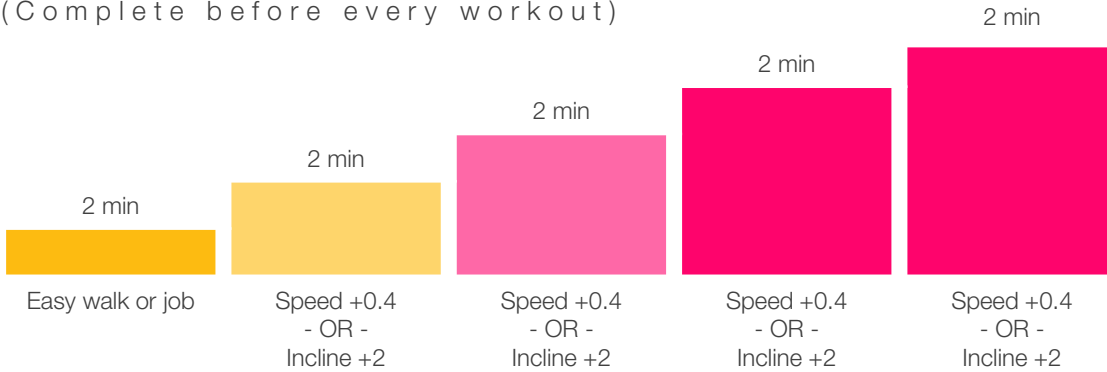



DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)




Interval	Duration	Intensity
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

	TOTAL DISTANCE
Interval 1	
Interval 2	
Interval 3	

HIGH INTENSITY CARDIO

(Complete 8 rounds, 1x per week)

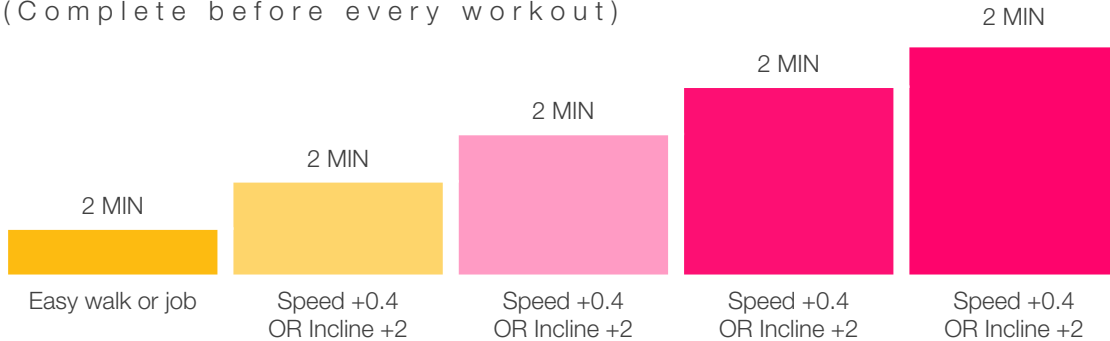


Interval	Duration	Intensity
1	45 sec	Zone 1 - OR - Slow Jog
2	45 sec	Zone 4 - OR - Speed +1.2

	TOTAL DISTANCE
Interval 1	
Interval 2	

DAILY WARM-UP








(Complete before every workout)










INSTRUCTIONS:

Complete three rounds of each straight set and two rounds of each superset. On the supersets, have your weights ready and perform exercises 1 and 2 back-to-back. Rest for 30-60 seconds between sets and repeat for each following round. Your weight should feel challenging but doable with good form. If you can't complete at the minimum number of reps assigned, your weight is too heavy. If you can complete 3-5 reps more than the maximum number of reps prescribed, it's too light. Record the weight you used, and sets and reps in your workout journal or in VLT and try to do a little better next time by lifting heavier weight, performing more reps, or taking shorter rest breaks.

STRENGTH DAY 1





CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Dumbbell Sumo Squat 	2	8-10	
	Dumbbell Bench Press 	2	8-10	
B	Dumbbell Lateral Lunge 	2	8-10 (each side)	
	Dumbbell Overhead Press 	2	8-10	
C	Dumbbell Step Up 	2	8-10 (each side)	
	Dumbbell Overhead Triceps Extension 	2	8-10	
D	Bodyweight Plank 	2	ALAP	

STRENGTH DAY 2

CIRCUIT	EXERCISE		SETS	REPS	WEIGHT
A	Kettlebell Deadlift		2	8-10	
	Lat Pulldown		2	8-10 (each side)	
B	Dumbbell Single-Leg Deadlift		2	8-10 (each side)	
	Dumbbell Row		2	8-10	
C	Bodyweight Glute Kickback		2	8-10	
	Dumbbell Biceps Curl		2	8-10	
D	Bodyweight Kneeling Side Plank		2	ALAP	

CHALLENGE DAY - Descend the Ladder

Complete 10 rounds of this circuit. Start with 10 reps for every exercise each side on the first round, then do 9 for every exercise for the second, then 8, 7, 6...1. Take breaks as needed – try to take them at the bottom of each round. Set a timer and record your time at the end to complete.

EXERCISE	TOTAL TIME TO COMPLETE
Bodyweight Squat 	
Bodyweight Bicycle Crunch 	
Bodyweight Glute Bridge 	
Bodyweight Assisted Pushup 	
Bodyweight Reverse Crunch 