

# Daily Workouts

## Week 5

the  
**60**day

	SUN	MON	TUES	WED	THURS	FRI	SAT
STRENGTH		Total Body 45 min		Total Body 45 min		Total Body 45 min	
CARDIO	Low Intensity Cardio 55 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	25:00	
2	20:00	
3	10:00	

### MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Kettlebell Deadlift	3	8-10	
Dumbbell Reverse Lunge	3	8-10 (each side)	
Glute Bridge	3	8-10	
Push Up	2	12-14	
Standing Resistance Band Rotation	3	8-10 (each side)	
Plank	3	Hold 60 seconds	

# WORKOUTS

## TUESDAY – Mobility & Foam Rolling OR Active Recovery

## WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Bent Over Reverse Row	3-4	8-10	
Diamond Push Up	2-3	8-10	
Dumbbell Row (Elbow In)	2-3	8-10	
Back Extension	2-3	10-12	
Pull Aparts	2-3	15 reps	
Side Plank	2	30 seconds	

## THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	1:30	6	
4	1:30		

## FRIDAY – Total Body Endurance Training

EXERCISE	SETS	REPS	WEIGHT
Suitcase Squat	3	8-10 (each side)	
Dumbbell Chest Press	3	10-12	
Dumbbell Lateral Lunge	2	10-12 (each side)	
One-Arm Kettlebell Row	3	8-10 (each side)	
Plate Wood Chop	3	45 seconds	

## SATURDAY – Mobility & Foam Rolling OR Active Recovery