

Daily Workouts

Week 5

the
60day™

	SUN	MON	TUE	WED	THU	FRI	SAT
STRENGTH		Total Body 50 min		Total Body 50 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
Plate Overhead Squat	3	12	
Reverse Lunge	3	12 (each side)	
Dumbbell Single Leg Deadlift	3	12 (each side)	
Overhead Press	3	12	
Dumbbell Row	3	12	
Plate Woodchoppers	3	12	

WORKOUTS

TUESDAY – Recovery Techniques OR Active Recovery

WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Barbell Squat	3	12	
Curtsy Lunge	3	12 (each side)	
Straight Leg Deadlift	3	12	
Triceps Kickback	3	12	
Lateral Raise	3	12	
Plank	3	12	

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	Sumo Squat	3	15	
	Overhead Triceps Extension		15	
	Close Grip Push Up		15	
B	Overhead Lunge with Plate	3	15 (each side)	
	EZ Bar Bicep Curl		15	
	Side Oblique Bend		15 (each side)	

SATURDAY – Recovery Techniques OR Active Recovery