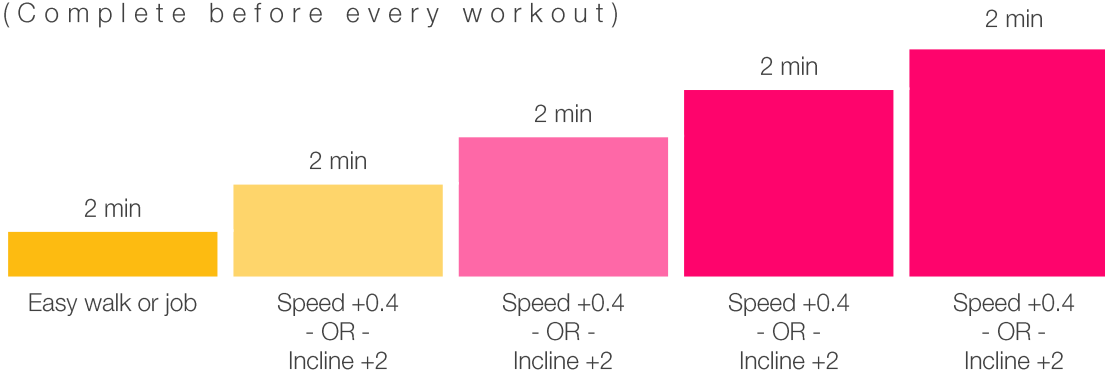


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

Interval	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 5 rounds, 1x per week)

Interval	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	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		

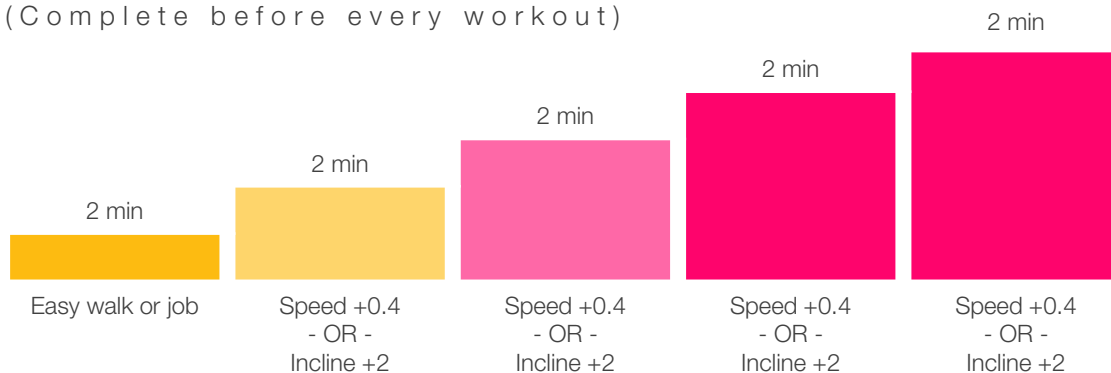
CHALLENGE DAY – Descend the Ladder

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	

DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

Interval	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 6 rounds, 1x per week)

Interval	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		

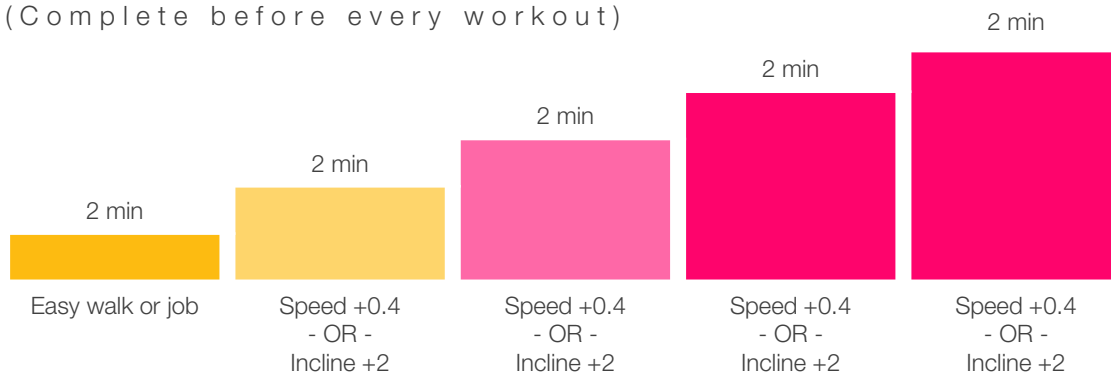
CHALLENGE DAY — The 300

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)	


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO


(Complete 1 round, 2x per week)



	20 min	15 min	10 min
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)



