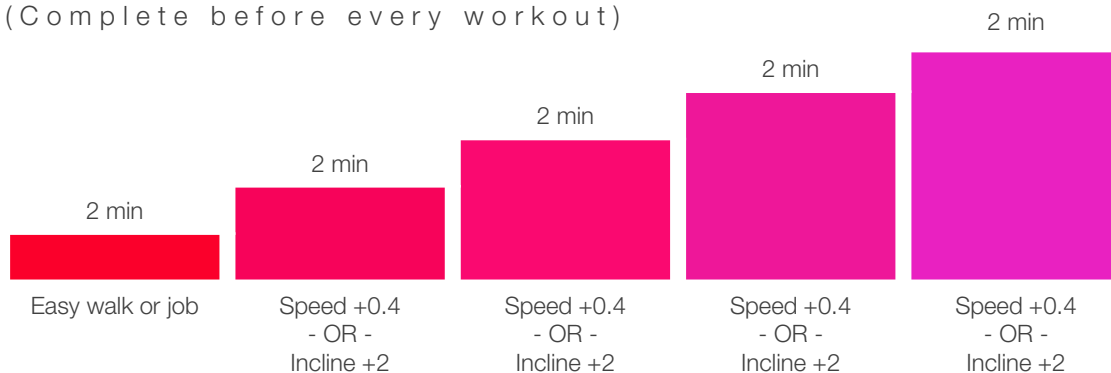


### DAILY WARM-UP

(Complete before every workout)



### LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

<b>TIME</b>	25 min	15 min	10 min
<b>SPEED</b>	Zone 1 - OR - Slow Jog	Zone 2 - OR - Speed +0.4	Zone 3 - OR - Speed +0.4
<b>TOTAL DISTANCE</b>			

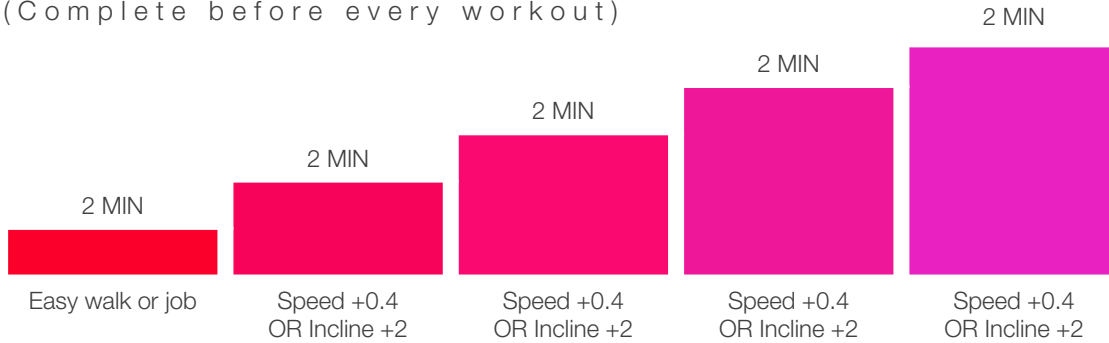
### HIGH INTENSITY CARDIO

(Complete 8 rounds, 1x per week)







<b>TIME</b>	1 min	1 min
<b>SPEED</b>	Zone 1 - OR - Slow Jog	Zone 4 - OR - Speed +1.2
<b>TOTAL DISTANCE</b>		

#### DAILY WARM-UP







(Complete before every workout)









#### STRENGTH DAY 1

EXERCISE	SETS	REPS	WEIGHT
Sumo Squat 	2	15	
Dumbbell Bench Press 	2	15	
Deadlift 	2	15	
Dumbbell Row 	2	15	
Lateral Lunge 	2	15 (each side)	
Plate Woodchoppers 	2	15 (each side)	

#### STRENGTH DAY 2

EXERCISE	SETS	REPS	WEIGHT
Kettlebell Squat 	3	12	
Triceps Dip 	3	12	
Glute Bridge 	3	12	
Dumbbell Bench Row 	3	12 (each side)	
Lateral Lunge 	3	12 (each side)	
Reverse Crunch 	3	12	

#### STRENGTH DAY 3

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Glute Kickback 	2-3	15 (each side)	
	Pushup 		15	
	V Sit Up 		15	
B	Walking Lunge 	2-3	15 (each side)	
	Dumbbell Raise 		15	
	Plank 		Hold to Failure	