_____	_____	_____	_____
Step Down Cross Back - L	_____	_____	_____	_____	_____	_____
Incline Curl	_____	_____	_____	_____	_____	_____
Bench Dips	_____	_____	_____	_____	_____	_____
DATE:	7			8		
WARM UP						
Round 1	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Squat	_____	_____	_____	_____	_____	_____
Bench Press	_____	_____	_____	_____	_____	_____
Reverse Grip Row	_____	_____	_____	_____	_____	_____
Round 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Lunge Right	_____	_____	_____	_____	_____	_____
Lunge Left	_____	_____	_____	_____	_____	_____
Incline Fly	_____	_____	_____	_____	_____	_____
Lat Pullover	_____	_____	_____	_____	_____	_____
Round 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Step Down Cross Back - R	_____	_____	_____	_____	_____	_____
Step Down Cross Back - L	_____	_____	_____	_____	_____	_____
Incline Curl	_____	_____	_____	_____	_____	_____
Bench Dips	_____	_____	_____	_____	_____	_____



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Chisel Cardio

WEEK:

		2	3	4	5	6
Warm Up						
Round 1		60 sec.	60 sec.	60 sec.	60 sec.	60 sec.
Over The Top	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Pull-Up	<i>rp</i>	_____	_____	_____	_____	_____
Dumbbell Swing	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Figure 8	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Burpee	<i>rp</i>	_____	_____	_____	_____	_____
Sword Pull Left	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Sword Pull Right	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Forearm Plank Kick	<i>rp</i>	_____	_____	_____	_____	_____
Side Step-Up Kick Right	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Side Step-Up Kick Left	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
BREAK		BREAK				
Round 2		60 sec.	60 sec.	60 sec.	60 sec.	60 sec.
Over The Top	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Pull-Up	<i>rp</i>	_____	_____	_____	_____	_____
Dumbbell Swing	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Figure 8	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Burpee	<i>rp</i>	_____	_____	_____	_____	_____
Sword Pull Left	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Sword Pull Right	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Forearm Plank Kick	<i>rp</i>	_____	_____	_____	_____	_____
Side Step-Up Kick Right	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___
Side Step-Up Kick Left	<i>rp/w</i>	___/___	___/___	___/___	___/___	___/___



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Chisel Endurance

WEEK:

	1	5	8	_____
WARM UP				
Round 1	60 sec.	60 sec.	60 sec.	60 sec.
Bench Run Up Left <i>sec</i>	_____	_____	_____	_____
Bench Run Up Right <i>sec</i>	_____	_____	_____	_____
Negative Pull Ups <i>rp</i>	_____	_____	_____	_____
Step-Up Cross Over Right <i>rp/w</i>	_____/____	_____/____	_____/____	_____/____
Step-Up Cross Over left <i>rp/w</i>	_____/____	_____/____	_____/____	_____/____
Decline Push Ups <i>rp</i>	_____	_____	_____	_____
1-Hand Row Leg Ext - Right <i>rp/w</i>	_____/____	_____/____	_____/____	_____/____
1-Hand Row Leg Ext - Left <i>rp/w</i>	_____/____	_____/____	_____/____	_____/____
Incline Press <i>rp/w</i>	_____/____	_____/____	_____/____	_____/____
Plank Hold Knee Taps <i>sec</i>	_____	_____	_____	_____
BREAK				
Round 2	60 sec.	60 sec.	60 sec.	60 sec.
Bench Run Up Left <i>sec</i>	_____	_____	_____	_____
Bench Run Up Right <i>sec</i>	_____	_____	_____	_____
Negative Pull Ups <i>rp</i>	_____	_____	_____	_____
Step-Up Cross Over Right <i>rp/w</i>	_____/____	_____/____	_____/____	_____/____
Step-Up Cross Over left <i>rp/w</i>	_____/____	_____/____	_____/____	_____/____
Decline Push Ups <i>rp</i>	_____	_____	_____	_____
1-Hand Row Leg Ext - Right <i>rp/w</i>	_____/____	_____/____	_____/____	_____/____
1-Hand Row Leg Ext - Left <i>rp/w</i>	_____/____	_____/____	_____/____	_____/____
Incline Press <i>rp/w</i>	_____/____	_____/____	_____/____	_____/____
Plank Hold Knee Taps <i>sec</i>	_____	_____	_____	_____



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Hammer Conditioning

WEEK:

2

6

7

WARM UP

Round 1

- Clock Push-Up Crunch (right) rp
- Side Lunge Row w
- Clock Push-Up Crunch (left) rp
- Side Lunge Row w

12 reps

12 reps

12 reps

12 reps

BREAK

Round 2

- Fly Lunge Twist (right) w
- Sumo Squat Press w
- Fly Lunge Twist (left) w
- Sumo Squat Press w

