

Program Log & Workout Guidelines: Please read this before your first workout.

Start Slow, Life is a Marathon:

You should consult a doctor if you have any underlying health issues or you have not worked out in a long time. If you need to start out on a reduced workout schedule, please do so. Take 3 to 5-minute breaks during your workout sessions, to drink some water and catch your breath. If you are not comfortable using free weights, start with machine exercises. Life is a marathon, not a sprint. It took time to get out of shape; it will take time to get back into shape. The great news is that the body responds quickly to regular exercise, so stay positive.

Always Warm-up:

If you do not have time to warm-up, you do not have time to work out. Nothing will set your progress back more than an injury. Always begin your workout with a 5 to 10-minute warm-up.

Warming-up the muscles and tendons make them more flexible and less likely to tear. Your muscles and tendons are like rubber bands. If you place a rubber band in warm water, it becomes more pliable. If you put it in cold water, it becomes brittle and more likely to snap when stretch. You always want to begin your workout with warm muscles. When I am training upper body muscles, my preferred warm-up is rowing. Cycling works well for leg training. If you are working out at home, you can perform some jumping jacks, jog in place, climb stairs, shadow box, or do a combination of these for 5 to 10 minutes to get warmed up. Always perform one or two low-intensity warm-up sets for the first compound exercise for each body part. I recommend you start with 50% of your working weight, for the first set, and 70% for your second. Keep the repetitions in the same range as your working sets. These sets should be easy efforts, priming the muscles, not taxing them.

Alternative Exercises:

I left a space for Remarks in the workout program because I know that not everyone will have access to the same equipment, and some people have injuries that preclude specific exercises. Whenever possible, stay with the recommended exercises. If you must substitute, ensure you substitute correctly. For example, leg extensions are not an appropriate substitute for squats because leg extensions are an isolation movement, and squats are a compound movement. Compound movements, like the bench press, work several muscles at a time and allow you to lift heavier weights than isolation movements, like the fly, which only targets one muscle, the chest.

Workout Circuits:

Each workout consists of workout circuits. These exercises are performed back to back with minimal rest in between. Performing exercises for unrelated muscle groups in a circuit allows you to perform more sets during a workout without shortening rest intervals, which would degrade performance. It also improves cardiorespiratory fitness; keeps the muscles warm, and burns more calories. Make sure that you catch your breath before each set, so your performance does not suffer. I know this type of training can be a challenge in a crowded gym, but it is possible, especially if you are using primarily free weights. You will have to be a little assertive and ask strangers, "Can I work in?" I typically explain to them that I am working a few exercises in a circuit so I will not be back for about 3 or 4 minutes. I have never had anyone refuse to let me work in. After all, it is as much your gym as theirs.

Cardio Training:

Your strength training workouts are going to burn calories and improve heart health, so do not overdo the cardio. Cardio training by its very nature is antagonistic to muscle and strength gains. If you are primarily focused on gaining muscle and strength you can skip the recommended cardio in this program.

Strength Cycle Training Program Overview:

Progressive overload is the key to building muscle, not simply training to failure. Training to failure is a method of producing progressive overload, not a trigger in and of itself as some *experts* would have you believe. [Scientific studies and meta- analyses have demonstrated the superiority of performing three sets of an exercise vs. one set](#) to failure. One set to failure will stimulate growth, but it is a minimum effective dose. If you do not want to invest too much time in the gym, one set will produce results, but they will be suboptimal.

This program is geared toward achieving a new six repetition maximum over the course of seven weeks. The intensity of each workout will build-up gradually the first three weeks of the program. The difficulty of your workouts will be reduced during the fourth week, before ramping up again. During week seven your goal is to set a new six repetition maximum. The final week of the program is a deload week. Your goal is to dissipate the cumulative fatigue of the training cycle. If you still don't feel fully rested you can perform an additional de-load week. After you are fully recovered, you can recalculate your one repetition maximum and begin the cycle again.

