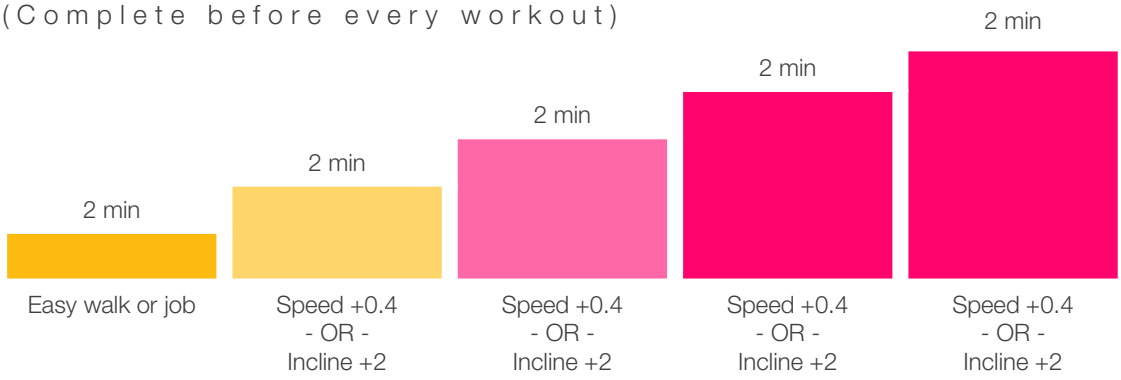
spring spark

WEEK 8 — Mar. 28 – Apr. 3

BEGINNER WORKOUTS

DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

TIME	25 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 8 rounds, 1x per week)

TIME	1:30 sec	1:30 sec
SPEED	Zone 1 - OR - Slow Jog	Zone 4 - OR - Speed +1.2
TOTAL DISTANCE		

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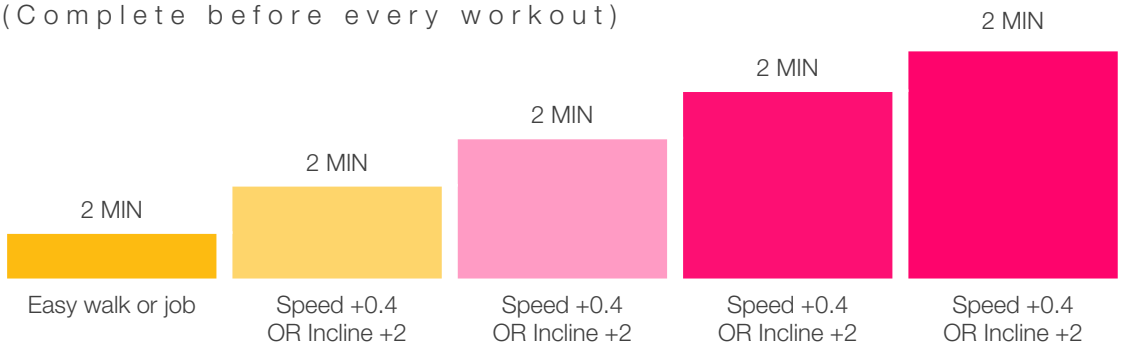
60day CHALLENGE SERIES

DAILY WARM-UP

(Complete before every workout)



STRENGTH DAY 1

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Dumbbell Bench Press	3	5-8	
	Resistance Band Pronated Pull-Apart	3	10-15	
B	Dumbbell Incline Press	3	5-8	
	Resistance Band Reverse Fly	3	10-15	
C	Dumbbell Overhead Press	3	5-8	
	Resistance Band Row	3	10-15	
D	**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.			

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STRENGTH DAY 2

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Kettlebell Goblet Squat	3	5-8	
	Bodyweight Glute Kickback	3	10-15 (each side)	
B	Dumbbell Stationary Lunge	3	5-8 (each side)	
	Dumbbell Single Leg Deadlift	3	10-15 (each side)	
C	Dumbbell Step-Up	3	5-8 (each side)	
	Bodyweight 1-Leg Bridge	3	10-15	
D	Bodyweight Pilates Single-Leg Stretch	3	50 (total)	
	Bodyweight Pilates Modified Swimming	2	50 (total)	

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.	