

Daily Workouts

Week 1

the
60day

	SUN	MON	TUES	WED	THURS	FRI	SAT
STRENGTH		Total Body 45 min		Total Body 45 min		Total Body 45 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
Dumbbell Goblet Squat	3	8-10	
Kneeling Push Up	3	8-10	
Stationary Lunge	3	8-10	
Hip Bridge	3	8-10	
Resistance Band Standing Rotation	2-3	8-10	
Kneeling Plank	2-3	20-30 seconds	

WORKOUTS

TUESDAY– Starting Line: Assessment Workout OR Active Recovery

WEDNESDAY– Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Resistance Band Pullover	3	8-10	
Kettlebell Deadlift	3	8-10	
Standing Resistance Band Row	2-3	8-10	
Standing Shoulder Press	2-3	8-10	
Side Kneeling Plank	2	20-30 seconds	

THURSDAY– High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	0:45	8	
4	0:45		

FRIDAY – Total Body Endurance Training

EXERCISE	SETS	REPS	WEIGHT
Bodyweight Squat	2	40-60 seconds	
Dumbbell Bench Press	2	8-10	
Glute Kickback	2	10-12	
Dumbbell Row	2	8-10	
Standing Resistance Band Rotation	2	8-10	

SATURDAY – Starting Line: Assessment Workout OR Active Recovery