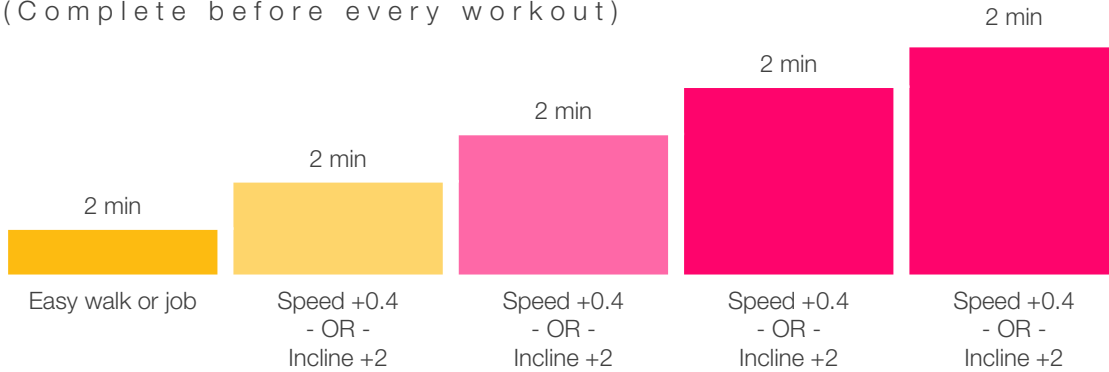


DAILY WARM-UP

(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

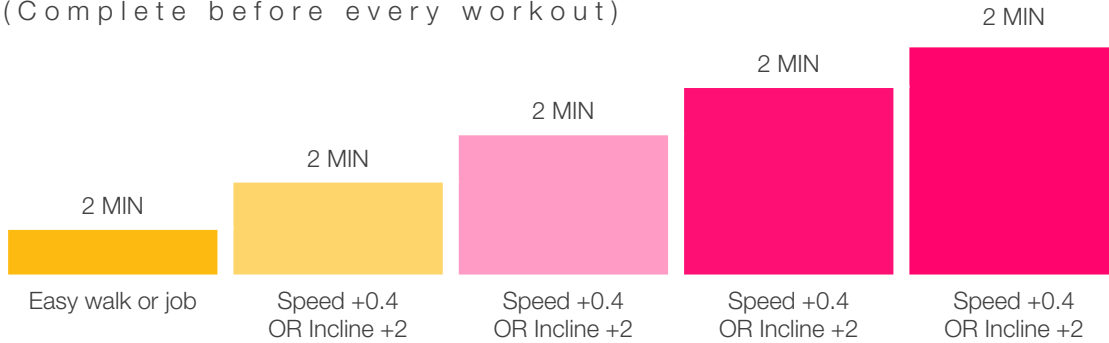
HIGH INTENSITY CARDIO

(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)










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






CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Dumbbell Sumo Squat 	2	8-10	
	Dumbbell Bench Press 	2	8-10	
B	Dumbbell Lateral Lunge 	2	8-10 (each side)	
	Dumbbell Overhead Press 	2	8-10	
C	Dumbbell Step Up 	2	8-10 (each side)	
	Dumbbell Overhead Triceps Extension 	2	8-10	
D	Bodyweight Plank 	2	ALAP	

STRENGTH DAY 2

CIRCUIT	EXERCISE		SETS	REPS	WEIGHT
A	Kettlebell Deadlift		2	8-10	
	Lat Pulldown		2	8-10 (each side)	
B	Dumbbell Single-Leg Deadlift		2	8-10 (each side)	
	Dumbbell Row		2	8-10	
C	Bodyweight Glute Kickback		2	8-10	
	Dumbbell Biceps Curl		2	8-10	
D	Bodyweight Kneeling Side Plank		2	ALAP	