12 reps

12 reps

12 reps

12 reps

BREAK

BREAK

Round 3

- Burpee Renegade Upright Row w
- Stiff Leg Deadlift Crunch w
- Burpee Renegade Upright Row w
- Stiff Leg Deadlift Crunch w

12 reps

12 reps

12 reps

12 reps

BREAK

BREAK

Round 4

- Plank Raise Tap Crunch rp
- Reverse Lunge Curl Kickback w
- Plank Raise Tap Crunch rp
- Reverse Lunge Curl Kickback w

12 reps

12 reps

12 reps

12 reps

BREAK



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Hammer Power

WEEK:

		2	4	5	6	8
REPS	WARM UP	Light/Medium				
	Round 1	Light/Medium				
10 REPS	Overhead Press	/	/	/	/	/
	Squat	/	/	/	/	/
	Thruster	/	/	/	/	/
5 REPS	Jerk Press Left	/	/	/	/	/
	Jerk Press Right	/	/	/	/	/
10 REPS	Deadlift	/	/	/	/	/
	Shrug - Light	/	/	/	/	/
	Shrug w/ ext. - Medium	/	/	/	/	/
	Upright Row - Light	/	/	/	/	/
	Full Upright Row - Medium	/	/	/	/	/
	Clean - Light	/	/	/	/	/
	Full Range Clean - Medium	/	/	/	/	/
Round 2		Light/Heavy				
10 Reps for Light and 5 for Heavy		10 Reps/5 Reps				
	Clean & Press	/	/	/	/	/
	Clean & Squat	/	/	/	/	/
	Clean Squat Press	/	/	/	/	/
	Clean Squat Jerk - Left 5 reps	Light	Light	Light	Light	Light
	Clean Squat Jerk - Right 5 reps	Light	Light	Light	Light	Light
	Clean Squat Jerk - Heavy 5 reps	Heavy	Heavy	Heavy	Heavy	Heavy
	1 Arm Clean Squat Jerk - Left	/	/	/	/	/
	2 Arm Clean Squat Jerk - Right	/	/	/	/	/



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Max Hammer Strength

WEEK:

		2	3	4	6	8
WARM UP		60 secs or 8 Reps	60 secs or 8 Reps	60 secs or 8 Reps	60 secs or 8 Reps	60 secs or 8 Reps
60 secs exercise followed by 8 reps of Heavy						
Reverse Lunge - Right	60 sec	_____	_____	_____	_____	_____
Reverse Lunge - Right Heavy	8 reps	_____	_____	_____	_____	_____
Reverse Lunge - Left	60 sec	_____	_____	_____	_____	_____
Reverse Lunge - Left Heavy	8 reps	_____	_____	_____	_____	_____
Push Up	60 sec	_____	_____	_____	_____	_____
Bench Press Heavy	8 reps	_____	_____	_____	_____	_____
Squat (bodyweight)	60 sec	_____	_____	_____	_____	_____
Shoulder Squat - Heavy	8 reps	_____	_____	_____	_____	_____
Pull-Up	60 sec	_____	_____	_____	_____	_____
Pullover - Heavy	8 reps	_____	_____	_____	_____	_____
Good Morning	60 sec	_____	_____	_____	_____	_____
Stiff Leg Deadlift - Heavy	8 reps	_____	_____	_____	_____	_____
Chin-up	60 sec	_____	_____	_____	_____	_____
1 Arm Row - Right Heavy	8 reps	_____	_____	_____	_____	_____
1 Arm Row - Left Heavy	8 reps	_____	_____	_____	_____	_____
Stay Low Sumo	60 sec	_____	_____	_____	_____	_____
Sumo Squat - Heavy	8 reps	_____	_____	_____	_____	_____
Band Military Press	60 sec	_____	_____	_____	_____	_____
Military Press - Heavy	8 reps	_____	_____	_____	_____	_____
Split Squat - Right	60 sec	_____	_____	_____	_____	_____
Step-Up - Right Heavy	8 reps	_____	_____	_____	_____	_____
Split Squat - Left	60 sec	_____	_____	_____	_____	_____
Step-Up - Left Heavy	8 reps	_____	_____	_____	_____	_____
Ledge Calf Raise	60 sec	_____	_____	_____	_____	_____
Calf Raise - Heavy	8 reps	_____	_____	_____	_____	_____



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ISO Speed Hammer

WEEK:

