

# Daily Workouts

## Week 7

60day

	SUN	MON	TUES	WED	THURS	FRI	SAT
STRENGTH		Total Body 55 min		Total Body 55 min		Endurance 55 min	
CARDIO	Low Intensity Cardio 70 min				High Intensity Cardio 35 min		
RECOVERY			Active Recovery 15 min				Active Recovery 15 min

## WORKOUTS

### SUNDAY – Low Intensity Cardio

ZONE	TIME	TOTAL DISTANCE
1	30:00	
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 (each side)	

# WORKOUTS

## TUESDAY – Bands + Dumbbells (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	
Plank	3	15	

## 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	20	
	Overhead Triceps Extension		20	
	Close Grip Pushup		20	
B	Overhead Lunge w/Plate	3	20 (each side)	
	EZ Bar Bicep Curl		20	
	Side Oblique Bend		20 (each side)	

## SATURDAY – Bands + Dumbbells (In-Club) & Active Recovery