Use the accompanying spreadsheets to determine the correct load for each week. You can use [Fractional Plates](#) to add as little as 1-pound to the bar, or you can round your weights. Most gyms don't have fractional plates, but my gym does. That is because I purchased them. I didn't want to carry the plates to and from the gym, so I decided to risk the \$39 I paid for the plates and leave them at the gym. Good Luck! I would greatly appreciate it if you could share your results!

Best wishes and best health!



½ lb. Fractional Plates (approx. \$39 on Amazon)

8-WEEK STRENGTH CYCLE PHASE

WEEK 1

Date:

Day 1 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Press: 3x8 (68% 1RM)		x	x	x
	Leg Curl: 3x8 (68% 1RM)		x	x	x
	Calf Raise: 3x8-15 (add weight after each set)		x	x	x
2nd Circuit	Leg Extension: 2x10 (60% 1RM)		x	x	
	Leg Curl: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x10		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 2 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Shoulder Press: 3x8 (68% 1RM)		x	x	x
	Weighted Chin-up: 3x8 (68% 1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	Incline DB Press: 2x10 (60% 1RM)		x	x	
	Cable Row: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes Steady State Cardio		Activity		Duration	

Day 3 Cardio (20-30 Minutes HIIT)	Remarks	Duration

Day 4 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Curl: 3x8 (68% 1RM)		x	x	x
	Still-legged Deadlift: 3x8 (70% 1RM)		x	x	x
	Jump Squat: 3x5 (light dumbbells/kettlebell)		x	x	x
2nd Circuit	Leg Curl: 2x10 (60% 1RM)		x	x	
	Bulgarian Split Squat: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x8-12 (add weight after each set)		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 5 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Bench Press: 3x8 (68% 1RM)		x	x	x
	Dumbbell Row: 3x8 (68% 1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	DB Press: 2x10 (60% 1RM)		x	x	
	Lat Pull-downs: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes HIIT Cardio		Activity		Duration	

Notes

* Use Excel spreadsheet to determine your 1 RM and calculate your weights for each week.
HIIT Cardio: 2-5-minute warm-up, then perform 6-10 intervals (20 second sprint, 40 second recovery)
Stead State Cardio: moderate effort (approx. 70% Max Heart Rate [MHR] (220 - your age) x 0.70
 If you aren't familiar with an exercise visit: <https://www.bodybuilding.com/exercises/detail/view>

8-WEEK STRENGTH CYCLE PHASE

WEEK 2

Date:

Day 1 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Press: 3x8 (71% 1RM)		x	x	x
	Leg Curl: 3x8 (71% 1RM)		x	x	x
	Calf Raise: 3x8-15 (add weight after each set)		x	x	x
2nd Circuit	Leg Extension: 2x10 (60% 1RM)		x	x	
	Leg Curl: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x10		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 2 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Shoulder Press: 3x8 (71% 1RM)		x	x	x
	Weighted Chin-up: 3x8 (71% 1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	Incline DB Press: 2x10 (60% 1RM)		x	x	
	Cable Row: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes Steady State Cardio		Activity		Duration	

Day 3 Cardio (20-30 Minutes HIIT)	Remarks	Duration

Day 4 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Curl: 3x8 (71% 1RM)		x	x	x
	Still-legged Deadlift: 3x8 (70% 1RM)		x	x	x
	Jump Squat: 3x5 (light dumbbells/kettlebell)		x	x	x
2nd Circuit	Leg Curl: 2x10 (60% 1RM)		x	x	
	Bulgarian Split Squat: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x8-12 (add weight after each set)		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 5 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Bench Press: 3x8 (71% 1RM)		x	x	x
	Dumbbell Row: 3x8 (71% 1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	DB Press: 2x10 (60% 1RM)		x	x	
	Lat Pull-downs: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes HIIT Cardio		Activity		Duration	

