



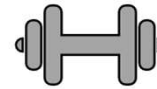
FRESH IS
HEALTHY



CARDIOVASCULAR ENDURANCE

	Minutes	Activity	Minutes	Activity
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Rest Day				
	MODERATE [50-70% Max HR]		VIGOROUS [70-85% Max HR]	
	TOTAL		TOTAL	

RESISTANCE TRAINING



Date		Warm Up	Push-up	
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CHEST	SET 1	SET 2	NOTE
BB bench press	/	/	
Flat cable fly	/	/	
DB incline press	/	/	
Decline fly	/	/	
Landmine Press	/	/	

ABS	Weighted Sit-up		Russian Twist	
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Date		Warm Up	Squat	
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LEGS	SET 1	SET 2	NOTE
Barbell Squat	/	/	
Walking DB Lunge	/	/	
Leg Extension	/	/	
Hamstring Curls	/	/	
Calf Raises	/	/	

ABS	Rope Crunch		Dead Bug	
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Date		Warm Up	Rope Waves	
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SHOULDERS	SET 1	SET 2	NOTE
Military Press	/	/	
Lateral Raises	/	/	
Arnold Press	/	/	
Anterior Raise	/	/	
Cable Post Extension	/	/	

ABS	Knee Hangs		Bird Dogs	
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Date		Warm Up	Rope Slams	
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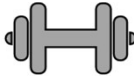
ARMS + CALVES	SET 1	SET 2	NOTE
Incline DB Curls	/	/	
Tricep Rope Extension	/	/	
Calf Raises	/	/	
Hammer Curls	/	/	
Rope Pull Downs	/	/	

ABS	Plank		Side Plank	
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Date		Warm Up	Pull-up	
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BACK	SET 1	SET 2	NOTE
Deadlift	/	/	
Wide Lat Pull	/	/	
DB Shrugs	/	/	
Cable Row	/	/	
Good Mornings	/	/	

ABS	Seated Rope Crunch		Weighted Oblique Lift	
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WEEKLY EXERCISE NOTES	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	