

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

CARDIO

	ZONE	TIME	CIRCUITS	TOTAL DISTANCE
DAY 1	1	0:20	11	
	4	0:40		
DAY 2	1	20:00	1	
	2	15:00		
	3	10:00		
DAY 3	1	0:20	11	
	4	0:40		