	1	4	5	7
WARM UP				
10 reps followed by 10 fast				
10 reps	10 reps	10 reps	10 reps	10 reps
10 Fast	10 Fast	10 Fast	10 Fast	10 Fast
Push Up	_____	_____	_____	_____
10 Repts rp	_____	_____	_____	_____
10 Fast rp	_____	_____	_____	_____
Static Lunge Left	_____	_____	_____	_____
10 Repts w	_____	_____	_____	_____
10 Fast w	_____	_____	_____	_____
Static Lunge Right	_____	_____	_____	_____
10 Repts w	_____	_____	_____	_____
10 Fast w	_____	_____	_____	_____
Chin-up	_____	_____	_____	_____
10 Repts rp	_____	_____	_____	_____
10 Fast rp	_____	_____	_____	_____
Deadlift	_____	_____	_____	_____
10 Repts w	_____	_____	_____	_____
10 Fast w	_____	_____	_____	_____
Side Lateral Raise	_____	_____	_____	_____
10 Repts w	_____	_____	_____	_____
10 Fast w	_____	_____	_____	_____
Sumo Squat	_____	_____	_____	_____
10 Repts w	_____	_____	_____	_____
10 Fast w	_____	_____	_____	_____
Rear Delt Cross Fly	_____/____	_____/____	_____/____	_____/____
10 Repts rp/w	_____/____	_____/____	_____/____	_____/____
10 Fast rp/w	_____/____	_____/____	_____/____	_____/____
Pistol Squat Left	_____	_____	_____	_____
10 Repts w	_____	_____	_____	_____
10 Fast w	_____	_____	_____	_____
Pistol Squat Right	_____	_____	_____	_____
10 Repts w	_____	_____	_____	_____
10 Fast w	_____	_____	_____	_____
Curl Face Down	_____	_____	_____	_____
10 Repts w	_____	_____	_____	_____
10 Fast w	_____	_____	_____	_____
Calf Raises	_____/____	_____/____	_____/____	_____/____
10 Repts rp/w	_____/____	_____/____	_____/____	_____/____
10 Fast rp/w	_____/____	_____/____	_____/____	_____/____
Tricep Kickback Twist	_____	_____	_____	_____
10 Repts w	_____	_____	_____	_____
10 Fast w	_____	_____	_____	_____



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Hammer Plyometrics

WEEK: _____

	1	3	8	_____
WARM UP				
Round 1	30 sec.	30 sec.	30 sec.	30 sec.
Vertical Jump <i>rp</i>	_____	_____	_____	_____
Burpee Pull-Up <i>rp</i>	_____	_____	_____	_____
Leg In & Outs <i>rp</i>	_____	_____	_____	_____
Plyo Push-Up Taps <i>rp</i>	_____	_____	_____	_____
Crazy Horse <i>rp</i>	_____	_____	_____	_____
Chin-Up Crunch Squat Jump <i>rp</i>	_____	_____	_____	_____
Knee Driver - Right <i>rp/w</i>	_____/_____	_____/_____	_____/_____	_____/_____
Sumo Tuck Jump <i>rp</i>	_____	_____	_____	_____
Lunge Lunge Squat <i>rp</i>	_____	_____	_____	_____
BREAK				
Round 1	30 sec.	30 sec.	30 sec.	30 sec.
Vertical Jump <i>rp</i>	_____	_____	_____	_____
Burpee Pull-Up <i>rp</i>	_____	_____	_____	_____
Leg In & Outs <i>rp</i>	_____	_____	_____	_____
Plyo Push-Up Taps <i>rp</i>	_____	_____	_____	_____
Crazy Horse <i>rp</i>	_____	_____	_____	_____
Chin-Up Crunch Squat Jump <i>rp</i>	_____	_____	_____	_____
Knee Driver - Left <i>rp/w</i>	_____/_____	_____/_____	_____/_____	_____/_____
Sumo Tuck Jump <i>rp</i>	_____	_____	_____	_____
Lunge Lunge Squat <i>rp</i>	_____	_____	_____	_____



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Total Body Hammer

WEEK:

	1	3	5	7
WARM UP				
Round 1	10/8/6 Reps	10/8/6 Reps	10/8/6 Reps	10/8/6 Reps
Bench Press <i>w</i>	/ / /	/ / /	/ / /	/ / /
Squat <i>w</i>	/ / /	/ / /	/ / /	/ / /
Reverse Grip Row <i>w</i>	/ / /	/ / /	/ / /	/ / /
Bench Press <i>w</i>	/ / /	/ / /	/ / /	/ / /
Squat <i>w</i>	/ / /	/ / /	/ / /	/ / /
Reverse Grip Row <i>w</i>	/ / /	/ / /	/ / /	/ / /
BREAK				
Round 2	10/8/6 Reps	10/8/6 Reps	10/8/6 Reps	10/8/6 Reps
Incline Fly <i>w</i>	/ / /	/ / /	/ / /	/ / /
Reverse Lunge Left <i>w</i>	/ / /	/ / /	/ / /	/ / /
Wide Pull Up <i>rp</i>	/ / /	/ / /	/ / /	/ / /
Incline Fly <i>w</i>	/ / /	/ / /	/ / /	/ / /
Reverse Lunge Right <i>w</i>	/ / /	/ / /	/ / /	/ / /
Wide Pull Up <i>rp</i>	/ / /	/ / /	/ / /	/ / /
BREAK				
Round 3	10/8/6 Reps	10/8/6 Reps	10/8/6 Reps	10/8/6 Reps
Military Press <i>w</i>	/ / /	/ / /	/ / /	/ / /
Split Squat - Left <i>w</i>	/ / /	/ / /	/ / /	/ / /
Post Delt Fly - Right <i>w</i>	/ / /	/ / /	/ / /	/ / /
Military Press <i>w</i>	/ / /	/ / /	/ / /	/ / /
Split Squat - Right <i>w</i>	/ / /	/ / /	/ / /	/ / /
Post Delt Fly - Left <i>w</i>	/ / /	/ / /	/ / /	/ / /



