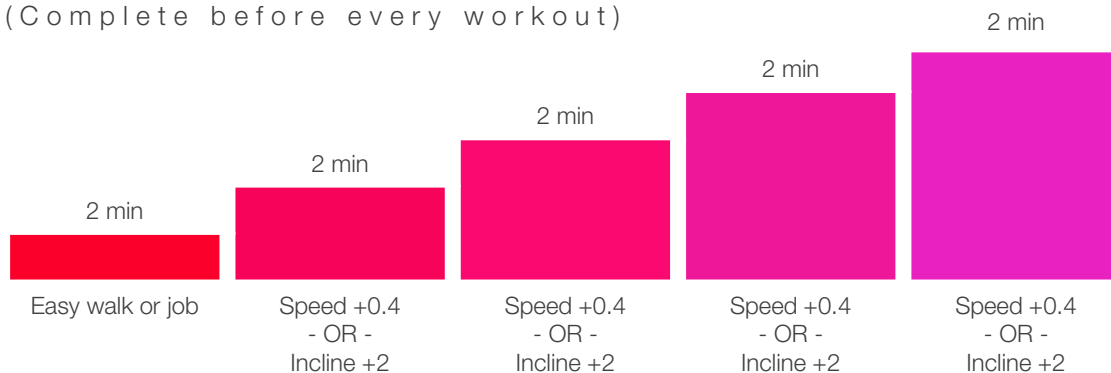


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

Option	Time	Speed
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

HIGH INTENSITY CARDIO

(Complete 9 rounds, 1x per week)

Option	Time	Speed
1	40 sec	Zone 1 - OR - Slow Jog
2	20 sec	Zone 4 - OR - Speed +1.2

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	4	6	45 sec	
C1	Dumbbell Close-Grip Bench Press	3	10	45 sec	
C2	Dumbbell Curtsy Lunge		10-12 (each side)		
D1	Dumbbell Incline Press	3	8-10	45 sec	
D2	Dumbbell Reverse Lunge		12 (each side)		
E	Bodyweight Plank	2	ALAP	30 sec	

STRENGTH DAY 2

WARM UP		SETS	REPS	REST	WEIGHT
A1	Resistance Band Pronated Pull-Apart	2	10	60 sec	
	Bodyweight Bridge		10		
A2	Bodyweight Hip Swing		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 sec	
G2	Resistance Band Triceps Kickback				

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	Bodyweight Hip Swing		5 (each side)		
WORKOUT		SETS	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	