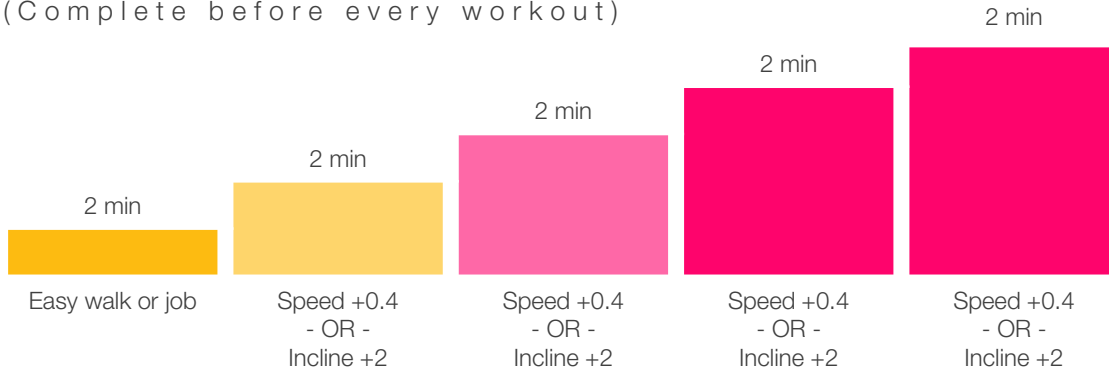
CHALLENGE DAY - Descend the Ladder

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
Bodyweight Squat 	
Bodyweight Bicycle Crunch 	
Bodyweight Glute Bridge 	
Bodyweight Assisted Pushup 	
Bodyweight Reverse Crunch 	


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO


(Complete 1 round, 2x per week)



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

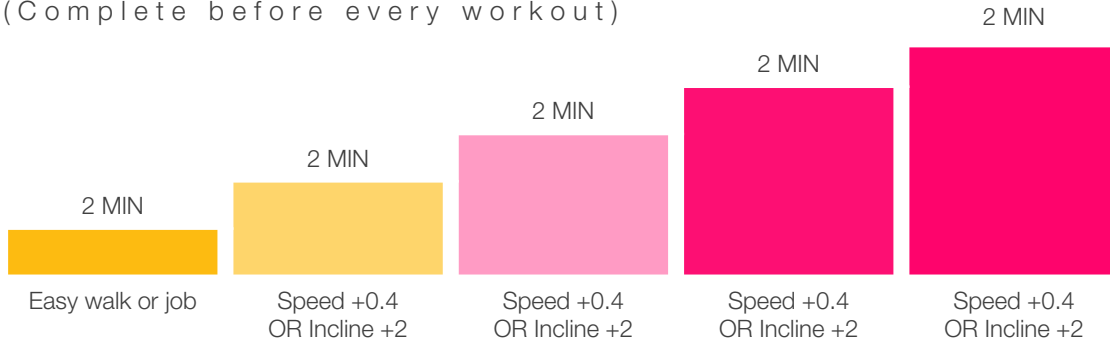
(Complete 8 rounds, 1x per week)











TIME	45 sec	45 sec
SPEED	Zone 1 - OR - Slow Jog	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 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)	

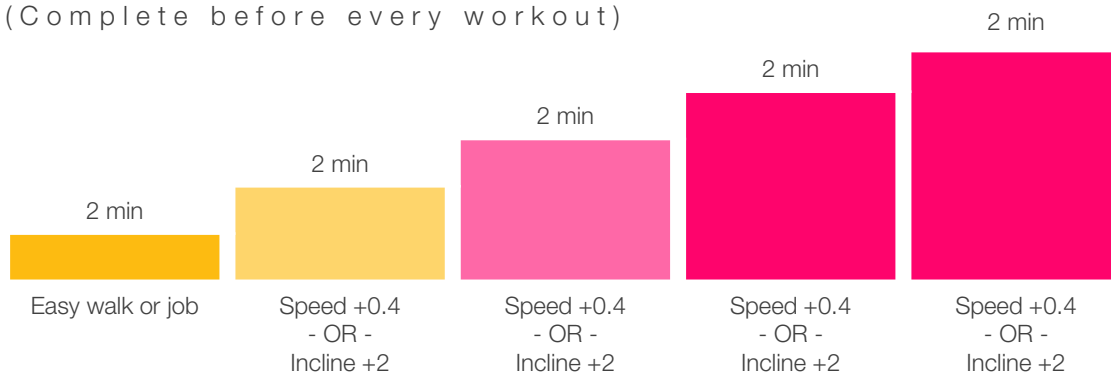
CHALLENGE DAY - The 300

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)	

DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

Part	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		

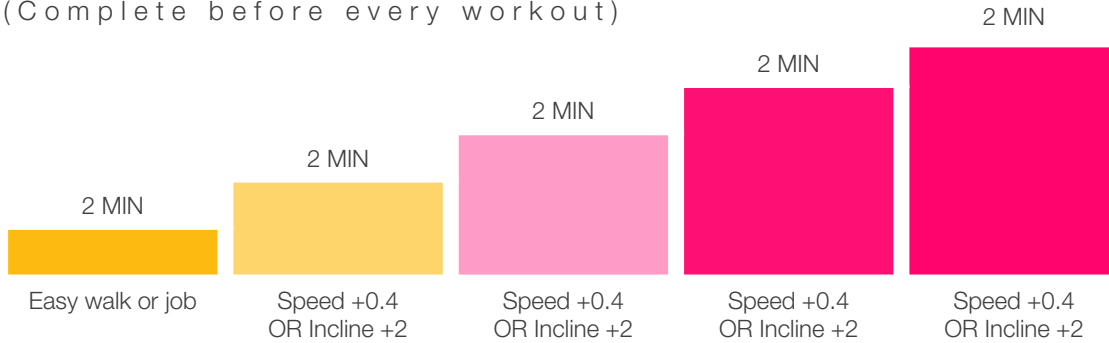
HIGH INTENSITY CARDIO

(Complete 8 rounds, 1x per week)

Part	Duration	Speed
1	1 min	Zone 1 - OR - Slow Jog
2	1 min	Zone 4 - OR - Speed +1.2
TOTAL DISTANCE		

DAILY WARM-UP








(Complete before every workout)









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






CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Dumbbell Sumo Squat 	2	8-10	
	Dumbbell Bench Press 	2	8-10	
B	Dumbbell Lateral Lunge 	2	8-10 (each side)	
	Dumbbell Overhead Press 	2	8-10	
C	Dumbbell Step Up 	2	8-10 (each side)	
	Dumbbell Overhead Triceps Extension 	2	8-10	
D	Bodyweight Plank 	2	ALAP	

STRENGTH DAY 2

CIRCUIT	EXERCISE		SETS	REPS	WEIGHT
A	Kettlebell Deadlift		2	8-10	
	Lat Pulldown		2	8-10 (each side)	
B	Dumbbell Single-Leg Deadlift		2	8-10 (each side)	
	Dumbbell Row		2	8-10	
C	Bodyweight Glute Kickback		2	8-10	
	Dumbbell Biceps Curl		2	8-10	
D	Bodyweight Kneeling Side Plank		2	ALAP	

