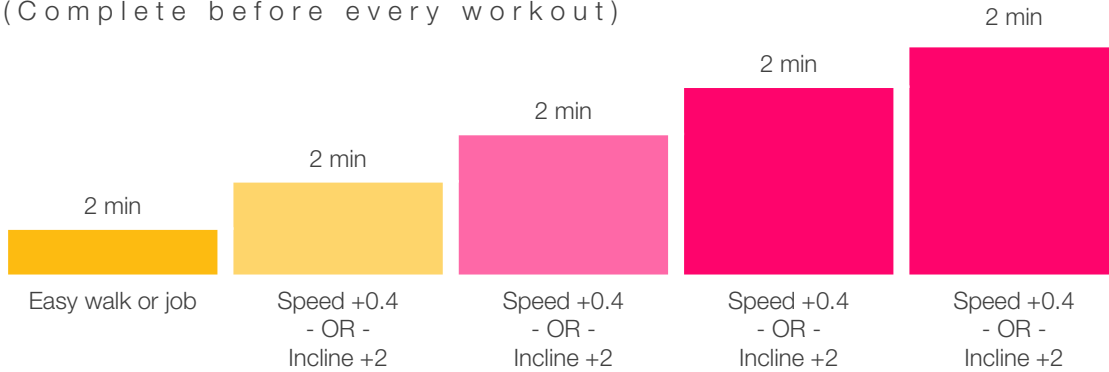



DAILY WARM-UP

(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

HIGH INTENSITY CARDIO

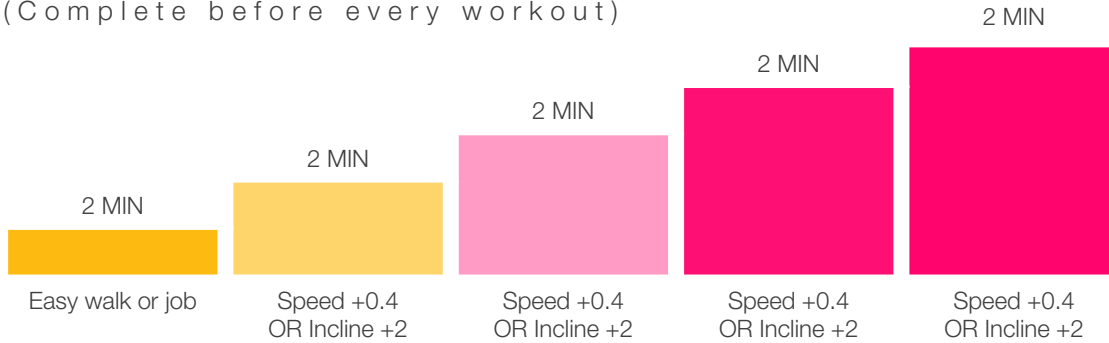
(Complete 8 rounds, 1x per week)











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

DAILY WARM-UP









(Complete before every workout)



STRENGTH DAY 1






CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Dumbbell Bench Press 	2	8-10	
	Resistance Band Pronated Pull-Apart 	2	10-15	
B	Dumbbell Incline Press 	2	8-10	
	Resistance Band Reverse Fly 	2	10-15	
C	Dumbbell Overhead Press 	2	8-10	
	Resistance Band Row 	2	10-15	
D	Dumbbell Front Raise 	2	10-15	
	Dumbbell Lateral Raise 	2	10-15	

STRENGTH DAY 2

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Kettlebell Goblet Squat 	2	8-10	
	Bodyweight Glute Kickback 	2	10-15 (each side)	
B	Dumbbell Stationary Lunge 	2	8-10 (each side)	
	Dumbbell Single Leg Deadlift 	2	10-15 (each side)	
C	Dumbbell Step-Up 	2	8-10 (each side)	
	Kettlebell Swing 	2	10-15	
D	Bodyweight Squat 	2	10-15	
	Oblique Twist 	2	10-15 (each side)	

CHALLENGE DAY - The 300

Set your workout timer and complete all assigned reps of the first exercise before moving on to the next. Keep good form and rest as needed. Record your time in your workout journal or VLT and aim to finish faster by taking fewer rest breaks the next time

EXERCISE	REPS	TOTAL TIME TO COMPLETE
Bodyweight Pilates Hundreds 	100	
Bodyweight Pilates Knee Lift 	50 (Total)	
Bodyweight Pilates Single-Leg Stretch 	50 (Total)	
Bodyweight Pilates Oblique Twist 	50 (Total)	
Bodyweight Pilates Modified Swimming 	50 (Total)	