

# TOTAL BODY CHISEL

## Hammer & Chisel Weight Tracker

**Equipment Needed:** Bench (or ball), weights.

**Date/Week**

Visit [WeighToMaintain.com](http://WeighToMaintain.com) for friendly fitness inspiration and more free printables.

<b>Round 1</b> (3 sets/10 reps)					
Squat					
Bench press					
Reverse grip row					
<b>Round 2</b> (3 sets/10 reps)					
Reverse lunges					
Incline fly					
Lat pullover					
<b>Round 3</b> (3 sets/10 reps)					
Step down to cross back					
Incline curl					
Bench triceps dip					