

Daily Workouts

Week 8

60day

	SUN	MON	TUES	WED	THURS	FRI	SAT
STRENGTH		Total Body 55 min		Total Body 55 min		Assessment Workout 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
Barbell Squat	3	15	
Barbell Reverse Lunge	3	15 (each side)	
Barbell Deadlift	3	15	
Close Grip Dumbbell Bench Press	3	15	
Dumbbell Bent Over Row	3	15 (each side)	
Reverse Crunch	3	60 sec	

WORKOUTS

TUESDAY – Active Recovery

WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Plate Overhead Squat	3	15	
Plate Overhead Lunge	3	15 (each side)	
Dumbbell Single Leg Deadlift	3	15 (each side)	
Dumbbell Bench Press	3	15	
Dumbbell Reverse Fly	3	15	
Bicycle Crunch	3	15	

THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	1:00	8	
4	2:00		

FRIDAY – Total Body Endurance Training

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	AMRAP	

SATURDAY – Active Recovery