

Daily Workouts

Week 4

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 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	25:00	
2	15:00	
3	10:00	

MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Extended Plate Squat	3	12	
Overhead Arnold Press	3	12	
Deadlift	3	12	
Dumbbell Reverse Fly	3	12	
Lateral Lunge	3	12 (each side)	
Side Plank	3	45 sec	

WORKOUTS

TUESDAY – GTX Challenge OR Active Recovery

WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Kettlebell Squat	3	12	
Incline Bench Press	3	12	
Glute Kickback	3	12 (each side)	
Bent Over Reverse Row	3	12	
Reverse Row	3	12 (each side)	
Bicycle Crunch	3	12	

THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	0:30	8	
4	1:00		

FRIDAY – Total Body Endurance Training

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Curtsy Lunge	3	15	
	Bicep Curl		15	
	Push Up		15	
B	Overhead Plate Squat	3	15	
	Hammer Raise		15	
	Plank		Hold to failure	

SATURDAY – GTX Challenge OR Active Recovery