

Daily Workouts

Week 8

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 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 Squat	3	15	
One Arm Press	3	15 (each side)	
Deadlift	3	15	
Lateral Raise	3	15	
Barbell Reverse Lunge	3	15 (each side)	
Oblique Side Bend	3	45 sec (each side)	

WORKOUTS

TUESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Sumo Squat	3	15	
Incline Bench Press	3	15	
Single Leg Deadlift	3	15 (each side)	
Dumbbell Row	3	15	
Curtsy Lunge	3	15 (each side)	
Reverse Crunch	3	90 sec	

WEDNESDAY – Reassessment Workout OR Active Recovery

THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	1:30	6	
4	1:30		

FRIDAY – Total Body Endurance Training

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Glute Kickback	3	20 (each side)	
	Hammer Raise		20	
	Close Grip Push Up		20	
B	Glute Marching Bridge	3	20 (each side)	
	Triceps Kickback		20	
	Bicycle Crunch		20 (each side)	

SATURDAY – Reassessment Workout OR Active Recovery