

DAY 1

WARM UP		SETS	REPS	REST	WEIGHT
A1	Bodyweight Hip Stretch	2	30 sec	45-60 sec	
A2	Bodyweight Kneeling Side Plank	2	ALAP	45-60 sec	
A3	Bodyweight Squat	2	10	45-60 sec	

RESISTANCE TRAINING		SETS	REPS	REST	WEIGHT
B	Dumbbell Step Up	4	6	30 sec	
C	Dumbbell Bench Press	4	6	30 sec	
D	Dumbbell Reverse Lunge	4	6	30 sec	
E	Dumbbell Overhead Arnold Press	4	6	30 sec	
F1	Kettlebell Swing	2	10-15	60 sec	
F2	Bodyweight Side Plank		ALAP (each side)		

DAY 2

WARM UP		SETS	REPS	REST	WEIGHT
A1	Resistance Band Pronated Pull-Apart	2	10	60 sec	
A2	Bodyweight Hip Swing	2	5		

RESISTANCE TRAINING		SETS	REPS	REST	WEIGHT
B	Bodyweight Single-Leg Deadlift	4	6	30 sec	
C	Dumbbell Bench Row	4	6	30 sec	
D	Dumbbell Sumo Squat	4	6	30 sec	
E	Plate Woodchopper	4	6	30 sec	
F1	Bodyweight Rollup	2	5	30 sec	
F2	Bodyweight Oblique Twist		10		

DAY 3

WARM UP		SETS	REPS	REST	WEIGHT
A1	Treadmill Walk	1	5 min, zone 3		
A2	Bodyweight Pushup	1	AMRAP		

CIRCUIT		ROUNDS	REPS	REST	WEIGHT
B1	Bodyweight Walking Lunge	3	30 sec (each)	20 sec	
B2	Bodyweight Inchworm with Up Dog				
B3	Bodyweight Marching Bridge				
B4	Bodyweight Jumping Squats				

CARDIO

	ZONE	TIME	CIRCUITS	TOTAL DISTANCE
DAY 1	1	25:00	1	
	2	15:00		
	3	10:00		
DAY 2	1	1:00	8	
	4	1:00		