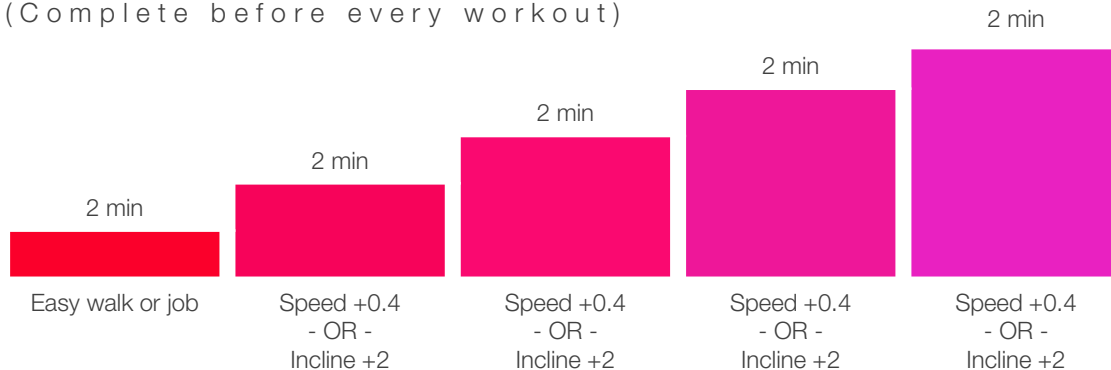


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

| | | | |
|-----------------------|------------------------------|--------------------------------|--------------------------------|
| 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 **11** rounds, 1x per week)

| | | |
|-----------------------|------------------------------|--------------------------------|
| 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 | 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 | |