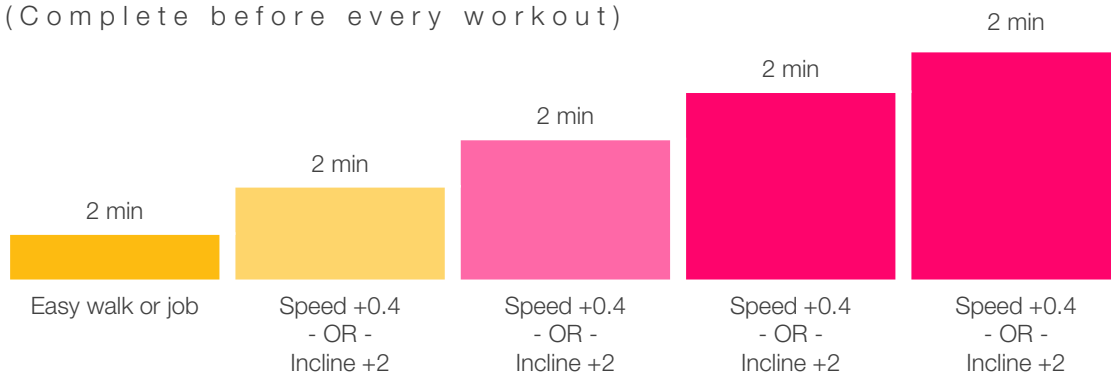


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

Interval	Duration	Speed
1	25 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		

HIGH INTENSITY CARDIO

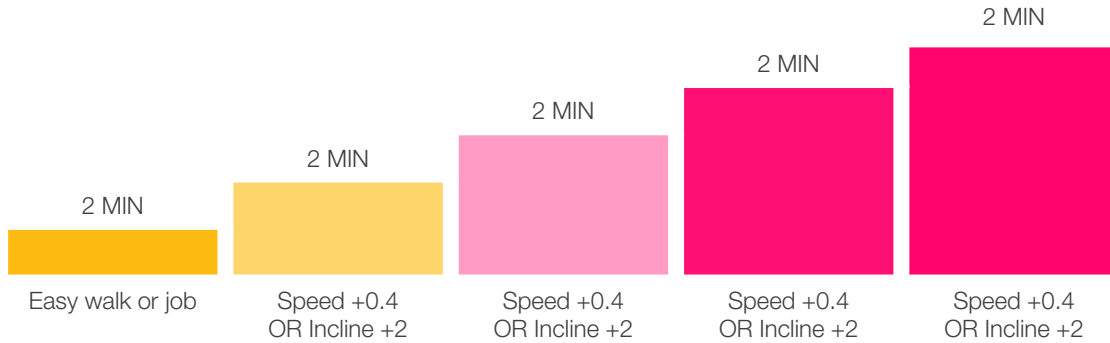
(Complete 8 rounds, 1x per week)

Interval	Duration	Speed
1	1:30 sec	Zone 1 - OR - Slow Jog
2	1:30 sec	Zone 4 - OR - Speed +1.2








TOTAL DISTANCE	

DAILY WARM-UP








(Complete before every workout)



STRENGTH DAY 1





CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Dumbbell Sumo Squat 	3	5-8	
	Dumbbell Bench Press 	3	5-8	
B	Dumbbell Lateral Lunge 	3	5-8 (each side)	
	Dumbbell Overhead Press 	3	5-8	
C	Dumbbell Step Up 	3	5-8 (each side)	
	Dumbbell Overhead Triceps Extension 	3	8	
D	Bodyweight Plank 	3	ALAP	

STRENGTH DAY 2

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Kettlebell Deadlift 	3	5-8	
	Lat Pulldown 	3	5-8 (each side)	
B	Dumbbell Single-Leg Deadlift 	3	5-8 (each side)	
	Dumbbell Row 	3	5-8	
C	Bodyweight Glute Kickback 	3	8	
	Dumbbell Biceps Curl 	3	8	
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
Dumbbell Reverse Lunge 	
Bodyweight Bicycle Crunch 	
Dumbbell Curtsy Lunge 	
Bodyweight Pushup 	
Bodyweight Burpee 