



**Training Cycle:**  
**Cycle Duration:**  
**Work Week**  
**Focus:**

**Phase 3**  
**6 Weeks**  
**5/6**  
**Enhanced Strength | Speed | Endurance**

**Intensity Note:**

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)**

**Monday**

**Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**  
**Choose one of the following for your morning workout:**

- **Complete Racing Solutions Bike: Even Tempo/High End Aerobic Enhancement (30 Minutes)**

**Workout Notes:** keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (HR Z2 or less) for maximum productivity (burn fat and enhance your aerobic engine). To keep you mentally stimulated, play around with your gearing while staying within your **HR Z2**.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**Warm Up: HR Zone 2 or less**

**Duration:** 5 minutes

**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc.:** stretch and hydrate before moving into your main set

**Main Set: 20 Minutes (Low End of HR Zone 3: pay close attention to not fall into Z2)**

**Set Notes:** with your cadence between 75-85; tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 5 minutes stand up and stretch your hamstrings, quads, calves, and lower back.

**Warm down: 5 Minutes (HR Zone 2 or less)**

**Duration:** 5 minutes (no shorter)

**Cadence:** 70-80 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc. Notes:** stretch your lower back, calves, and quads prior to dismounting

- **Complete Racing Solutions Row: Negative Split Pacing Blocks (6,000 Meters)**

**Misc. Notes:** this workout is going to hold you accountable both mentally and physically. Have your monitor set to 500 meters/1:00 minute rest interval. Adjust the load levels as indicated to avoid pulling a muscle or straining your lower back. Breathe in on the coil in and exhale on your leg extension. Hydrate with Energy Fuel and stretch as necessary to maintain consistent results.

**Warm up-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**

**Duration:** 1000 meters

**Pull Rate:** less than 30

**Stretch from head to toe**

**Main Set#1:** adjust the damper setting to five (5)

**Pull Rate:** 25-35

**Complete 500 meters at 80-85% - capture your elapsed time: this is your Baseline Number**

**Complete 4000 meters in Descending Blocks**

**Intervals #1 & #2 – maintain the same pace as your Baseline number**

**Intervals #3 & #4 – hold a pace that is 2 seconds faster than your baseline number**

**Intervals #5 & #6 – maintain the same pace as your Baseline number**

**Intervals #7 & #8 – hold a pace that is 2 seconds faster than your baseline number**

**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**

**Duration:** 500 Meters

**Pull Rate:** less than 30

**Stretch from head to toe**

- **(Immediately following your above workout-morning & evening) Core & Lower Back Work**

**Workout notes:** complete 10 reps of each & hold the bike for 1 minute; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

**Ab Crunch on Fit Ball – pause for 5 seconds:** [click here](#) for instructional video

**Pike Position with eyes closed:** [click here](#) for instructional video

**Plyometric push-ups:** [click here](#) for instructional video

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrow's workouts more productive).

- **Evening Protocols**

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)



## Tuesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

**Workout notes:** come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**Weight:** choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

**Speed of Lift:** quick off the bottom, slow (3 count) back to your starting point

### Rep Count:

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

**Sets:** 2

### Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols**

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)

**Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep

## Wednesday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- Choose one of the following for your morning workout:

- **Complete Racing Solutions Bike: 1 Mile Intervals (30')**

**Misc. Notes:** this workout is all about tying in your intensity with your pace (given the environmental elements: wind, hills, heat & humidity); as you bring your speed up to HR Z3 mentally focus on using your gearing, cadence, pedal mechanics, and your position on the seat: when the road goes up, your butt needs to slide back on the seat).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

### Warm Up: HR Zone 1

**Duration:** 2 Miles

**Cadence:** 80-85 (no higher/lower)

**Gearing:** small chain ring up front, middle rear gearing

**Misc.:** stretch and hydrate before moving into your main set

### Repeat the following for a total of 10 Miles.

**1 Mile at High End of HR Zone 3:** with optimized pedal mechanics, spin the tallest gear combination that you can while staying in your **HR Zone 3 & cadence of 75-80 (pedal in full circles).**

**Recover by spinning easily for 1 mile** (Goal is to get your HR down into **HR Z2** or lower before beginning the next interval)

**REPEAT 4X (20 MINUTES MAXIMUM)**

### Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes

**Duration:** 2 Miles

**Cadence:** 85-90

**Gearing:** the easiest combination that allows for 85-90 cadence & **HR Z1**

**Misc.:** don't dismount until your heart rate is within **HR Z1**

### Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Complete Racing Solutions Row: Distance Intervals (6500 Meters)**

**Workout Notes:** this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**Warm up: HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.



**Load Level: 3**      **Distance:** 1000 Meters      **Pull Rate:** 20-25      **Stretch from head to toe**

**Main Set#1: 1000 Meters-picking up the pace every 200 meters up to HR Z3 (no higher) - Repeat 3x**

**Load Level: 5**      **Pull Rate:** 30+

**Transition Set:** 1000 Metes @ HR Z2 – stretch & rehydrate as necessary

**Main Set#2: 6 x 500 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)**

**Load Level: 5**      **Pull Rate:** 30+

**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

**Load Level: 3**      **Duration:** 500 Meters      **Pull Rate:** less than 25      **Stretch from head to toe**

- **(Immediately following your above workout-morning & evening) Core & Lower Back Work**

**Workout notes:** complete 10 reps of each & hold the bike for 1 minute; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - total of 2 sets.

