| | INSPIRE | FITNESS LU | TING PROGRAM PHASE | | | |
|--|--|------------|--|--------|--|--------|
| DAY 1-WK | | TOTALS | WK 2 | TOTALS | WK 3 | TOTALS |
| DB BENCH PRESS | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| LATERAL PULLDOWN | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| INCLINE DB PRESS | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| STRAIGHT ARM PULLDOWN | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| DECLINE DB PRESS | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| LOW CLOSE GRIP ROW | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| CABLE ONE ARM FLYE | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| PULLUPS | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| WEIGHTED PLANK | 3X30 SEC | | 3X45 SEC | | 3X60 SEC | |
| CARDIO DAY 2-WK | 20 MIN RUN/WALK | TOTALS | 30 MIN RUN/WALK WK 2 | TOTALS | 40 MIN RUN/WALK WK 3 | TOTALS |
| CABLE BICEP CURL IN/OUTS | 15, 12, 12, 10 | TUTALS | 12, 12, 12, 10 | TUTALS | 12, 10, 10, 8 | TOTALS |
| TRICEP ROPE PRESSDOWN | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| DB LATERAL RAISE | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| EZ BAR CABLE CURL | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| OH ROPE TRICEP EXT | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| DB ARNOLD PRESS | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| ROPE CURL | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| REVERSE CABLE EXT | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| REAR DELTS | 15, 12, 12, 10 | | 12, 12, 12, 10 | | 12, 10, 10, 8 | |
| WRIST ROLLER | 5X3 | | 6X3 | | 7X3 | |
| CARDIO | 20 MIN RUN/WALK | | 30 MIN RUN/WALK | | 40 MIN RUN/WALK | |
| DAY 3-WK | | TOTALS | WK 2 | TOTALS | WK 3 | TOTALS |
| SQUAT WIDE STANCE | 10, 10, 10 | | 8,8,8 | | 6,6,6 | |
| OLYMPIC SQUAT-NARROW | 12, 10, 8 | | 12, 10, 8 | | 12, 10, 8 | |
| PAUSE SQUAT | 5,5,5 | | 5,5,5 | | 5,5,5 | |
| LEG EXTENSION | 15,12,10,10 | | 15,12,10,10 | | 15,12,10,10 | |
| STANDING CALF | 20,15,15,15 | | 20,15,15,15 | | 20,15,15,15 | |
| LYING HAMSTRING CURL | 15,12,10,10 | | 15,12,10,10 | | 15,12,10,10 | |
| SEATED CALF | 20,15,15,15 | | 20,15,15,15 | | 20,15,15,15 | |
| | | | | | | |
| WEIGHTED PLANK | 3X30 SEC | | 3X45 SEC | | 3X60 SEC | |
| CARDIO | 20 MIN RUN/WALK | TOTALS | 30 MIN RUN/WALK | TOTALS | 40 MIN RUN/WALK | TOTALS |
| CARDIO DAY 4-WK | 20 MIN RUN/WALK 1 | TOTALS | 30 MIN RUN/WALK WK 2 | TOTALS | 40 MIN RUN/WALK WK 3 | TOTALS |
| CARDIO DAY 4-WK BENTOVER BB ROWS | 20 MIN RUN/WALK 1 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 | TOTALS |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 12, 12, 12, 10 | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 12, 12, 12, 10 12, 12, 12, 10 12, 12, 12, 10 | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 12, 10, 10, 8 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 12, 12, 12, 10 | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW MACHINE FLYE | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW MACHINE FLYE LOW WIDE GRIP ROW | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW MACHINE FLYE LOW WIDE GRIP ROW WEIGHTED PUSHUPS | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 20, 20, 20 | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 | TOTALS |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW MACHINE FLYE LOW WIDE GRIP ROW WEIGHTED PUSHUPS WEIGHTED BACK EXTENSION | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20, 20, 20 20 MIN RUN/WALK | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 20, 20, 20 20, 20, 20 30 MIN RUN/WALK WK 2 | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 20, 20, 20 | TOTALS |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW MACHINE FLYE LOW WIDE GRIP ROW WEIGHTED PUSHUPS WEIGHTED BACK EXTENSION CARDIO DAY 5-WK STRAIGHT BAR CURL | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20, 20, 20 20 MIN RUN/WALK | | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 20, 20, 20 20, 20, 20 30 MIN RUN/WALK | | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 20, 20, 20 40 MIN RUN/WALK | |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW MACHINE FLYE LOW WIDE GRIP ROW WEIGHTED PUSHUPS WEIGHTED PUSHUPS WEIGHTED BACK EXTENSION CARDIO DAY 5-WK STRAIGHT BAR CURL EZ BAR SKULL CRUSHER | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 | | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 20, 20, 20 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 | | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW MACHINE FLYE LOW WIDE GRIP ROW WEIGHTED PUSHUPS WEIGHTED PUSHUPS WEIGHTED BACK EXTENSION CARDIO DAY 5-WK STRAIGHT BAR CURL EZ BAR SKULL CRUSHER UPRIGHT ROWS | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 | | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 20, 20, 20 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 12, 12, 12, 10 | | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 12, 10, 10, 8 12, 10, 10, 8 | |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW MACHINE FLYE LOW WIDE GRIP ROW WEIGHTED PUSHUPS WEIGHTED PUSHUPS WEIGHTED BACK EXTENSION CARDIO DAY 5-WK STRAIGHT BAR CURL EZ BAR SKULL CRUSHER UPRIGHT ROWS DB HAMMER CURLS | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 15, 12, 12, 10 | | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 20, 20, 20 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 12, 12, 12, 10 12, 12, 12, 10 12, 12, 12, 10 | | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW MACHINE FLYE LOW WIDE GRIP ROW WEIGHTED PUSHUPS WEIGHTED BACK EXTENSION CARDIO DAY 5-WK STRAIGHT BAR CURL EZ BAR SKULL CRUSHER UPRIGHT ROWS DB HAMMER CURLS DB OH TRICEP EXT | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 20, 20, 20 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 12, 10 12, 12, 12, 10 12, 12, 12, 10 12, 12, 12, 10 | | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 10, 10, 10 12, 10, 10, 10, 10, 10 12, 10, 10, 10, 10 12, 10, 10, 10, 10, 10 12, 10, 10, 10, 10 1 | |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW MACHINE FLYE LOW WIDE GRIP ROW WEIGHTED PUSHUPS WEIGHTED BACK EXTENSION CARDIO DAY 5-WK STRAIGHT BAR CURL EZ BAR SKULL CRUSHER UPRIGHT ROWS DB HAMMER CURLS DB OH TRICEP EXT FRONT/BACK SHRUGS | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 0, 20 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 1 | | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 20, 20, 20 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 10, 10 12, 10, 10, 10 12, 10, 10, 10 12, | |
| CARDIO DAY 4-WK BENTOVER BB ROWS BB BENCH PRESS INCLINE DB ROW INCLINE BB BENCH 1 ARM DB ROW MACHINE FLYE LOW WIDE GRIP ROW WEIGHTED PACK EXTENSION CARDIO DAY 5-WK STRAIGHT BAR CURL EZ BAR SKULL CRUSHER UPRIGHT ROWS DB HAMMER CURLS DB OH TRICEP EXT FRONT/BACK SHRUGS INCLINE DB CURLS | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 0, 20, 20 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 1 | | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 20, 20, 20 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 10, 10 12, 10, 10, 10 12, 10, 10, 10 12, | |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 20, 20, 20 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, | | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 20, 20, 20 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 10, 10 12, 10, 10, 10 12, 10, 10, 10 12, | |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 20, 20, 20 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, | | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 20, 20, 20 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 10, 10 12, 10, 10, 10 12, 10, 10, 10 12, | |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 20, 20, 20 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, | | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 20, 20, 20 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 10, 10 10, 10, 10, 10 10, 10, 10, 10 10, | |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 10 20, 20, 20 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 10, 10 10, 10, 10, 10 10, 10, 10, 10 10, 10 | TOTALS |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 12, 10 12, 12, 12, 12, 10 12, 12, 12, 12, | | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 20, 20, 20 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 10, 10 10, 10, 10, 10 10, 10, 10, 10 10, | |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 12, 12, 10 15, 12, 12, 12, 12, 12, 12, 10 15, 12, 12, 12 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, 12, 12, | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 | TOTALS |
| CARDIO | 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12, 10 20, 20, 20 20 MIN RUN/WALK 1 15, 12, 12, 10 15, 12, 12 | TOTALS | 30 MIN RUN/WALK WK 2 12, 12, 12, 10 12, 12, | TOTALS | 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, 8 20, 20, 20 20, 20, 20 40 MIN RUN/WALK WK 3 12, 10, 10, 8 12, 10, 10, | TOTALS |

*SUPERSET EXERCISES *SUPERSET EXERCISES