Notes

* Use Excel spreadsheet to determine your 1 RM and calculate your weights for each week.
HIIT Cardio: 2-5-minute warm-up, then perform 6-10 intervals (20 second sprint, 40 second recovery)
Stead State Cardio: moderate effort (approx. 70% Max Heart Rate [MHR] (220 - your age) x 0.70
 If you aren't familiar with an exercise visit: <https://www.bodybuilding.com/exercises/detail/view>

8-WEEK STRENGTH CYCLE PHASE

WEEK 3

Date:

Day 1 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Press: 3x8 (76% 1RM)		x	x	x
	Leg Curl: 3x8 (76% 1RM)		x	x	x
	Calf Raise: 3x8-15 (add weight after each set)		x	x	x
2nd Circuit	Leg Extension: 2x10 (60% 1RM)		x	x	
	Leg Curl: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x10		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 2 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Shoulder Press: 3x8 (76% 1RM)		x	x	x
	Weighted Chin-up: 3x8 (76% 1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	Incline DB Press: 2x10 (60% 1RM)		x	x	
	Cable Row: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes Steady State Cardio		Activity		Duration	

Day 3 Cardio (20-30 Minutes HIIT)	Remarks	Duration

Day 4 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Curl: 3x8 (76% 1RM)		x	x	x
	Still-legged Deadlift: 3x8 (70% 1RM)		x	x	x
	Jump Squat: 3x5 (light dumbbells/kettlebell)		x	x	x
2nd Circuit	Leg Curl: 2x10 (60% 1RM)		x	x	
	Bulgarian Split Squat: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x8-12 (add weight after each set)		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 5 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Bench Press: 3x8 (76% 1RM)		x	x	x
	Dumbbell Row: 3x8 (76% 1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	DB Press: 2x10 (60% 1RM)		x	x	
	Lat Pull-downs: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes HIIT Cardio		Activity		Duration	

Notes

- * Use Excel spreadsheet to determine your 1 RM and calculate your weights for each week.
- HIIT Cardio:** 2-5-minute warm-up, then perform 6-10 intervals (20 second sprint, 40 second recovery)
- Stead State Cardio:** moderate effort (approx. 70% Max Heart Rate [MHR] (220 - your age) x 0.70

8-WEEK STRENGTH CYCLE PHASE

WEEK 4

Date:

Day 1 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Press: 3x5 (74%1RM)		x	x	x
	Leg Curl: 3x5 (74%1RM)		x	x	x
	Calf Raise: 3x8-15 (add weight after each set)		x	x	x
2nd Circuit	Leg Extension: 2x10 (60% 1RM)		x	x	
	Leg Curl: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x10		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 2 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Shoulder Press: 3x5 (74%1RM)		x	x	x
	Weighted Chin-up: 3x5 (74%1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	Incline DB Press: 2x10 (60% 1RM)		x	x	
	Cable Row: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes Steady State Cardio		Activity		Duration	

Day 3 Cardio (20-30 Minutes HIIT)	Remarks	Duration

Day 4 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Curl: 3x5 (74%1RM)		x	x	x
	Still-legged Deadlift: 3x8 (70% 1RM)		x	x	x
	Jump Squat: 3x5 (light dumbbells/kettlebell)		x	x	x
2nd Circuit	Leg Curl: 2x10 (60% 1RM)		x	x	
	Bulgarian Split Squat: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x8-12 (add weight after each set)		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 5 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Bench Press: 3x5 (74%1RM)		x	x	x
	Dumbbell Row: 3x5 (74%1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	DB Press: 2x10 (60% 1RM)		x	x	
	Lat Pull-downs: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes HIIT Cardio		Activity		Duration	

Notes

- * Use Excel spreadsheet to determine your 1 RM and calculate your weights for each week.
- HIIT Cardio:** 2-5-minute warm-up, then perform 6-10 intervals (20 second sprint, 40 second recovery)
- Stead State Cardio:** moderate effort (approx. 70% Max Heart Rate [MHR] (220 - your age) x 0.70

