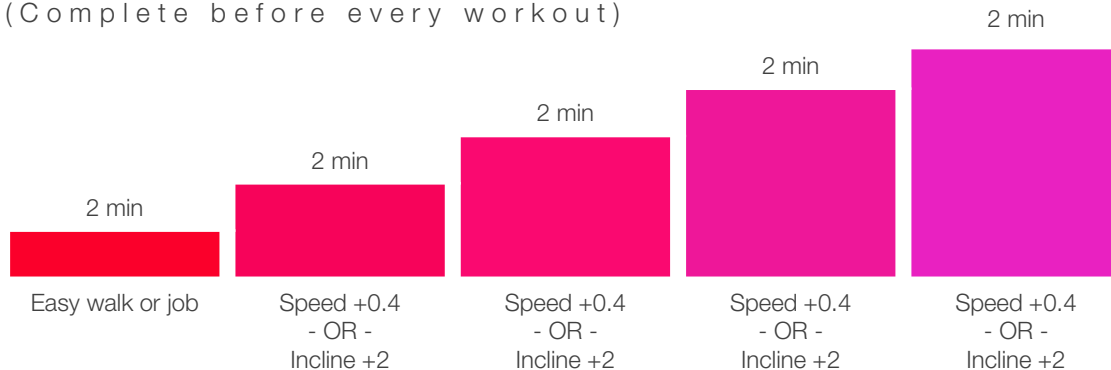


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

TIME	25 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			

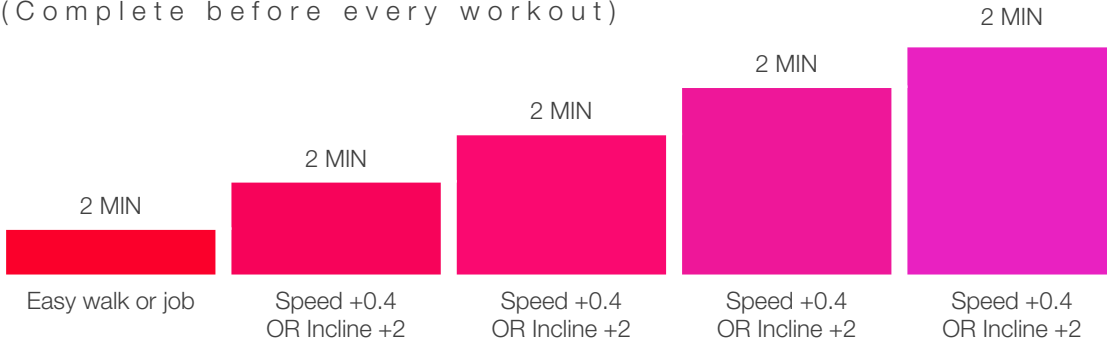
HIGH INTENSITY CARDIO

(Complete 8 rounds, 1x per week)

TIME	30 sec	1 min
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
Extended Plate Squat		3	12	
Overhead Arnold Press		3	12	
Deadlift		3	12	
Dumbbell Reverse Fly		3	12	
Lateral Lunge		3	12 (each side)	
Side Plank		3	45 sec	

STRENGTH DAY 2

EXERCISE	SETS	REPS	WEIGHT
Kettlebell Squat 	3	12	
Incline Bench Press 	3	12	
Glute Kickback 	3	12 (each side)	
Bent Over Reverse Row 	3	12	
Reverse Lunge 	3	12 (each side)	
Bicycle Crunch 	3	12	

STRENGTH DAY 3

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Curtsy Lunge 	3	15 (each side)	
	Bicep Curl 		15	
	Pushup 		15	
B	Overhead Plate Squat 	3	15	
	Hammer Raise 		15	
	Plank 		Hold to failure	