

## DAY 1

WARM UP		SETS	REPS	REST	WEIGHT
A1	Bodyweight Hip Stretch	2	3 (each side)	60 sec	
A2	Resistance Band Supinated Pull-Apart	2	10	60 sec	
A3	Foam Roll Lats	2	60 sec	60 sec	
WORKOUT		SETS	REPS	REST	WEIGHT
B	Barbell Back Squat	4	6	45-60 sec	
C1	Dumbbell Close-Grip Bench Press	3	6	45-60 sec	
C2	Dumbbell Curtsy Lunge		10		
D1	Dumbbell Incline Press	3	6	45-60 sec	
D2	Dumbbell Reverse Lunge		10 (each side)		
E	Bodyweight Plank	2	ALAP	30 sec	

## DAY 2

WARM UP		SETS	REPS	REST	WEIGHT
A1	Resistance Band Pronated Pull-Apart	2	10	60 sec	
A2	Bodyweight Bridge	2	10		
A3	Bodyweight Hip Swing	2	5 (each side)		
WORKOUT		SETS	REPS	REST	WEIGHT
B	Dumbbell Bench Press	4	8	30 sec	
C	Dumbbell Row Elbows In	4	8	30 sec	
D	Dumbbell Front Raise	4	8	30 sec	
E	Dumbbell Lateral Raise	4	8	30 sec	
F	Resistance Band Row	4	8	30 sec	
G1	Resistance Band Biceps Curl	3	AMRAP	45-60 sec	
G2	Resistance Band Triceps Kickback				

## DAY 3

WARM UP		SETS	REPS	REST	WEIGHT
<b>A1</b>	Resistance Band Pronated Pull-Apart	2	10	60 sec	
<b>A2</b>	Foam Roll Upper Back	2	60 sec	60 sec	
<b>A3</b>	Bodyweight Hip Swing	2	5 (each side)	60 sec	
WORKOUT		ROUNDS	REPS	REST	WEIGHT
<b>B</b>	Barbell Deadlift	4	6	45-60 sec	
<b>C1</b>	Dumbbell Single-Leg Deadlift	3	6	45-60 sec	
<b>C2</b>	Dumbbell Bench Row				
<b>D1</b>	Bodyweight Single-Leg Bridge	3	6 (each side)	45-60 sec	
<b>D2</b>	Kettlebell One-Arm Row				
<b>E</b>	Bodyweight Side Plank	2	ALAP	30 sec	

## CARDIO

	ZONE	TIME	CIRCUITS	TOTAL DISTANCE
<b>DAY 1</b>	1	0:20	9	
	4	0:40		
<b>DAY 2</b>	1	20:00	1	
	2	15:00		
	3	10:00		
<b>DAY 3</b>	1	0:20	9	
	4	0:40		