

Daily Workouts

Week 1

60day

	SUN	MON	TUE	WED	THU	FRI	SAT
STRENGTH		Total Body Resistance Training 40 min		Lower Body Partner Workout 45 min		Assessment Workout 40 min	
CARDIO	Low Intensity Cardio 45 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	20:00	
2	15:00	
3	10:00	

MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Bodyweight Squat	2	12	
Reverse Lunge	2	12 (each side)	
Barbell Deadlift	2	12	
Dumbbell Bench Press	2	12	
Dumbbell Row	2	12 (each side)	
Bicycle Crunch	2	12 (each side)	

WORKOUTS

TUESDAY – Jump Start Seminar (In-Club) & Active Recovery

WEDNESDAY – Valentine’s Day Lower Body Partner Workout

EXERCISE	SETS	REPS	WEIGHT
Hamstring Curls	2	12	
Jump & High Fives	2	12	
Lunge w/ Pass	2	12 (each side)	
Squat w/ Rotational Pass	2	12	
Lateral Lunge w/ Pass	2	12 (each side)	
Assisted Pistol Squat	2	12 (each side)	

THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	0:45	10	
4	0:45		

FRIDAY – Assessment Workout

Bring a notebook with you today. You’ll be completing an assessment workout today, 4 weeks from now, and the last week of the 60-Day. The workout will be the same each time, and the goal is to assess how you’re improving.

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 – Jump Start Seminar (In-Club) & Active Recovery