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Hammer Build Up

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WEEK:

				2	4	5	6	8
WARM UP				30 or 15 seconds				
ROUND 1	Squat	30 sec	w	_____	_____	_____	_____	_____
	Front Back Lunge Right/Left	30 sec. ea.	w	/	/	/	/	/
	Step Up Right	15 sec	w	_____	_____	_____	_____	_____
	Step Up Left	15 sec	w	_____	_____	_____	_____	_____
BREAK				30 seconds				
ROUND 2	Pull-Up	30 sec	rp	_____	_____	_____	_____	_____
	Reverse Grip Row	30 sec	w	_____	_____	_____	_____	_____
	Pullover	30 sec	w	_____	_____	_____	_____	_____
	Reverse Fly	30 sec	w	_____	_____	_____	_____	_____
BREAK				30 or 15 seconds				
ROUND 3	1 Hand Push-Up Right/Left	15 sec. ea.	rp	/	/	/	/	/
	Bench Fly	30 sec	w	_____	_____	_____	_____	_____
	Feet on Ball Push Up	30 sec	rp	_____	_____	_____	_____	_____
	Incline Press	30 sec	w	_____	_____	_____	_____	_____
BREAK				30 seconds				
ROUND 4	Ball Military Press	30 sec	w	_____	_____	_____	_____	_____
	Lateral Raise	30 sec	w	_____	_____	_____	_____	_____
	Upright Row	30 sec	w	_____	_____	_____	_____	_____
	Anterior Raise	30 sec	w	_____	_____	_____	_____	_____
BREAK				30 or 15 seconds				
ROUND 5	Standard Curl	30 sec	w	_____	_____	_____	_____	_____
	Hammer Curl	30 sec	w	_____	_____	_____	_____	_____
	Concentration Curl - L/R	15 sec. ea.	w	/	/	/	/	/
	Rotation Curl	30 sec	w	_____	_____	_____	_____	_____
BREAK				30 seconds				
ROUND 6	Dips	30 sec	w	_____	_____	_____	_____	_____
	Kickbacks Right/Left	30 sec. ea.	w	/	/	/	/	/
	Skull Crusher	30 sec	w	_____	_____	_____	_____	_____
	Anterior Raise	30 sec	w	_____	_____	_____	_____	_____
BREAK				30 seconds				
ROUND 7	Ball Plank Hold	30 sec	sec	_____	_____	_____	_____	_____
	Ball Mountain Climber	30 sec	rp	_____	_____	_____	_____	_____
	Windshield Wipers R/L	30 sec. ea.	rp	/	/	/	/	/
	Anterior Raise	30 sec	rp	_____	_____	_____	_____	_____



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Power Chisel

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WEEK:

		2	4	5	6	8
WARM UP	REPS	REPS: 4/4/4/4 with 4 sec hold				
Ball Squat Jumps	4/4/4/4 w					
Squat - Heavy	10 w					
Upright Row	4/4/4/4 w					
Pull-Up	10 rp					
Hanging Knee Curl	16 rp					
Ball Plyo Lunge - R	4/4/4/4 w					
Lunge - R - Heavy	10 w					
Ball Plyo Lunge - L	4/4/4/4 w					
Lunge - L - Heavy	10 w					
Plyo Push Up	4/4/4/4 rp					
Chest Press - Heavy	10 w					
Half Spiderman	16 rp					
Ball Sumo Plyo	4/4/4/4 w					
Sumo Squat - Heavy	10 w					
Ball Push Press	4/4/4/4 w					
Military Press - Heavy	10 w					
Ball Seated Toe Tap	16 w					
Ball Knee Drivers - L	4/4/4/4 w					
Side Step Up Heavy - L	10 w					
Ball Knee Drivers - R	4/4/4/4 w					
Side Step Up Heavy - R	10 w					
Bicep Curls	4/4/4/4 w					
Bicep Curls Heavy	10 w					
Tricep Kickbacks	4/4/4/4 w					
Tricep Kickbacks Heavy	10 w					