



# 7 DAYS TRAINING PLAN



## MONDAY

### Circuit 1

- A. Walkout to Push Up 10
- B. Renegade Row 12
- C. Elbow taps 20

### Circuit 2

- A. Goblet Squats 10
- B. Chest Press 10
- C. Split Squats 10/10

### Circuit 3

- A. Crunches 20
- B. Low Plank 30s
- C. Heel taps 20

## TUE

Cardio 2 miles

## WEDNESDAY

### Circuit 1

- A. Man Makers 10
- B. TRX Row 3 ways 15
- C. Medicine Ball Slam 10

### Circuit 2

- A. Lat Pull Down/Pull Up 10
- B. Single Arm Row 10/10
- C. Shoulder Press 10

### Circuit 3

- A. Oblique Crunches 20
- B. Walking Plank 30s
- C. Reverse Crunches 20

## THU

Cardio 2 miles

## FRIDAY

### Circuit 1

- A. Standing Crunches 20
- B. Squat to OH Press 10
- C. Medicine Ball Slam 20

### Circuit 2

- A. Chest Flies 10
- B. Skull Crushers 10
- C. Biceps Curls 10

### Circuit 3

- A. Plank Reach 20
- B. Side Plank 30s/30s
- C. Climbers 20

## SAT

Cardio 3 miles

## SUN

Rest

Cardio: Jogging, Elliptical, Stair Master, Rower, Swimming, Walking, Jump Rope  
 Sleep: 8 Hours a day  
 Recovery: Foam Rolling, Massage, Cold/Hot Therapy, Red Light, ...