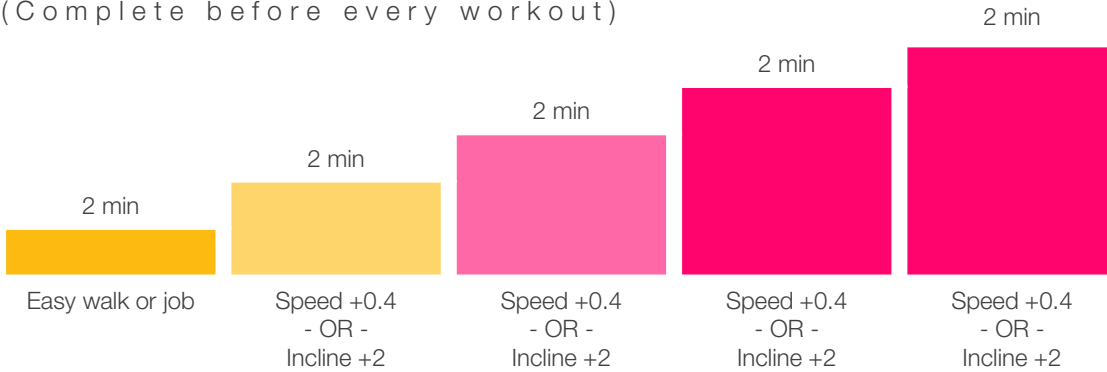
CHALLENGE DAY - Descend the Ladder

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
Bodyweight Squat 	
Bodyweight Bicycle Crunch 	
Bodyweight Glute Bridge 	
Bodyweight Assisted Pushup 	
Bodyweight Reverse Crunch 	

DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)

	25 min	15 min	10 min
TIME			
SPEED	Zone 1 - OR - Slow Jog	Zone 2 - OR - Speed +0.4	Zone 3 - OR - Speed +0.4
TOTAL DISTANCE			

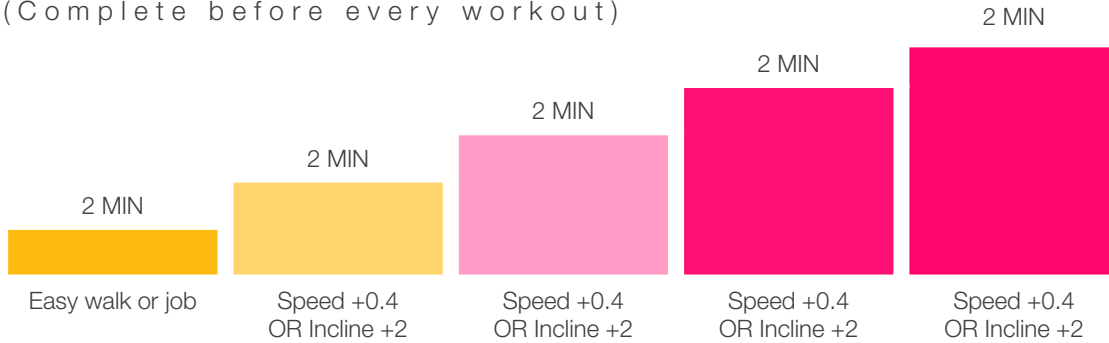
HIGH INTENSITY CARDIO

(Complete 8 rounds, 1x per week)









	1 min	1 min
TIME		
SPEED	Zone 1 - OR - Slow Jog	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 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)	

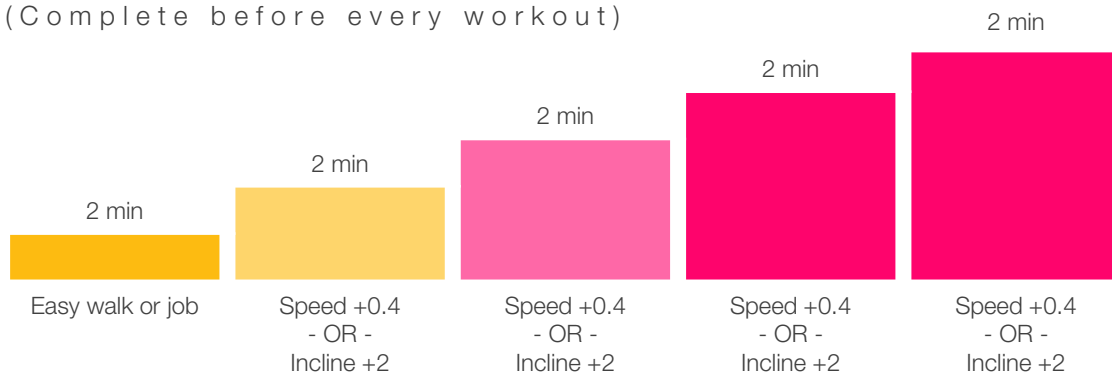
CHALLENGE DAY – The 300

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)	

