

# Daily Workouts

## Week 3

60day

	SUN	MON	TUE	WED	THU	FRI	SAT
STRENGTH		Total Body Resistance Training 45 min		Total Body Resistance Training 45 min		Endurance Workout 40 min	
CARDIO	Low Intensity Cardio 45 min				High Intensity Cardio 26 min		
RECOVERY			Active Recovery 15 min				Active Recovery 15 min

## WORKOUTS

### SUNDAY – Low Intensity Cardio

ZONE	TIME	TOTAL DISTANCE
1	20:00	
2	15:00	
3	10:00	

### MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Kettlebell Squat	2	15	
Walking Lunge	2	15 (each side)	
Barbell Deadlift	2	15	
Overhead Press	2	15	
Upright Row	2	15	
Plank	2	30 sec	

# WORKOUTS

## TUESDAY – Barbells (In-Club Event) & Active Recovery

## WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Barbell Squat	2	15	
Reverse Lunge	2	15 (each side)	
Straight Leg Deadlift	2	15	
Incline Dumbbell Press	2	15	
Dumbbell Reverse Fly	2	15	
Bicycle Crunch	2	15	

## THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	1:00	8	
4	1:00		

## FRIDAY – Total Body Endurance Training

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Glute Kickback	2	18 (each side)	
	Pushup		18	
	V Sit Up		18	
B	Lateral Lunge	2	18 (each side)	
	Dumbbell Raise		18	
	Plank		18	

## SATURDAY – Barbells (In-Club) & Active Recovery