

**No Gear Intro with Weight Cut Emphasis**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>REST</b></p> <p>*Move around be productive and spend time with family and friends</p>	<p><b>Workout:</b></p> <p>AM: 30min fasting walk, ride, swim</p> <p>Workout: 10min easy pace walk or ride Then: 2x5 Paused squat 3x10 Squat 3x10 Jump squat 3x10 Single Leg Deadlift (unweighted) Then: <b>Air Squat Ladder:</b> 1-max 30sec ladder: First 30sec complete 1 rep, 2nd 30sec complete 2 reps...ladder is complete when you do as many reps possible in 30sec Then: <b>Intervals (30sec Work/30sec Rest)</b> 4x 30/30 Frog Hop Rest 2min 4x 30/30 Step up Rest 2min 4x 30/30 Squat Then: 10min E/P walk or ride</p>	<p><b>Recovery &amp; Mobility</b></p> <p>5x5 Lunge w/ stretch at the bottom (5x each leg)</p> <p>50x Arm circles Forward 50x Arm circles Backward</p> <p>10min Roll</p> <p>10min Stretch</p> <p>Address what's needed here but don't neglect any major area including legs, hip joint, trunk both front and back, and shoulders</p>	<p><b>Workout:</b></p> <p>AM: 30min fasting walk, ride, swim</p> <p>Workout: 10min E/P walk or ride Then: 2x 1min FLR w/ 1 push up every 10 sec Then: <b>Burpee Ladder:</b> 1-max 30sec ladder: First 30sec complete 1 rep, 2nd 30sec complete 2 reps...ladder is complete when you do as many reps possible in 30sec Then: <b>Intervals (30sec work/30sec rest)</b> 4x 30/30 Push-up Rest 2min 4x 30/30 Sit-up Rest 2min 4x 30/30 Mtn. Climber Then: Accumulate 5min of Front Leaning Rest "FLR" "Plank" "Pushup position"</p>	<p><b>Recovery &amp; Mobility</b></p> <p>5x5 Toe Touch</p> <p>5 rounds of: 30 sec Front Leaning Rest+ 30 sec Rest + 30 sec Bridge + 30 sec Rest</p> <p>10min Roll</p> <p>10min Stretch</p> <p>Address what's needed here but don't neglect any major area including legs, hip joint, trunk both front and back, and shoulders</p>	<p><b>Workout:</b></p> <p>AM: 30min fasting walk, ride, swim</p> <p>Workout: 10 min E/P walk or ride Then: 3 Rounds of: 5x Paused Squat 5x Squat 5x Toe touch Then: 2 Rounds of: (2x 30sec Push-up/30sec Front Leaning Rest) + (2x 30sec Squat/30sec Air sit) + 2min rest Then: 3 Rounds: (10x Burpee + 2min hard run, ride, or step-up + 2min rest) 4min intermission 3 Rounds: (20x Squat + 2min hard run, ride, or step-up + 2min rest) Then: 3x10 Bridge</p>	<p><b>Recovery:</b></p> <p><b>Easy Pace 60min Cardio</b> (row, ride, hike, ski, swim, jog)</p> <p>Sub 65% Max heart rate, conversational pace</p>