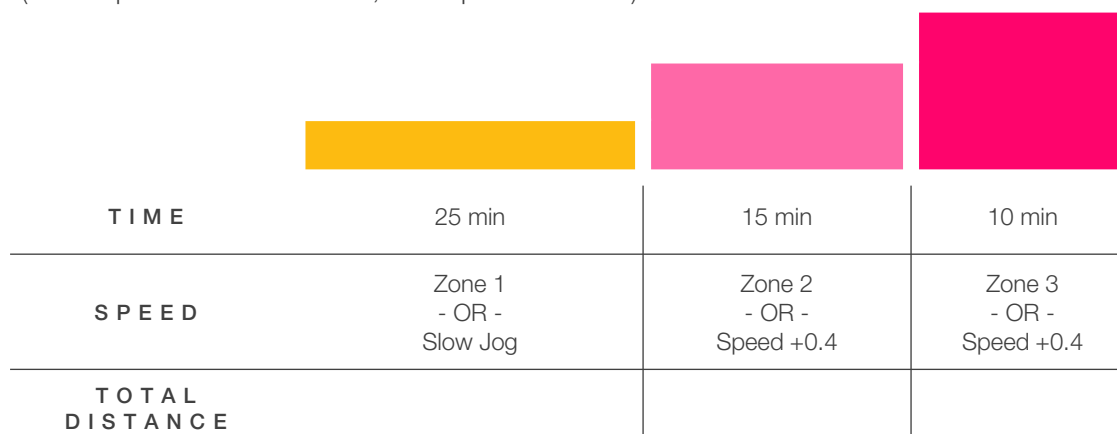
DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

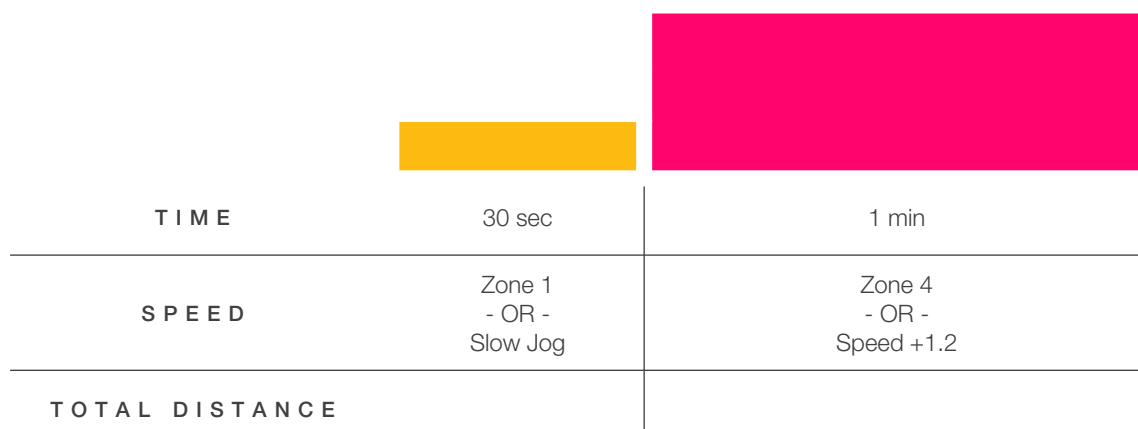
(Complete 1 round, 2x per week)



