

# Daily Workouts

## Week 6

60day

	SUN	MON	TUES	WED	THURS	FRI	SAT
STRENGTH		Total Body 55 min		Total Body 55 min		Endurance 55 min	
CARDIO	Low Intensity Cardio 60 min				High Intensity Cardio 30 min		
RECOVERY			Active Recovery 15 min				Active Recovery 15 min

## WORKOUTS

### SUNDAY – Low Intensity Cardio

ZONE	TIME	TOTAL DISTANCE
1	25:00	
2	20:00	
3	10:00	

### MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Plate Overhead Squat	3	15	
Reverse Lunge	3	15 (each side)	
Dumbbell Single Leg Deadlift	3	15 (each side)	
Overhead Press	3	15	
Dumbbell Row	3	15 (each side)	
Plate Woodchoppers	3	45 sec	

# WORKOUTS

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

## WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Barbell Squat	3	15	
Curtsy Lunge	3	15 (each side)	
Straight Leg Deadlift	3	15	
Triceps Kickback	3	15 (each side)	
Lateral Raise	3	15	
Side Plank	3	15 (each side)	

## THURSDAY – High Intensity Cardio

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

## FRIDAY – Total Body Endurance Training

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Sumo Squat	3	18 (each side)	
	Triceps Dip		18	
	Pushup		18	
B	Overhead Lunge w/Plate	3	18 (each side)	
	EZ Bar Bicep Curl		18	
	Oblique Side Bend		18	

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