

Daily Workouts

Week 4

the
60day

	SUN	MON	TUES	WED	THURS	FRI	SAT
STRENGTH		Total Body 45 min		Total Body 45 min		Total Body 45 min	
CARDIO	Low Intensity Cardio 50 min				High Intensity Cardio 25 min		
RECOVERY			Active Recovery 15 min				Active Recovery 15 min

WORKOUTS

SUNDAY – Low Intensity Cardio

ZONE	TIME	TOTAL DISTANCE
1	25:00	
2	15:00	
3	10:00	

MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Kettlebell Squat	3	10-12	
Push Up	3	10-12	
Kettlebell Forward Lunge	3	10-12 (each side)	
Glute Bridge	3	10-12	
Plate Wood Chop	3	10-12 (each side)	
Plank	3	Hold 60 seconds	

WORKOUTS

TUESDAY – Kettlebells & Dumbbells OR Active Recovery

WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
French Press	3	10-12	
Kettlebell Deadlift	3	10-12	
Dumbbell Row	3	10-12	
Standing Arnold Press	3	10-12	
Side Plank	2	45 seconds	
Back Extension	2	10-12	

THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	0:30	8	
4	1:00		

FRIDAY – Total Body Endurance Training

EXERCISE	SETS	REPS	WEIGHT
Extended Plate Squat	3	90 seconds	
Incline Press	3	10-12	
Straight Leg Deadlift	2	10-12	
One-Arm Kettlebell Row	2	10-12 (each side)	
Bicycle Crunch	2	45 seconds	

SATURDAY – Kettlebells & Dumbbells OR Active Recovery