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

HIGH INTENSITY CARDIO

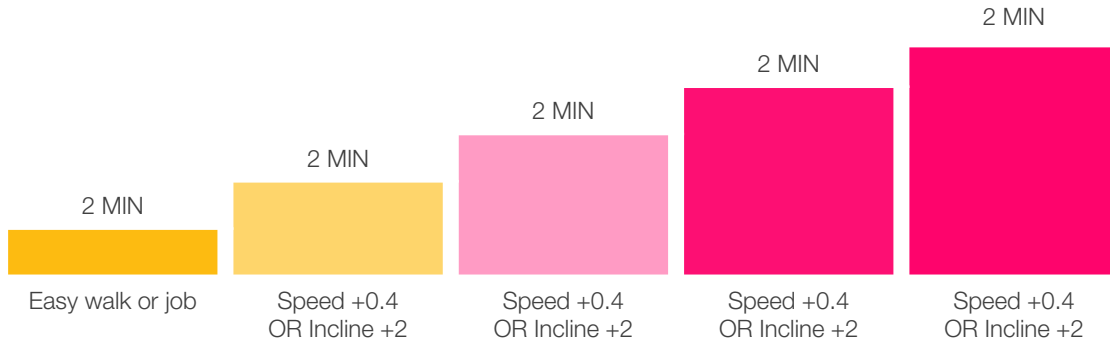
(Complete 8 rounds, 1x per week)










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

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	

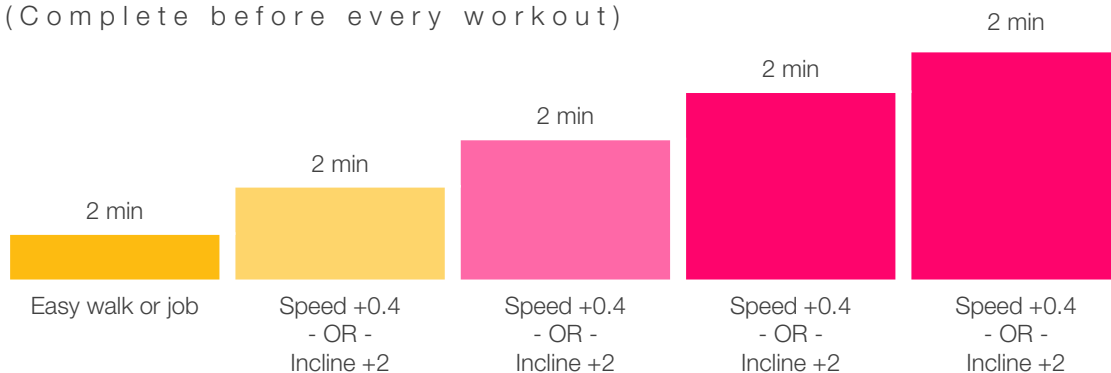
CHALLENGE DAY - Descend the Ladder

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 	

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

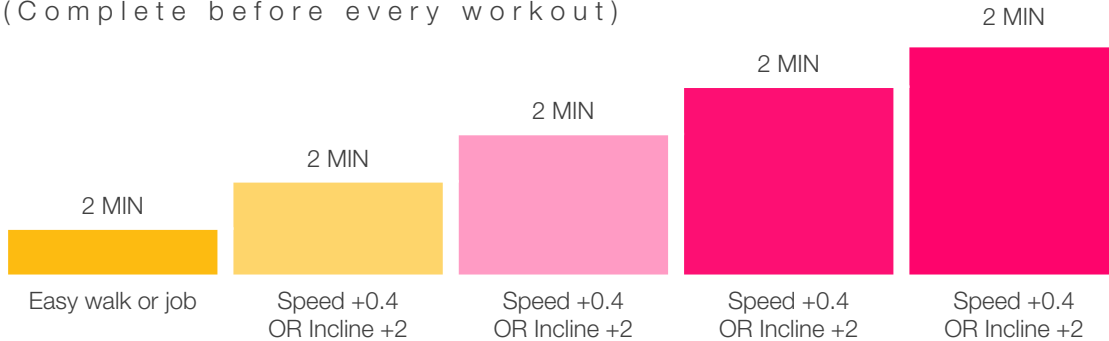
(Complete 8 rounds, 1x per week)

Interval	Duration	Speed
1	30 sec	Zone 1 - OR - Slow Jog
2	1 min	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 Bench Press 	3	5-8	
	Resistance Band Pronated Pull-Apart 	3	10-15	
B	Dumbbell Incline Press 	3	5-8	
	Resistance Band Reverse Fly 	3	10-15	
C	Dumbbell Overhead Press 	3	5-8	
	Resistance Band Row 	3	10-15	
D	<p>THE THREE BEARS (for your biceps)</p> <p>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.</p>			

