

Daily Workouts

Week 7

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 60 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	30:00	
2	20:00	
3	10:00	

MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Barbell Deadlift	3	10-12	
Dumbbell Walking Lunge	3	10-12 (each side)	
Plate Overhead Squat	3	10-12	
Overhead Press	2	12-14	
Plate Wood Chop	3	10-12 (each side)	
Plank	3	Hold 60 seconds	

WORKOUTS

TUESDAY – TEAM Boot Camp OR Active Recovery

WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Barbell Squat	3	10-12	
Kettlebell One-Arm Press	3	10-12 (each side)	
Kettlebell Swing	2	10-12	
Lateral Raise	3	10-12	
Dumbbell Bench Press	2-3	8-10	
Push Up	3	10-12	

THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	1:00	6	
4	2:00		

FRIDAY – Total Body Endurance Training

EXERCISE	SETS	REPS	WEIGHT
Kettlebell Sumo Squat	3	10-12	
Dumbbell Chest Press	3	10-12	
EZ Bar Bicep Curl	2	10-12	
Triceps Dip	3	10-12	
Oblique Side Bend	3	10-12 (each side)	

SATURDAY – TEAM Boot Camp OR Active Recovery