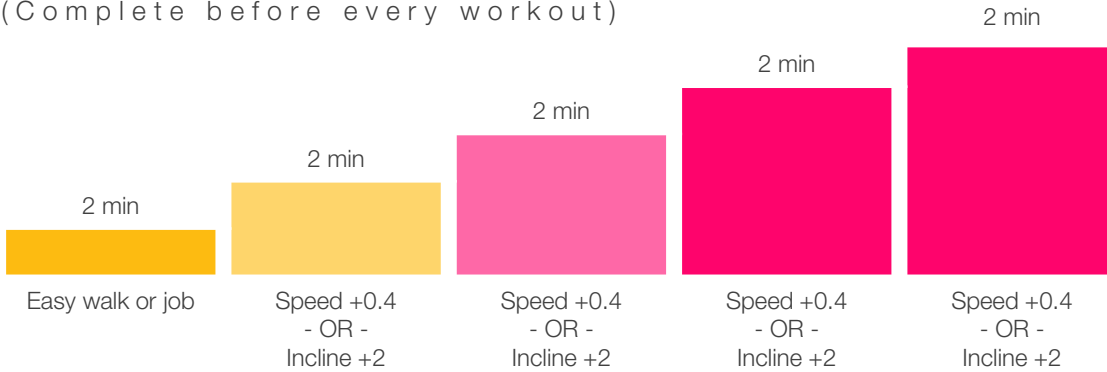



DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO


(Complete 1 round, 2x per week)



Interval	Time	Speed
1	20 min	Zone 1 - OR - Slow Jog
2	15 min	Zone 2 - OR - Speed +0.4
3	10 min	Zone 3 - OR - Speed +0.4

HIGH INTENSITY CARDIO

(Complete **12** rounds, 1x per week)



Interval	Time	Speed
1	40 sec	Zone 1 - OR - Slow Jog
2	20 sec	Zone 4 - OR - Speed +1.2

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	3-5	30-45 sec	
B	Kettlebell Single Arm Row	3	8-10		
C	Dumbbell Shoulder Press	3	8-10		
D	Dumbbell Overhead Press	2	8-10		
	Bodyweight Triceps Dip	2	8-10		
E	THE THREE BEARS (for your biceps) Gather three sets of dumbbells, one heavy (for a set of 10 biceps curls), one medium, one light. Perform 10 biceps curls with the heavy weights. Without resting, perform as many reps as pretty with the medium weights. Without resting, perform as many reps as pretty with the light weights. Rest 90 seconds and repeat for a total of two rounds.				

STRENGTH DAY 2

WORKOUT		SETS	REPS	REST	WEIGHT
A	Kettlebell Goblet Squat	3	3-5	30-45 sec	
B	Dumbbell Reverse Lunge	3	3-5		
C	Barbell Straight-Legged Deadlift	3	6-8		
D	Dumbbell Step-Up	2	8-10 (each side)		
	Bodyweight 1-Leg Bridge	2	10-15		
E	Bodyweight Pilates Single-Leg Stretch	2	50		
	Bodyweight Pilates Modified Swimming	2	50		

CHALLENGE DAY - SWING + CORE WORKOUT

Set your workout timer for 5 minutes. Choose a kettlebell weight that is challenging but doable for 10 reps. Complete as many kettlebell swings as pretty in 5 minutes, resting as often as necessary. Record the number of reps you completed in your workout journal or VLT and aim to complete more reps in the same amount of time next time.

CIRCUIT	EXERCISE	TOTAL TIME TO COMPLETE
A	Kettlebell Swing	
B	Plank - Set a workout timer and hold as long as pretty. Record your time.	
C	Side Plank - Set a workout timer and hold as long as pretty. Record your time.	