STRENGTH DAY 2

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Kettlebell Goblet Squat 	3	5-8	
	Bodyweight Glute Kickback 	3	10-15 (each side)	
B	Dumbbell Stationary Lunge 	3	5-8 (each side)	
	Dumbbell Single Leg Deadlift 	3	10-15 (each side)	
C	Dumbbell Step-Up 	3	5-8 (each side)	
	Bodyweight 1-Leg Bridge 	3	10-15	
D	Bodyweight Pilates Single-Leg Stretch 	3	50 (total)	
	Bodyweight Pilates Modified Swimming 	2	50 (total)	

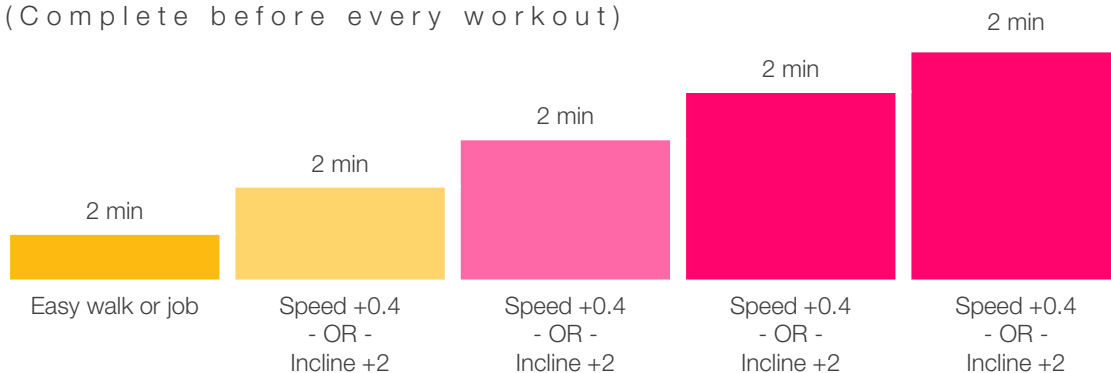
CHALLENGE DAY – SWING + CORE WORKOUT

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)



TIME	25 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

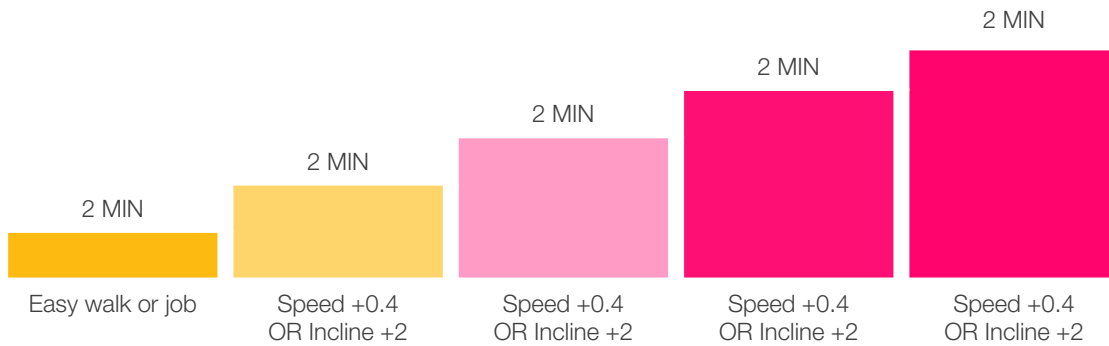
(Complete 8 rounds, 1x per week)










TIME	1:30 sec	1:30 sec
SPEED	Zone 1 - OR - Slow Jog	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	

