

DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)



TIME	20 min	15 min	10 min
SPEED	Zone 1 - OR - Slow Jog	Zone 2 - OR - Speed +0.4	Zone 3 - OR - Speed +0.4
TOTAL DISTANCE			

HIGH INTENSITY CARDIO

(Complete **6** rounds, 1x per week)



TIME	40 sec	20 sec
SPEED	Zone 1 - OR - Slow Jog	Zone 4 - OR - Speed +1.2
TOTAL DISTANCE		

INSTRUCTIONS:

Complete three rounds of each straight set and two rounds of each superset. On the supersets, have your weights ready and perform exercises 1 and 2 back-to-back. Rest for 30-60 seconds between sets and repeat for each following round. Your weight should feel challenging but doable with good form. If you can't complete at the minimum number of reps assigned, your weight is too heavy. If you can complete 3-5 reps more than the maximum number of reps prescribed, it's too light. Record the weight you used, and sets and reps in your workout journal or in VLT and try to do a little better next time by lifting heavier weight, performing more reps, or taking shorter rest breaks.

STRENGTH DAY 1

WORKOUT		SETS	REPS	REST	WEIGHT
A	Dumbbell Incline Press	3	6-8	30-45 sec	
B	Dumbbell Bench Row	3	8-10		
C	Dumbbell Overhead Press	3	8-10		
D	EZ Bar Skullcrusher	2	8-10		
	EZ Bar Biceps Curl	2	8-10		
E	Dumbbell Front Raise	2	10-15		
	Dumbbell Lateral Raise	2	10-15		

STRENGTH DAY 2

WORKOUT		SETS	REPS	REST	WEIGHT
A	Kettlebell Sumo Squat	3	6-8	30-45 sec	
B	Bodyweight Back Extension	3	6-8		
C	Dumbbell Walking Lunge	3	8-10 (each side)		
D	Dumbbell Step-Up	2	8-10 (each side)		
	Kettlebell Swing	2	10-15		
E	Bodyweight Squat	2	10-15		
	Kickback	2	10-15		

CHALLENGE DAY – The 300

Set your workout timer and complete all assigned reps of the first exercise before moving on to the next. Keep good form and rest as needed. Record your time in your workout journal or VLT and aim to finish faster by taking fewer rest breaks the next time

EXERCISE	REPS	TOTAL TIME TO COMPLETE
Bodyweight Pilates Hundreds	100	
Bodyweight Pilates Knee Lift	50 (Total)	
Bodyweight Pilates Single-Leg Stretch	50 (Total)	
Bodyweight Pilates Oblique Twist	50 (Total)	
Bodyweight Pilates Modified Swimming	50 (Total)	