

DAY 1

WARM UP		SETS	REPS	REST	WEIGHT
A1	Bodyweight Hip Stretch	2	30 sec	60 sec	
A2	Bodyweight Squat	2	10	60 sec	
RESISTANCE TRAINING		SETS	REPS	REST	WEIGHT
B	Kettlebell Goblet Squat	3	10	30 sec	
C	Resistance Band Chest Press	3	10	30 sec	
D	Dumbbell Stationary Lunge	3	10	30 sec	
E	Dumbbell Overhead Press	3	10	30 sec	
F1	Bodyweight Marching Bridge	2	10 (each side)	60 sec	
F2	Bodyweight Plank		ALAP		

DAY 2

WARM UP		SETS	REPS	REST	WEIGHT
A1	Resistance Band Pronated Pull-Apart	2	10	60 sec	
A2	Bodyweight Bridge	2	10		
RESISTANCE TRAINING		SETS	REPS	REST	WEIGHT
B	A. Kettlebell Deadlift	3	10	30 sec	
C	B. Resistance Band Row	3	10	30 sec	
D	C. Dumbbell Curtsy Lunge	3	10	30 sec	
E	D. Resistance Band Reverse Fly	3	10	30 sec	
F1	E. Inchworm with Up Dog	2	10	30 sec	
F2	Resistance Band Standing Rotation				

DAY 3

WARM UP		SETS	REPS	REST	WEIGHT
A1	Treadmill Walk	1	5 min, Zone 3	60 sec	
A2	Bodyweight Kneeling Pushup	1	AMRAP	60 sec	

CIRCUIT		ROUNDS	REPS	REST	WEIGHT
B1	Resistance Band Biceps Curls	3	30 sec (each)	30 sec	
B2	Bodyweight Lateral Lunge				
B3	Dumbbell Triceps Kickback				
B4	Bodyweight Jumping Squats				

CARDIO

	ZONE	TIME	CIRCUITS	TOTAL DISTANCE
DAY 1	1	20:00	1	
	2	15:00		
	3	10:00		
DAY 2	1	0:45	8	
	4	0:45		