8-WEEK STRENGTH CYCLE PHASE

WEEK 5

Date:

Day 1 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Press: 3x5 (77%1RM)		x	x	x
	Leg Curl: 3x5 (77%1RM)		x	x	x
	Calf Raise: 3x8-15 (add weight after each set)		x	x	x
2nd Circuit	Leg Extension: 2x10 (60% 1RM)		x	x	
	Leg Curl: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x10		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 2 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Shoulder Press: 3x5 (77%1RM)		x	x	x
	Weighted Chin-up: 3x5 (77%1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	Incline DB Press: 2x10 (60% 1RM)		x	x	
	Cable Row: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes Steady State Cardio		Activity		Duration	

Day 3 Cardio (20-30 Minutes HIIT)	Remarks	Duration

Day 4 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Curl: 3x5 (77%1RM)		x	x	x
	Still-legged Deadlift: 3x8 (70% 1RM)		x	x	x
	Jump Squat: 3x5 (light dumbbells/kettlebell)		x	x	x
2nd Circuit	Leg Curl: 2x10 (60% 1RM)		x	x	
	Bulgarian Split Squat: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x8-12 (add weight after each set)		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 5 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Bench Press: 3x5 (77%1RM)		x	x	x
	Dumbbell Row: 3x5 (77%1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	DB Press: 2x10 (60% 1RM)		x	x	
	Lat Pull-downs: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes HIIT Cardio		Activity		Duration	

Notes

- * Use Excel spreadsheet to determine your 1 RM and calculate your weights for each week.
- HIIT Cardio:** 2-5-minute warm-up, then perform 6-10 intervals (20 second sprint, 40 second recovery)
- Stead State Cardio:** moderate effort (approx. 70% Max Heart Rate [MHR] (220 - your age) x 0.70

8-WEEK STRENGTH CYCLE PHASE

WEEK 6

Date:

Day 1 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Press: 3x5 (82%1RM)		x	x	x
	Leg Curl: 3x5 (82%1RM)		x	x	x
	Calf Raise: 3x8-15 (add weight after each set)		x	x	x
2nd Circuit	Leg Extension: 2x10 (60% 1RM)		x	x	
	Leg Curl: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x10		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 2 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Shoulder Press: 3x5 (82%1RM)		x	x	x
	Weighted Chin-up: 3x5 (82%1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	Incline DB Press: 2x10 (60% 1RM)		x	x	
	Cable Row: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes Steady State Cardio		Activity		Duration	

Day 3 Cardio (20-30 Minutes HIIT)	Remarks	Duration

Day 4 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Curl: 3x5 (82%1RM)		x	x	x
	Still-legged Deadlift: 3x8 (70% 1RM)		x	x	x
	Jump Squat: 3x5 (light dumbbells/kettlebell)		x	x	x
2nd Circuit	Leg Curl: 2x10 (60% 1RM)		x	x	
	Bulgarian Split Squat: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x8-12 (add weight after each set)		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 5 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Bench Press: 3x5 (82%1RM)		x	x	x
	Dumbbell Row: 3x5 (82%1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	DB Press: 2x10 (60% 1RM)		x	x	
	Lat Pull-downs: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes HIIT Cardio		Activity		Duration	

Notes

- * Use Excel spreadsheet to determine your 1 RM and calculate your weights for each week.
- HIIT Cardio:** 2-5-minute warm-up, then perform 6-10 intervals (20 second sprint, 40 second recovery)
- Stead State Cardio:** moderate effort (approx. 70% Max Heart Rate [MHR] (220 - your age) x 0.70

8-WEEK STRENGTH CYCLE PHASE

WEEK 7

Date:

