

Daily Workouts

Week 8

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– Finish Line: Reassessment Workout 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 – Finish Line: Reassessment Workout OR Active Recovery