

Daily Workouts

Week 1

the 60day

	SUN	MON	TUE	WED	THU	FRI	SAT
STRENGTH		Total Body 45 min		Total Body 45 min		Total Body 45 min	
CARDIO	Low Intensity Cardio 45 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	20:00	
2	15:00	
3	10:00	

MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Dumbbell Goblet Squat	2-3	8-10	
Kneeling Push Up	2-3	8-10	
Stationary Lunge	2-3	8-10 (each side)	
Glute Bridge	2-3	8-10	
Resistance Band Standing Rotation	2-3	8-10	
Kneeling Plank	2-3	30 sec.	

WORKOUTS

TUESDAY – Assessment Workout OR Active Recovery

WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Resistance Band Pullover	3	8-10	
Kettlebell Deadlift	3	8-10	
Standing Resistance Band Row	3	8-10	
Standing Shoulder Press	3	8-10	
Kneeling Side Plank	3	30 sec.	

THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	0:45	8	
4	0:45		

FRIDAY – Total Body Endurance Training

EXERCISE	SETS	REPS	WEIGHT
Bodyweight Squat	2	60 sec.	
Dumbbell Bench Press	2	8-10	
Glute Kickback	2	10-12	
Dumbbell Row	2	8-10	
Standing Resistance Band Rotation	2	8-10	

SATURDAY – Assessment Workout OR Active Recovery