

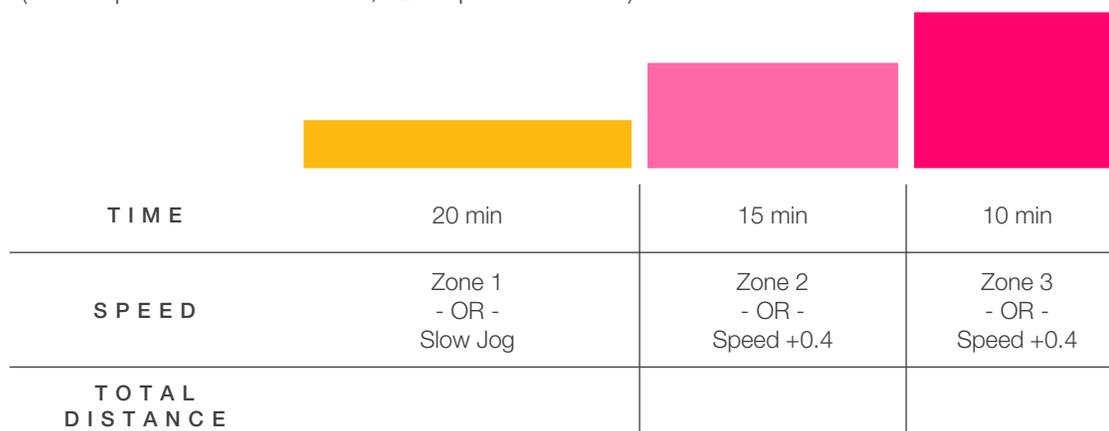
DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

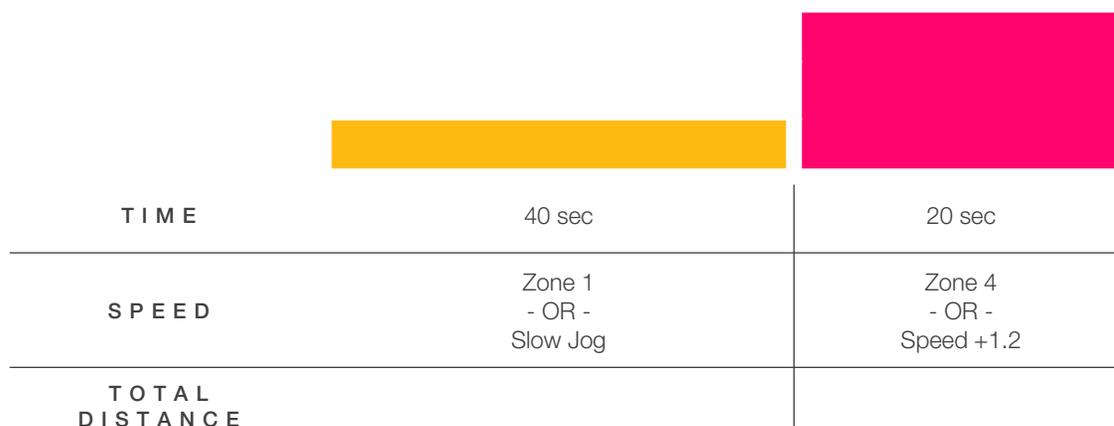
(Complete 1 round, 2x per week)



| Stage | Time | Speed |
|-------|--------|--------------------------|
| 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)



| Stage | Time | Speed |
|-------|--------|--------------------------|
| 1 | 40 sec | Zone 1 - OR - Slow Jog |
| 2 | 20 sec | Zone 4 - OR - Speed +1.2 |

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 | Dumbbell Incline Press | 3 | 6-8 | 30-45 sec | |
| B | Dumbbell Bench Row | 3 | 8-10 | | |
| C | Dumbbell Overhead Press | 3 | 8-10 | | |
| D | EZ Bar Skullcrusher | 2 | 8-10 | | |
| | EZ Bar Biceps Curl | 2 | 8-10 | | |
| E | Dumbbell Front Raise | 2 | 10-15 | | |
| | Dumbbell Lateral Raise | 2 | 10-15 | | |

STRENGTH DAY 2

| WORKOUT | | SETS | REPS | REST | WEIGHT |
|---------|---------------------------|------|---------------------|-----------|--------|
| A | Kettlebell Sumo Squat | 3 | 6-8 | 30-45 sec | |
| B | Bodyweight Back Extension | 3 | 6-8 | | |
| C | Dumbbell Walking Lunge | 3 | 8-10 (each side) | | |
| D | Dumbbell Step-Up | 2 | 8-10 (each side) | | |
| | Kettlebell Swing | 2 | 10-15 | | |
| E | Bodyweight Squat | 2 | 10-15 | | |
| | Kickback | 2 | 10-15 | | |

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) | |