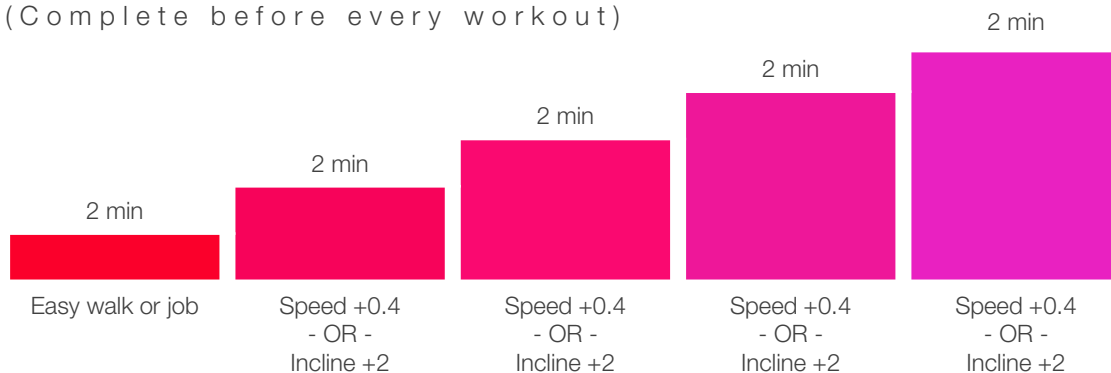


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

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

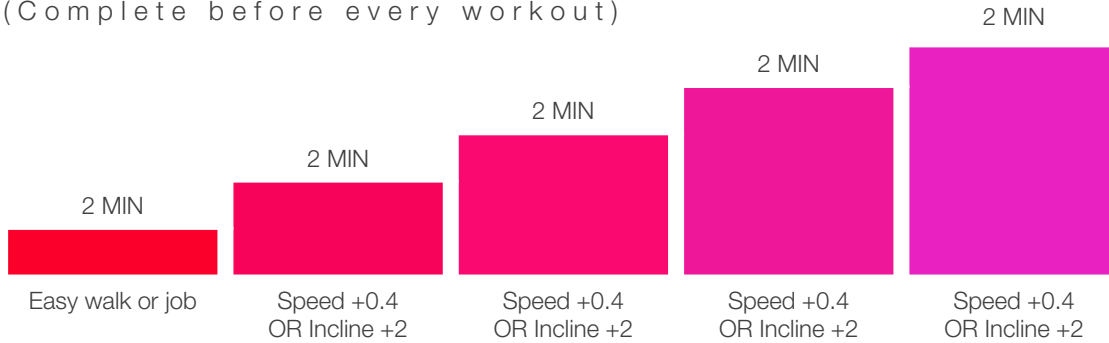
HIGH INTENSITY CARDIO

(Complete 6 rounds, 1x per week)

	1:30 sec	1:30 sec
TIME		
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
Overhead Plate Squat	3	12	
Skull Crusher	3	12	
Single Leg Deadlift	3	12 (each side)	
Dumbbell Reverse Fly	3	12	
Reverse Lunge	3	12 (each side)	
Plate Woodchoppers	3	12 (each side)	

STRENGTH DAY 2

EXERCISE		SETS	REPS	WEIGHT
Kettlebell Squat		3	12	
Dumbbell Bench Press		3	12	
Kettlebell Deadlift		3	12	
Upright Row		3	12	
Kettlebell Lunge		3	12 (each side)	
Plank		3	60 sec.	

STRENGTH DAY 3

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Suitcase Squat	3	15 (each side)	
	Overhead Triceps Extension		18	
	Close Grip Pushup		18	
B	Overhead Lunge with Plate	3	18 (each side)	
	EZ Bar Bicep Curl		18	
	Inchworm with Updog		18	