Day 1 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Press: 1x6-8 (86%1RM)		x	x	x
	Leg Curl: 1x5 (80%1RM)		x	x	x
	Calf Raise: 1x10 (70%1RM)		x	x	x
2nd Circuit	Leg Extension: 2x10 (60% 1RM)		x	x	
	Leg Curl: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x10		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 2 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Shoulder Press: 1x6-8 (86%1RM)		x	x	x
	Weighted Chin-up: 1x6-8 (86%1RM)		x	x	x
	Kettlebell Swing: 1x20		x	x	x
2nd Circuit	Incline DB Press: 2x10 (60% 1RM)		x	x	
	Cable Row: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes Steady State Cardio		Activity		Duration	

Day 3 Cardio (20-30 Minutes HIIT)	Remarks	Duration

Day 4 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Curl: 1x6-8 (86%1RM)		x	x	x
	Still-legged Deadlift: 1x8 (70% 1RM)		x	x	x
	Jump Squat: 1x5 (light dumbbells/kettlebell)		x	x	x
2nd Circuit	Leg Curl: 2x10 (60% 1RM)		x	x	
	Bulgarian Split Squat: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x8-12 (add weight after each set)		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 5 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Bench Press: 1x6-8 (86%1RM)		x	x	x
	Dumbbell Row: 1x6-8 (86%1RM)		x	x	x
	Kettlebell Swing: 1x20		x	x	x
2nd Circuit	DB Press: 2x10 (60% 1RM)		x	x	
	Lat Pull-downs: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes HIIT Cardio		Activity		Duration	

Notes

* Use Excel spreadsheet to determine your 1 RM and calculate your weights for each week.
HIIT Cardio: 2-5-minute warm-up, then perform 6-10 intervals (20 second sprint, 40 second recovery)
Stead State Cardio: moderate effort (approx. 70% Max Heart Rate [MHR] (220 - your age) x 0.70

8-WEEK STRENGTH CYCLE PHASE

WEEK 8

Date:

Day 1 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Press: 3x10 (61%1RM)		x	x	x
	Leg Curl: 3x10 (61%1RM)		x	x	x
	Calf Raise: 3x8-15 (add weight after each set)		x	x	x
2nd Circuit	Leg Extension: 2x10 (60% 1RM)		x	x	
	Leg Curl: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x10		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 2 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Shoulder Press: 3x10 (61%1RM)		x	x	x
	Weighted Chin-up: 3x10 (61%1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	Incline DB Press: 2x10 (60% 1RM)		x	x	
	Cable Row: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes Steady State Cardio		Activity		Duration	

Day 3 Cardio (20-30 Minutes HIIT)	Remarks	Duration

Day 4 (Lower Body)		Remarks	Weight x Reps		
1st Circuit	Leg Curl: 3x10 (61%1RM)		x	x	x
	Still-legged Deadlift: 3x8 (60% 1RM)		x	x	x
	Jump Squat: 3x5 (light dumbbells/kettlebell)		x	x	x
2nd Circuit	Leg Curl: 2x10 (60% 1RM)		x	x	
	Bulgarian Split Squat: 2x10 (60% 1RM)		x	x	
	Calf Raises: 2x8-12 (add weight after each set)		x	x	
5-10 Minutes Easy Cardio (Approx. 55% MHR)		Activity		Duration	

Day 5 (Upper Body)		Remarks	Weight x Reps		
1st Circuit	Bench Press: 3x10 (61%1RM)		x	x	x
	Dumbbell Row: 3x10 (61%1RM)		x	x	x
	Kettlebell Swing: 3x20		x	x	x
2nd Circuit	DB Press: 2x10 (60% 1RM)		x	x	
	Lat Pull-downs: 2x10 (60% 1RM)		x	x	
	Step-ups (bodyweight): 2x20				
10-20 Minutes HIIT Cardio		Activity		Duration	

Notes

- * Use Excel spreadsheet to determine your 1 RM and calculate your weights for each week.
- HIIT Cardio:** 2-5-minute warm-up, then perform 6-10 intervals (20 second sprint, 40 second recovery)
- Stead State Cardio:** moderate effort (approx. 70% Max Heart Rate **[MHR] (220 - your age) x 0.70**)