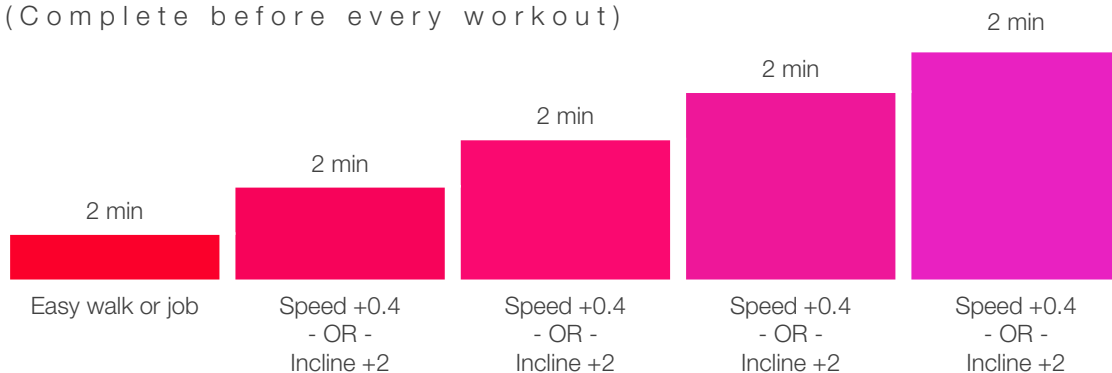


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

	20 min	15 min	10 min
TIME			
SPEED	Zone 1 - OR - Slow Jog	Zone 2 - OR - Speed +0.4	Zone 3 - OR - Speed +0.4
TOTAL DISTANCE			

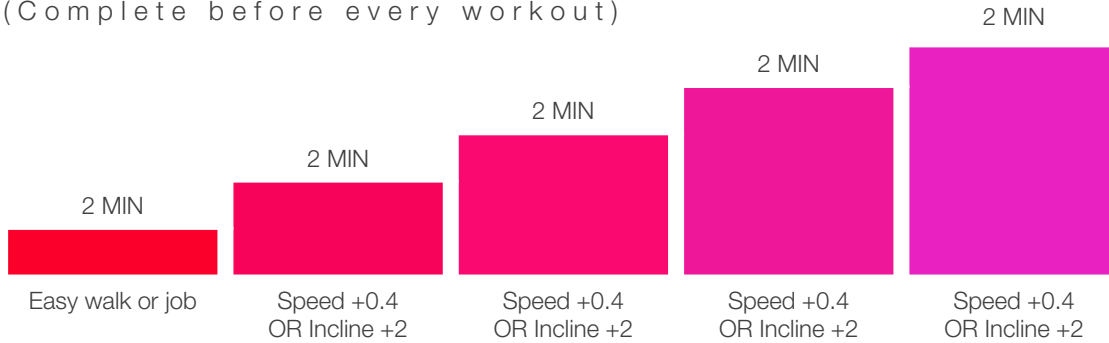
HIGH INTENSITY CARDIO

(Complete 8 rounds, 1x per week)







	45 sec	45 sec
TIME		
SPEED	Zone 1 - OR - Slow Jog	Zone 4 - OR - Speed +1.2
TOTAL DISTANCE		

DAILY WARM-UP






(Complete before every workout)









STRENGTH DAY 1

EXERCISE	SETS	REPS	WEIGHT
Dumbbell Goblet Squat 	2-3	8-10	
Kneeling Pushup 	2-3	8-10	
Stationary Lunge 	2-3	8-10 (each side)	
Glute Bridge 	2-3	8-10	
Resistance Band Standing Rotation 	2-3	8-10	
Kneeling Plank 	2-3	30 sec.	

STRENGTH DAY 2

EXERCISE		SETS	REPS	WEIGHT
Resistance Band Pullover		2	8-10	
Kettlebell Deadlift		2	8-10	
Standing Resistance Band Row		2	8-10	
Standing Shoulder Press		2	8-10	
Kneeling Side Plank		2	30 sec.	

STRENGTH DAY 3

EXERCISE		SETS	REPS	WEIGHT
Bodyweight Squat		2	60 sec.	
Dumbbell Bench Press		2	8-10	
Glute Kickback		2	10-12 (each side)	
Dumbbell Row		2	8-10	
Walking Lunge		2	12 (each side)	
Standing Resistance Band Rotation		2	8-10	