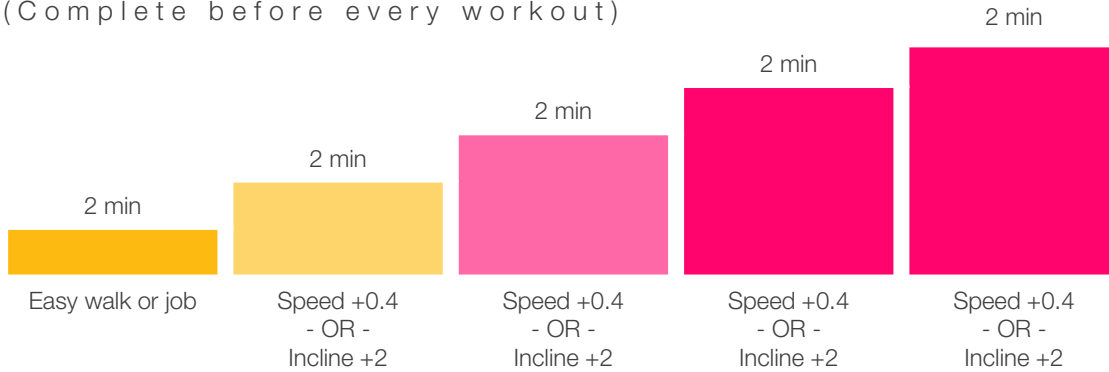
CHALLENGE DAY - Descend the Ladder

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 	


DAILY WARM-UP

(Complete before every workout)



LOW INTENSITY CARDIO

(Complete 1 round, 2x per week)




Stage	Duration	Intensity
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)

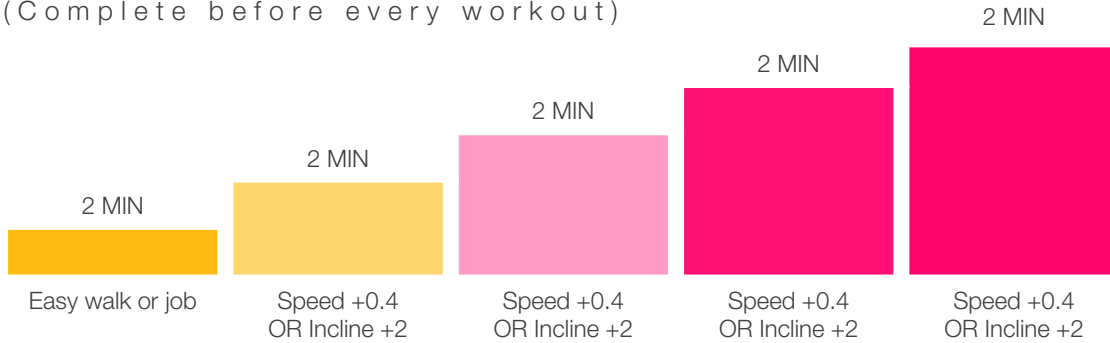


Stage	Duration	Intensity
1	1:30 sec	Zone 1 - OR - Slow Jog
2	1:30 sec	Zone 4 - OR - Speed +1.2







	TOTAL DISTANCE

DAILY WARM-UP









(Complete before every workout)



STRENGTH DAY 1

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Dumbbell Bench Press 	3	5-8	
	Resistance Band Pronated Pull-Apart 	3	10-15	
B	Dumbbell Incline Press 	3	5-8	
	Resistance Band Reverse Fly 	3	10-15	
C	Dumbbell Overhead Press 	3	5-8	
	Resistance Band Row 	3	10-15	
D	<p>THE THREE BEARS (for your biceps)</p> <p>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.</p>			

STRENGTH DAY 2

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Kettlebell Goblet Squat 	3	5-8	
	Bodyweight Glute Kickback 	3	10-15 (each side)	
B	Dumbbell Stationary Lunge 	3	5-8 (each side)	
	Dumbbell Single Leg Deadlift 	3	10-15 (each side)	
C	Dumbbell Step-Up 	3	5-8 (each side)	
	Bodyweight 1-Leg Bridge 	3	10-15	
D	Bodyweight Pilates Single-Leg Stretch 	3	50 (total)	
	Bodyweight Pilates Modified Swimming 	2	50 (total)	

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.	