	40 sec	20 sec
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		

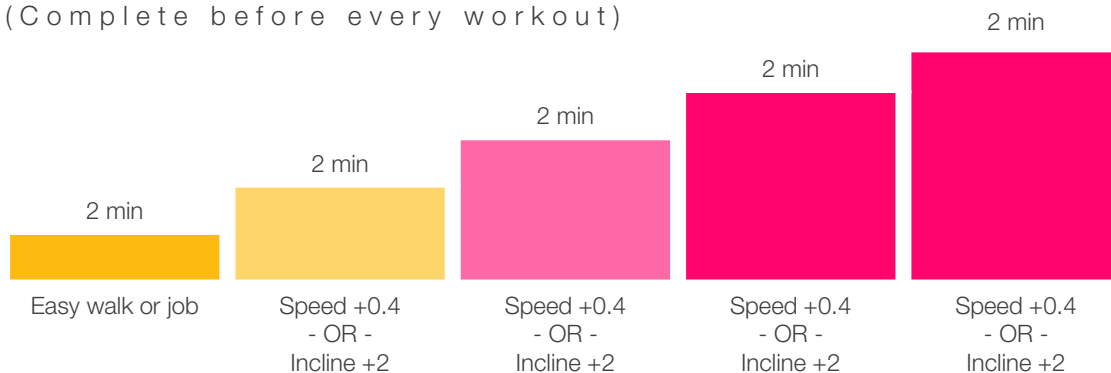
CHALLENGE DAY – Descend the Ladder

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	


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)




Interval	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

	TOTAL DISTANCE
Interval 1	
Interval 2	
Interval 3	

HIGH INTENSITY CARDIO

(Complete 8 rounds, 1x per week)



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

	TOTAL DISTANCE
Interval 1	
Interval 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		

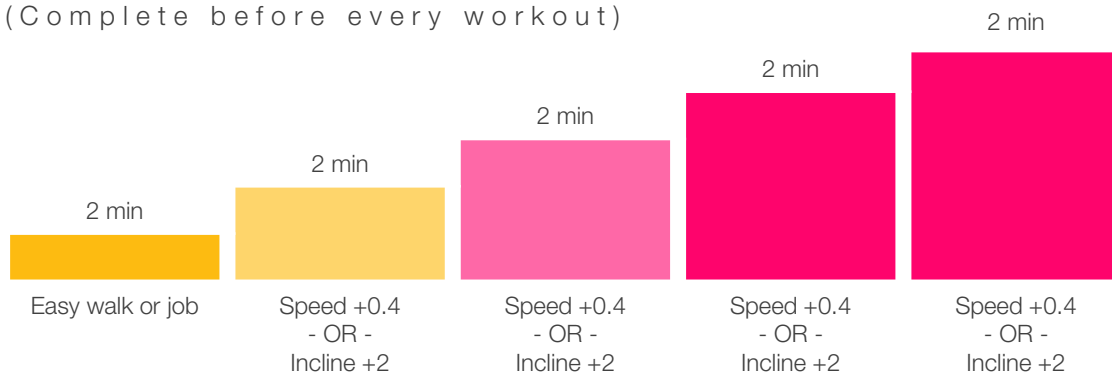
CHALLENGE DAY — The 300

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)	

DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

Interval	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 9 rounds, 1x per week)

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

INSTRUCTIONS:

Complete each round of supersets and straight sets. 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	3-5	30-45 sec	
B	Dumbbell Bench Press	3	3-5		
C	Dumbbell Walking Lunge	3	6-8 (each side)		
	Dumbbell Overhead Arnold Press	3	6-8		
D	Dumbbell Curtsy Lunge	2	8-10		
	EZ Bar Skullcrusher	2	10-15		
E	Bodyweight Reverse Crunch	2	15-20		

STRENGTH DAY 2

WORKOUT		SETS	REPS	REST	WEIGHT
A	Barbell Deadlift	3	3-5	30-45 sec	
B	Lat Pulldown	3	6-8		
C	Barbell Straight-Leg Deadlift	2	3-5		
	Kettlebell One-Arm Row	2	6-8 (each side)		
D	Bodyweight Glute Kickback	2	8-10		
	Dumbbell Biceps Curl	2	8-10		
E	Bodyweight Side Plank	2	ALAP		

