

## DAY 1

| WARM UP |                                      | SETS | REPS           | REST      | WEIGHT |
|---------|--------------------------------------|------|----------------|-----------|--------|
| A1      | Bodyweight Hip Stretch               | 2    | 3 (each side)  | 60 sec    |        |
| A2      | Resistance Band Supinated Pull-Apart | 2    | 10             | 60 sec    |        |
| A3      | Foam Roll Lats                       | 2    | 60 sec         | 60 sec    |        |
| WORKOUT |                                      | SETS | REPS           | REST      | WEIGHT |
| B       | Barbell Back Squat                   | 4    | 6              | 45-60 sec |        |
| C1      | Dumbbell Close-Grip Bench Press      | 3    | 6              | 45-60 sec |        |
| C2      | Dumbbell Curtsy Lunge                |      | 10             |           |        |
| D1      | Dumbbell Incline Press               | 3    | 6              | 45-60 sec |        |
| D2      | Dumbbell Reverse Lunge               |      | 10 (each side) |           |        |
| E       | Bodyweight Plank                     | 2    | ALAP           | 30 sec    |        |

## DAY 2

| WARM UP |                                     | SETS | REPS          | REST      | WEIGHT |
|---------|-------------------------------------|------|---------------|-----------|--------|
| A1      | Resistance Band Pronated Pull-Apart | 2    | 10            | 60 sec    |        |
| A2      | Bodyweight Bridge                   | 2    | 10            |           |        |
| A3      | Bodyweight Hip Swing                | 2    | 5 (each side) |           |        |
| WORKOUT |                                     | SETS | REPS          | REST      | WEIGHT |
| B       | Dumbbell Bench Press                | 4    | 8             | 30 sec    |        |
| C       | Dumbbell Row Elbows In              | 4    | 8             | 30 sec    |        |
| D       | Dumbbell Front Raise                | 4    | 8             | 30 sec    |        |
| E       | Dumbbell Lateral Raise              | 4    | 8             | 30 sec    |        |
| F       | Resistance Band Row                 | 4    | 8             | 30 sec    |        |
| G1      | Resistance Band Biceps Curl         | 3    | AMRAP         | 45-60 sec |        |
| G2      | Resistance Band Triceps Kickback    |      |               |           |        |

## DAY 3

| WARM UP |                                     | SETS   | REPS          | REST      | WEIGHT |
|---------|-------------------------------------|--------|---------------|-----------|--------|
| A1      | Resistance Band Pronated Pull-Apart | 2      | 10            | 60 sec    |        |
| A2      | Foam Roll Upper Back                | 2      | 60 sec        | 60 sec    |        |
| A3      | Bodyweight Hip Swing                | 2      | 5 (each side) | 60 sec    |        |
| WORKOUT |                                     | ROUNDS | REPS          | REST      | WEIGHT |
| B       | Barbell Deadlift                    | 4      | 6             | 45-60 sec |        |
| C1      | Dumbbell Single-Leg Deadlift        | 3      | 6             | 45-60 sec |        |
| C2      | Dumbbell Bench Row                  |        |               |           |        |
| D1      | Bodyweight Single-Leg Bridge        | 3      | 6 (each side) | 45-60 sec |        |
| D2      | Kettlebell One-Arm Row              |        |               |           |        |
| E       | Bodyweight Side Plank               | 2      | ALAP          | 30 sec    |        |

## CARDIO

|       | ZONE | TIME  | CIRCUITS | TOTAL DISTANCE |
|-------|------|-------|----------|----------------|
| DAY 1 | 1    | 0:20  | 10       |                |
|       | 4    | 0:40  |          |                |
| DAY 2 | 1    | 20:00 | 1        |                |
|       | 2    | 15:00 |          |                |
|       | 3    | 10:00 |          |                |
| DAY 3 | 1    | 0:20  | 10       |                |
|       | 4    | 0:40  |          |                |