

# Week 1

## **Monday: Full-Body Workout (Endurance)**

- Barbell Back Squat: 2 sets of 12 to 15 repetitions
- Lat Pulldown: 2 x 12 - 15
- Lying Leg Curl: 2 x 12 - 15
- Dumbbell Bench Press: 2 x 12 - 15
- Hanging Knee Lift: 3 x 8 – 10

## **Tuesday: Cardiovascular Training**

- Push-Ups: 5
- Jump Squats: 10
- Pull-Ups: 5
- Side Lunges: 10
- Mountain Climbers: 20
- Sprints: 5 seconds

## **Wednesday: Rest Day**

- Spend the day focusing on your nutritional goals including calorie counting, meal planning, and meal preparation.
- Strive to get seven to nine hours of sleep.
- Drink plenty of water: the more active you are, the more water you need.

## **Thursday: Full-Body Workout (Endurance)**

- Barbell Bench Press: 2 sets of 12 to 15 repetitions
- Romanian Deadlift: 2 x 12 - 15
- Pull-Ups: 2 x 5 - 10
- Dumbbell Sumo Squat: 2 x 12 - 15
- Woodchopper: 3 x 8 - 10

## **Friday: Cardiovascular Training**

Spend 30 to 45 minutes performing a cardiovascular exercise of your choice. Here are some ideas:

- Jogging / Running
- Biking
- Swimming
- Hiking
- Yoga

### **Saturday: Rest Day**

- Spend the day focusing on your nutritional goals including calorie counting, meal planning, and meal preparation.
- Strive to get seven to nine hours of sleep.
- Drink plenty of water: the more active you are, the more water you need.

### **Sunday: Cardiovascular Training**

- Begin with a 10 to 15-minute warm-up and stretching session
- **Jog / Sprint Combos:** For this exercise, you'll base everything in one-minute increments
- Jog for 55 seconds then sprint for 5 seconds.
- Repeat

## Week 2

### Monday: Full-Body Workout (Muscle Growth)

- Barbell Back Squat: 3 sets of 10 to 12 repetitions
- Lat Pulldown: 3 x 10 - 12
- Lying Leg Curl: 3 x 10 - 12
- Dumbbell Bench Press: 3 x 10 - 12
- Hanging Knee Lift: 3 x 8 – 10

### Tuesday: Cardiovascular Training

- Push-Ups: 6
- Jump Squats: 10
- Pull-Ups: 6
- Side Lunges: 10
- Mountain Climbers: 20
- Sprints: 7 seconds

### Wednesday: Rest Day

- Spend the day focusing on your nutritional goals including calorie counting, meal planning, and meal preparation.
- Strive to get seven to nine hours of sleep.
- Drink plenty of water: the more active you are, the more water you need.

### Thursday: Full-Body Workout (Muscle Growth)

- Barbell Bench Press: 3 sets of 10 to 12 repetitions
- Romanian Deadlift: 3 x 10 - 12
- Pull-Ups: 3 x 10 - 12
- Dumbbell Sumo Squat: 3 x 10 - 12
- Woodchopper: 3 x 8 - 10

### Friday: Cardiovascular Training

Spend 30 to 45 minutes performing a cardiovascular exercise of your choice. Here are some ideas:

- Jogging / Running
- Biking
- Swimming
- Hiking
- Yoga

### **Saturday: Rest Day**

- Spend the day focusing on your nutritional goals including calorie counting, meal planning, and meal preparation.
- Strive to get seven to nine hours of sleep.
- Drink plenty of water: the more active you are, the more water you need.

### **Sunday: Cardiovascular Training**

- Begin with a 10 to 15-minute warm-up and stretching session
- **Jog / Sprint Combos:** For this exercise, you'll base everything in one-minute increments
- Jog for 55 seconds then sprint for 5 seconds.
- Repeat

## Week 3

### Monday: Full-Body Workout (Strength)

- Barbell Back Squat: 4 sets of 6 to 8 repetitions
- Lat Pulldown: 4 x 6 - 8
- Lying Leg Curl: 4 x 6 - 8
- Dumbbell Bench Press: 4 x 6 - 8
- Hanging Knee Lift: 4 x 6 - 8

### Tuesday: Cardiovascular Training

- Push-Ups: 7
- Jump Squats: 10
- Pull-Ups: 7
- Side Lunges: 10
- Mountain Climbers: 20
- Sprints: 9 seconds

### Wednesday: Rest Day

- Spend the day focusing on your nutritional goals including calorie counting, meal planning, and meal preparation.
- Strive to get seven to nine hours of sleep.
- Drink plenty of water: the more active you are, the more water you need.

### Thursday: Full-Body Workout (Strength)

- Barbell Bench Press: 4 sets of 6 to 8 repetitions
- Romanian Deadlift: 4 x 6 - 8
- Pull-Ups: 4 x 6 - 8
- Dumbbell Sumo Squat: 4 x 6 - 8
- Woodchopper: 4 x 6 - 8

### Friday: Cardiovascular Training

Spend 30 to 45 minutes performing a cardiovascular exercise of your choice. Here are some ideas:

- Jogging / Running
- Biking
- Swimming
- Hiking
- Yoga

### **Saturday: Rest Day**

- Spend the day focusing on your nutritional goals including calorie counting, meal planning, and meal preparation.
- Strive to get seven to nine hours of sleep.
- Drink plenty of water: the more active you are, the more water you need.

### **Sunday: Cardiovascular Training**

- Begin with a 10 to 15-minute warm-up and stretching session
- **Jog / Sprint Combos:** For this exercise, you'll base everything in one-minute increments
- Jog for 55 seconds then sprint for 5 seconds.
- Repeat

## Week 4

### Monday: Full-Body Workout (Power)

- Barbell Back Squat: 5 sets of 3 to 5 repetitions
- Lat Pulldown: 5 x 3 - 5
- Lying Leg Curl: 5 x 3 - 5
- Dumbbell Bench Press: 5 x 3 - 5
- Hanging Knee Lift: 5 x 3 - 5

### Tuesday: Cardiovascular Training

- Push-Ups: 8
- Jump Squats: 10
- Pull-Ups: 8
- Side Lunges: 10
- Mountain Climbers: 20
- Sprints: 10 seconds

### Wednesday: Rest Day

- Spend the day focusing on your nutritional goals including calorie counting, meal planning, and meal preparation.
- Strive to get seven to nine hours of sleep.
- Drink plenty of water: the more active you are, the more water you need.

### Thursday: Full-Body Workout (Power)

- Barbell Bench Press: 5 sets of 3 to 5 repetitions
- Romanian Deadlift: 5 x 3 - 5
- Pull-Ups: 5 x 3 - 5
- Dumbbell Sumo Squat: 5 x 3 - 5
- Woodchopper: 5 x 3 - 5

### Friday: Cardiovascular Training

Spend 30 to 45 minutes performing a cardiovascular exercise of your choice. Here are some ideas:

- Jogging / Running
- Biking
- Swimming
- Hiking
- Yoga

### **Saturday: Rest Day**

- Spend the day focusing on your nutritional goals including calorie counting, meal planning, and meal preparation.
- Strive to get seven to nine hours of sleep.
- Drink plenty of water: the more active you are, the more water you need.

### **Sunday: Cardiovascular Training**

- Begin with a 10 to 15-minute warm-up and stretching session
- **Jog / Sprint Combos:** For this exercise, you'll base everything in one-minute increments
- Jog for 55 seconds then sprint for 5 seconds.
- Repeat