

Daily Workouts

Week 7

	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	
Barbell Reverse Lunge	3	15 (each side)	
Barbell Deadlift	3	15	
Close Grip Dumbbell Bench Press	3	15	
Bent Over Row	3	15	
Reverse Crunch	3	15	

WORKOUTS

TUESDAY – ALPHA Strong OR Active Recovery

WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Plate Overhead Squat	3	15	
Plate Overhead Lunge	3	15 (each side)	
Dumbbell Single Leg Deadlift	3	15 (each side)	
Dumbbell Bench Press	3	15	
Dumbbell Reverse Fly	3	15	
Bicycle Crunch	3	15	

THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	1:00	6	
4	1:30		

FRIDAY – Total Body Endurance Training

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Sumo Squat	3	18	
	Overhead Triceps Extension		18	
	Close Grip Push Up		18	
B	Overhead Lunge with Plate	3	18 (each side)	
	EZ Bar Bicep Curl		18	
	Side Oblique Bend		18 (each side)	

SATURDAY – ALPHA Strong OR Active Recovery