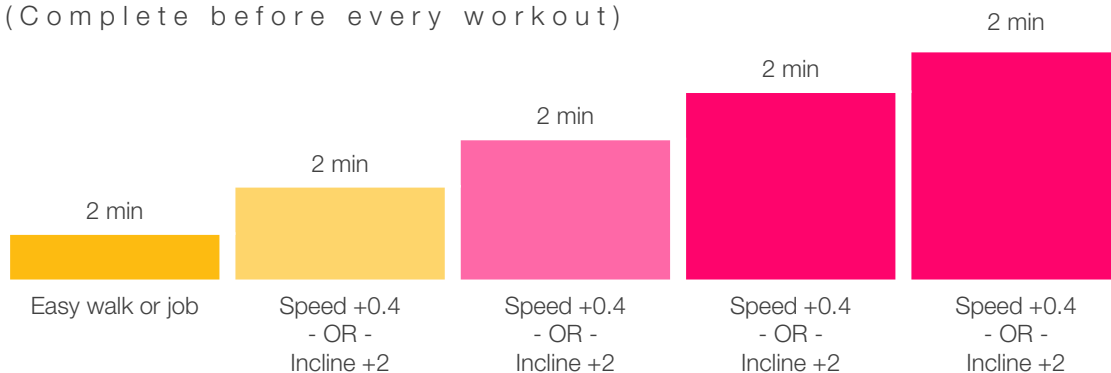



DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO


(Complete 1 round, 2x per week)



Interval	1	2	3
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 7 rounds, 1x per week)



Interval	1	2
TIME	40 sec	20 sec
SPEED	Zone 1 - OR - Slow Jog	Zone 4 - OR - Speed +1.2
TOTAL DISTANCE		

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

WORKOUT		SETS	REPS	REST	WEIGHT
A	Barbell Back Squat	3	6-8	30-45 sec	
B	Dumbbell Bench Press	3	6-8		
C	Dumbbell Step-Up	2	10-12 (each side)		
	Dumbbell Overhead Press	2	8-10		
D	Extended Plate Squat	2	8-10		
	Dumbbell Overhead Triceps Extension	2	10-15		
E	Plate Woodchopper	2	12 (each side)		

STRENGTH DAY 2

WORKOUT		SETS	REPS	REST	WEIGHT
A	Barbell Deadlift	3	6-8	30-45 sec	
B	Lat Pulldown	3	8-10		
C	Barbell Straight-Leg Deadlift	2	6-8		
	Kettlebell One-Arm Row	2	8-10 (each side)		
D	Bodyweight Glute Kickback	2	8-10		
	Dumbbell Biceps Curl	2	8-10		
E	Bodyweight Side Plank	2	ALAP		

CHALLENGE DAY – Descend the Ladder

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

EXERCISE	TOTAL TIME TO COMPLETE
Kettlebell Goblet Squat	
Bodyweight Bicycle Crunch	
Kettlebell Deadlift	
Pushup	
Bodyweight Reverse Crunch	