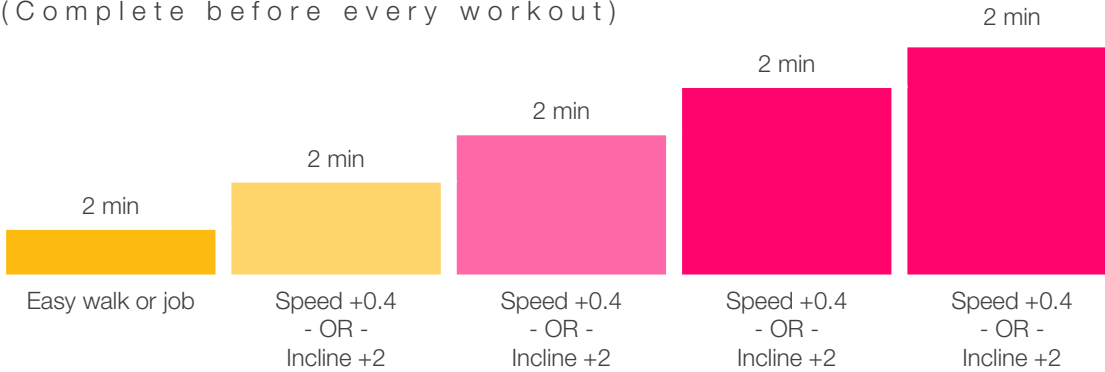
CHALLENGE DAY – Descend the Ladder

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	
Burpee	


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)




Interval	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

	TOTAL DISTANCE
Interval 1	
Interval 2	
Interval 3	

HIGH INTENSITY CARDIO

(Complete 10 rounds, 1x per week)



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

	TOTAL DISTANCE
Interval 1	
Interval 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	3-5	30-45 sec	
B	Kettlebell Single Arm Row	3	8-10		
C	Dumbbell Shoulder Press	3	8-10		
D	Dumbbell Overhead Arnold Press	2	8-10		
	Bodyweight Triceps Dip	2	8-10		
E	THE THREE BEARS (for your biceps) Gather three sets of dumbbells, one heavy (for a set of 10 biceps curls), one medium, one light. Perform 10 biceps curls with the heavy weights. Without resting, perform as many reps as pretty with the medium weights. Without resting, perform as many reps as pretty with the light weights. Rest 90 seconds and repeat for a total of two rounds.				

STRENGTH DAY 2

WORKOUT		SETS	REPS	REST	WEIGHT
A	Kettlebell Goblet Squat	3	3-5	30-45 sec	
B	Dumbbell Reverse Lunge	3	3-5		
C	Barbell Straight-Legged Deadlift	3	6-8		
D	Dumbbell Step-Up	2	8-10 (each side)		
	Bodyweight 1-Leg Bridge	2	10-15		
E	Bodyweight Pilates Single-Leg Stretch	2	50		
	Bodyweight Pilates Modified Swimming	2	50		

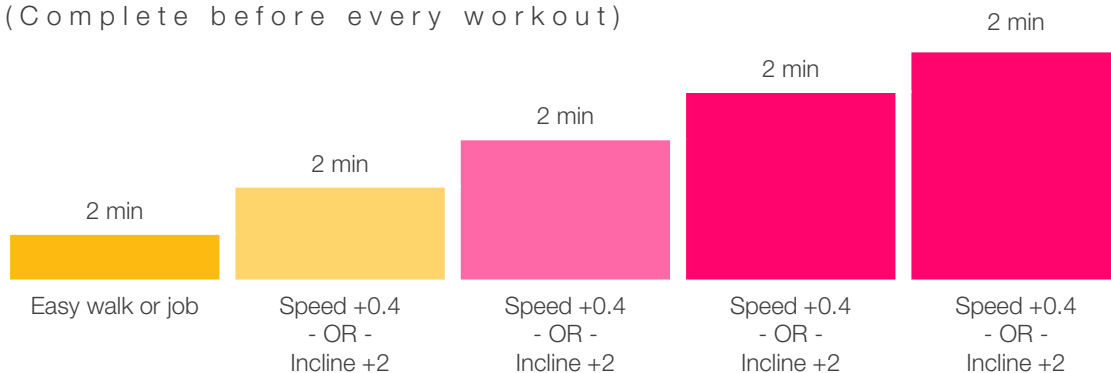
CHALLENGE DAY - SWING + CORE WORKOUT

Set your workout timer for 5 minutes. Choose a kettlebell weight that is challenging but doable for 10 reps. Complete as many kettlebell swings as pretty in 5 minutes, resting as often as necessary. Record the number of reps you completed in your workout journal or VLT and aim to complete more reps in the same amount of time next time.

CIRCUIT	EXERCISE	TOTAL TIME TO COMPLETE
A	Kettlebell Swing	
B	Plank - Set a workout timer and hold as long as pretty. Record your time.	
C	Side Plank - Set a workout timer and hold as long as pretty. Record your time.	


