

Daily Workouts

Week 4

60day

	SUN	MON	TUE	WED	THU	FRI	SAT
STRENGTH		Total Body Resistance Training 50 min		Total Body Resistance Training 50 min		Assessment Workout 45 min	
CARDIO	Low Intensity Cardio 50 min				High Intensity Cardio 25 min		
RECOVERY			Active Recovery 15 min				Active Recovery 15 min

WORKOUTS

SUNDAY – Low Intensity Cardio

ZONE	TIME	TOTAL DISTANCE
1	25:00	
2	15:00	
3	10:00	

MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Barbell Squat	3	12	
Lunge with Overhead Plate	3	12 (each side)	
Barbell Deadlift	3	12	
Close Grip Dumbbell Bench Press	3	12	
Dumbbell Bench Fly	3	12	
Reverse Fly	3	30 sec	

WORKOUTS

TUESDAY – TRX (In-Club Event) & Active Recovery

WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Squat with Extended Plate	3	12	
Bodyweight Lunge	3	12 (each side)	
Glute Bridge	3	12	
French Press	3	12	
Dumbbell Reverse Fly	3	12	
Oblique Side Bend	3	12 (each side)	

THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	1:00	8	
4	0:30		

FRIDAY – Assessment Workout

Bring a notebook with you today. You'll be completing the assessment workout for the second time. The final time will be during week 8 of the 60day.

AMRAP: As many reps as possible in 30 seconds.

EXERCISE	SETS	REPS	WEIGHT
Bodyweight Squat	2	AMRAP	
Bodyweight Lunge	2	AMRAP (each side)	
Glute Kickback	2	AMRAP (each side)	
Dumbbell Bench Press	2	AMRAP	
Bicep Curl	2	AMRAP (each side)	
Plank	2	Hold to failure	

SATURDAY – TRX (In-Club) & Active Recovery