

# Daily Workouts

## Week 4

the **60**day

	SUN	MON	TUE	WED	THU	FRI	SAT
STRENGTH		Total Body 45 min		Total Body 45 min		Total Body 45 min	
CARDIO	Low Intensity Cardio 50 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	15:00	
3	10:00	

### MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Barbell Squat	2	15	
Overhead Lunge with Plate	2	15 (each side)	
Barbell Deadlift	2	15	
Dumbbell Bench Press	2	15	
Dumbbell Bench Fly	2	15	
Reverse Crunch	2	30 sec	

# WORKOUTS

**TUESDAY** – Guide to Strength Training Equipment OR Active Recovery

**WEDNESDAY** – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Extended Plate Squat	2	15	
Bodyweight Lunge	2	15 (each side)	
Glute Bridge	2	15	
French Press	2	15	
Dumbbell Reverse Fly	2	15	
Kettlebell Russian Twist	2	30 sec	

**THURSDAY** – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	1:15	8	
4	1:15		

**FRIDAY** – Total Body Endurance Training

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Kettlebell Squat	2	18	
	Triceps Dip		18	
	Push Up		18	
B	Reverse Lunge with Dumbbells	2	18	
	Hammer Raise		18	
	Steering Wheel		18	

**SATURDAY** – Guide to Strength Training Equipment OR Active Recovery