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)




Interval	Duration	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

	TOTAL DISTANCE
Interval 1	
Interval 2	
Interval 3	

HIGH INTENSITY CARDIO

(Complete 11 rounds, 1x per week)



Interval	Duration	Speed
1	40 sec	Zone 1 - OR - Slow Jog
2	20 sec	Zone 4 - OR - Speed +1.2

	TOTAL DISTANCE
Interval 1	
Interval 2	

INSTRUCTIONS:

Complete each round of supersets and straight sets. 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	3-5	30-45 sec	
B	Dumbbell Bench Press	3	3-5		
C	Dumbbell Walking Lunge	3	6-8 (each side)		
	Dumbbell Overhead Arnold Press	3	6-8		
D	Dumbbell Curtsy Lunge	2	8-10		
	EZ Bar Skullcrusher	2	10-15		
E	Bodyweight Reverse Crunch	2	15-20		

STRENGTH DAY 2

WORKOUT		SETS	REPS	REST	WEIGHT
A	Barbell Deadlift	3	3-5	30-45 sec	
B	Lat Pulldown	3	6-8		
C	Barbell Straight-Leg Deadlift	2	3-5		
	Kettlebell One-Arm Row	2	6-8 (each side)		
D	Bodyweight Glute Kickback	2	8-10		
	Dumbbell Biceps Curl	2	8-10		
E	Bodyweight Side Plank	2	ALAP		

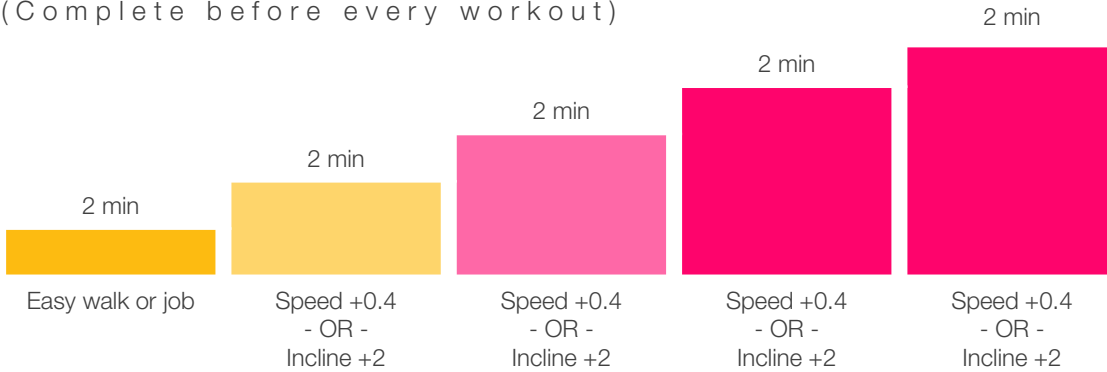
CHALLENGE DAY – Descend the Ladder

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	
Burpee	


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO


(Complete 1 round, 2x per week)



Interval	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 **12** rounds, 1x per week)



Interval	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	3-5	30-45 sec	
B	Kettlebell Single Arm Row	3	8-10		
C	Dumbbell Shoulder Press	3	8-10		
D	Dumbbell Overhead Press	2	8-10		
	Bodyweight Triceps Dip	2	8-10		
E	THE THREE BEARS (for your biceps) Gather three sets of dumbbells, one heavy (for a set of 10 biceps curls), one medium, one light. Perform 10 biceps curls with the heavy weights. Without resting, perform as many reps as pretty with the medium weights. Without resting, perform as many reps as pretty with the light weights. Rest 90 seconds and repeat for a total of two rounds.				

STRENGTH DAY 2

WORKOUT		SETS	REPS	REST	WEIGHT
A	Kettlebell Goblet Squat	3	3-5	30-45 sec	
B	Dumbbell Reverse Lunge	3	3-5		
C	Barbell Straight-Legged Deadlift	3	6-8		
D	Dumbbell Step-Up	2	8-10 (each side)		
	Bodyweight 1-Leg Bridge	2	10-15		
E	Bodyweight Pilates Single-Leg Stretch	2	50		
	Bodyweight Pilates Modified Swimming	2	50		

CHALLENGE DAY - SWING + CORE WORKOUT

Set your workout timer for 5 minutes. Choose a kettlebell weight that is challenging but doable for 10 reps. Complete as many kettlebell swings as pretty in 5 minutes, resting as often as necessary. Record the number of reps you completed in your workout journal or VLT and aim to complete more reps in the same amount of time next time.

CIRCUIT	EXERCISE	TOTAL TIME TO COMPLETE
A	Kettlebell Swing	
B	Plank - Set a workout timer and hold as long as pretty. Record your time.	
C	Side Plank - Set a workout timer and hold as long as pretty. Record your time.	