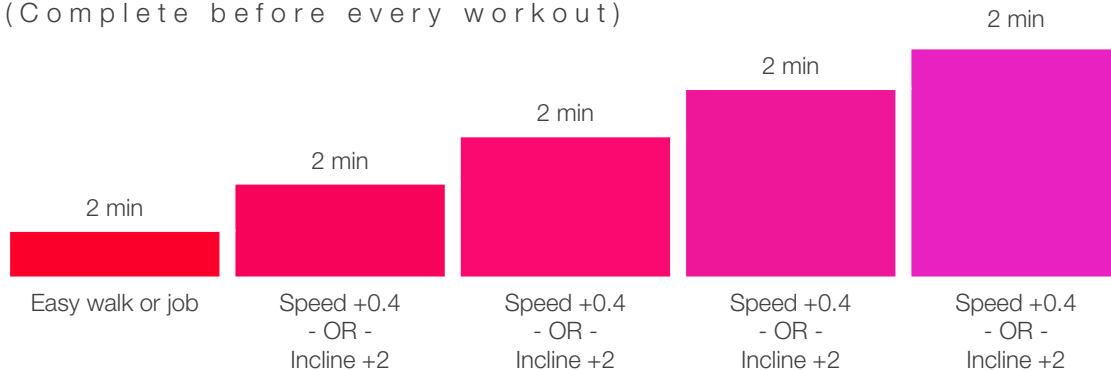


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

Interval	Duration	Intensity
1	20 min	Zone 1 - OR - Slow Jog
2	15 min	Zone 2 - OR - Speed +0.4
3	10 min	Zone 3 - OR - Speed +0.4

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

HIGH INTENSITY CARDIO

(Complete 7 rounds, 1x per week)

Interval	Duration	Intensity
1	40 sec	Zone 1 - OR - Slow Jog
2	20 sec	Zone 4 - OR - Speed +1.2

	40 sec	20 sec
TIME	40 sec	20 sec
SPEED	Zone 1 - OR - Slow Jog	Zone 4 - OR - Speed +1.2
TOTAL DISTANCE		

STRENGTH DAY 1

WARM UP		SETS	REPS	REST	WEIGHT
A1	Bodyweight Hip Stretch	2	3 (each side)	60 sec	
A2	Resistance Band Supinated Pull-Apart		10		
A3	Foam Roll Lats		60 sec		
WORKOUT		SETS	REPS	REST	WEIGHT
B	Barbell Back Squat	3	60 sec.	45 sec	
C1	Dumbbell Close-Grip Bench Press	3	8-10	45 sec	
C2	Dumbbell Step-Up		10-12 (each side)		
D1	Dumbbell Incline Press	3	8-10	45 sec	
D2	Dumbbell Walking Lunge		12 (each side)		
E	Bodyweight Plank	2	20 sec	30 sec	

STRENGTH DAY 2

WARM UP		SETS	REPS	REST	WEIGHT
A1	Resistance Band Pronated Pull-Apart	2	10	60 sec	
A2	Bodyweight Bridge		10		
WORKOUT		SETS	REPS	REST	WEIGHT
B	Dumbbell Bench Press	3	10	30 sec	
C	Dumbbell Row Elbows In	3	10	30 sec	
D	Dumbbell Front Raise	3	10	30 sec	
E	Dumbbell Lateral Raise	3	10	30 sec	
F	Resistance Band Row	3	10	30 sec	
G1	EZ Bar Biceps Curl	3	12-15	45 sec	
G2	EZ Bar Skullcrusher				

STRENGTH DAY 3

WARM UP		SETS	REPS	REST	WEIGHT
A1	Resistance Band Pronated Pull-Apart	2	10	60 sec	
A2	Foam Roll Upper Back		60 sec		
A3	Hip Stretch		5 (each side)		
WORKOUT		SETS	REPS	REST	WEIGHT
B	Barbell Deadlift	3	8	45-60 sec	
C1	Dumbbell Single-Leg Deadlift	3	8	45-60 sec	
C2	Dumbbell Bench Row				
D1	Bodyweight Single-Leg Bridge	3	8 (each side)	45-60 sec	
D2	Kettlebell One-Arm Row				
E	Bodyweight Side Plank	2	20 sec	30 sec	