



Day 1/6

Focus: Strength & endurance

Walk	1. 40 min	
	REST	
	Brisk Walk. Can be indoors on a treadmill or outdoors.	

Band Curl to Press	1. 6-8		2. 6-8		3. 6-8		
	REST	60s	REST	60s	REST	60s	
	Choose a weight that is comfortable for you						

Band Front Squat	1. 6-8	2. 6-8	3. 6-8	
	REST 60s	REST 60s	REST 60s	
	Choose a weight that is comfortable for you			

Band Romanian Deadlift	1. 6-8	2. 6-8	3. 6-8	
	REST 60s	REST 60s	REST 60s	
	Choose a weight that is comfortable for you			