

Daily Workouts

Week 4

	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 – GTX Cut 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 – GTX Cut OR Active Recovery