

Daily Workouts

Week 7

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	25:00	
2	20:00	
3	10:00	

MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Plate Overhead Squat	3	15	
Skull Crusher	3	15	
Single Leg Deadlift	3	15 (each side)	
Dumbbell Reverse Fly	3	15	
Reverse Lunge	3	15 (each side)	
Plate Woodchoppers	3	45 seconds	

WORKOUTS

TUESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Kettlebell Squat	3	15	
Dumbbell Bench Press	3	15	
Kettlebell Deadlift	3	15	
Upright Row	3	15	
Kettlebell Lunge	3	15 (each side)	
Plank	3	90 sec	

WEDNESDAY – Kettlebells All the Way 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	Suitcase Squat	3	18 (each side)	
	Overhead Triceps Extension		20	
	Close Grip Push Up		2	
B	Overhead Lunge with Plate	3	20 (each side)	
	EZ Bar Bicep Curl		20	
	Inchworm with Updog		20	

SATURDAY – Kettlebells All the Way OR Active Recovery