

# Daily Workouts

## Week 4

the **60**day

	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	25:00	
2	15:00	
3	10:00	

### MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Sumo Squat	3	12	
Dumbbell Bench Press	3	12	
Deadlift	3	12	
Dumbbell Row	3	12	
Walking Lunge	3	12 (each side)	
Plate Woodchoppers	3	12 (each side)	

# WORKOUTS

## TUESDAY – Dumbbells & Kettlebells OR Active Recovery

## WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Kettlebell Squat	3	12	
Triceps Dip	3	12	
Glute Bridge	3	12	
Dumbbell Bench Row	3	12 (each side)	
Lateral Lunge	3	12 (each side)	
Reverse Crunch	3	30 seconds	

## THURSDAY – High Intensity Cardio

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

## FRIDAY – Total Body Endurance Training

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Glute Kickback	3	15 (each side)	
	Pushup		15	
	V Sit Up		15	
B	Lateral Lunge	3	15 (each side)	
	Dumbbell Raise		15	
	Plank		Hold as long as possible	

## SATURDAY – Dumbbells & Kettlebells OR Active Recovery