**Ab Crunch on Fit Ball – pause for 5 seconds:** [click here](#) for instructional video

**Pike Position with eyes closed:** [click here](#) for instructional video

**Plyometric pushups:** [click here](#) for instructional video

#### **Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols**

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)

**Diaphragmic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep

#### **Thursday**

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**

- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**

**[Please use the spreadsheet and associated videos listed at the bottom of this document]**

**Workout notes:** come into this workout session mentally prepared to be challenged. Take extra precaution NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**Weight:** choose a weight that you can complete 10 reps with good form; maintain the same weight for second set

**Speed of Lift:** quick off the bottom, slow (3 count) back to your starting point

#### **Rep Count:**

Upper Body the goal is to complete **8-10 reps max**

Lower Body the goal is to complete **8-10 reps max**

**Sets:** 2

#### **Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **Evening Protocols**

**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)

**Diaphragmic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep



## Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**  
**Complete Rest Day**  
**Mental Notes:** take 10 minutes and complete these two things (5 minutes each): [Diaphragmic Breathing](#) & pressing your lower back to the floor. Repeat throughout the day as often as your schedule permits.  
**Diaphragmic Breathing:** learning how to control your breathing and change your style of breathing: either through your chest or your belly. Belly breathing – activating the diaphragm muscle, is more effective in delivering oxygen to your working muscles.  
**Pressing your Lower Back:** to release the tension on the muscles pulling on the top of your hip bones (which causes your lower back to sway), you need to [foam roll your quads](#) and then isolate and [stretch the quadriceps](#).
- **Evening Protocols**  
**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins  
**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)  
**Diaphragmic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep

## Saturday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**  
**Choose one of the following for your morning workout (Same as Wednesday intentionally):**
- **Complete Racing Solutions Bike: 1 Mile Intervals (30')**  
**Misc. Notes:** this workout is all about tying in your intensity with your pace (given the environmental elements: wind, hills, heat & humidity); as you bring your speed up to HR Z3 mentally focus on using your gearing, cadence, pedal mechanics, and your position on the seat: when the road goes up, your butt needs to slide back on the seat).  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.  
**Warm Up: HR Zone 1**  
**Duration:** 2 Miles  
**Cadence:** 80-85 (no higher/lower)  
**Gearing:** small chain ring up front, middle rear gearing  
**Misc.:** stretch and hydrate before moving into your main set  
**Repeat the following for a total of 10 Miles.**  
**1 Mile at High End of HR Zone 3:** with optimized pedal mechanics, spin the tallest gear combination that you can while staying in your **HR Zone 3 & cadence of 75-80 (pedal in full circles)**.  
**Recover by spinning easily for 1 mile** (Goal is to get your HR down into **HR Z2** or lower before beginning the next interval)  
**REPEAT 4X (20 MINUTES MAXIMUM)**  
**Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes**  
**Duration:** 2 Miles  
**Cadence:** 85-90  
**Gearing:** the easiest combination that allows for 85-90 cadence & **HR Z1**  
**Misc.:** don't dismount until your heart rate is within **HR Z1**  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Complete Racing Solutions Row: Distance Intervals (6500 Meters)**  
**Workout Notes:** this workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. To maximize the amount of oxygen available to your working muscles, focus on diaphragmatic breathing through your stomach and then your chest. Remember to lead with your legs for maximum power output and optimized endurance.  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.  
**Warm up: HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 3**      **Distance:** 1000 Meters      **Pull Rate:** 20-25      **Stretch from head to toe**  
**Main Set#1: 1000 Meters-picking up the pace every 200 meters up to HR Z3 (no higher) - Repeat 3x**  
**Load Level: 5**      **Pull Rate:** 30+  
**Transition Set:** 1000 Metes @ HR Z2 – stretch & rehydrate as necessary  
**Main Set#2: 6 x 500 meters: HR Z3 (no higher or lower) - 500 meter/ Active Recovery: HR Z2 or less (no higher)**  
**Load Level: 5**      **Pull Rate:** 30+  
**Cool Down-HR Zone 1:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.  
**Load Level: 3**      **Duration:** 500 Meters      **Pull Rate:** less than 25      **Stretch from head to toe**  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves



- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Nap After Mid-Day Meal**  
**Misc. Notes:** at this point in the week, your body should be eager to catch a few extra hours of sleep. With this in mind, strive to set your personal schedule so that you can take a nap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant, once fed the child doses off immediately – this is because the child has been fed a high-quality meal high in fat and protein. Your meal/snack should do the same for you. If you are not dosing off within 10 minutes of lying down, you need to let me know so that we can determine why your body won't shut down long enough for a nap.
- **Evening Protocols**  
**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins  
**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)  
**Diaphragmic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep

## Sunday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Muscular Endurance Phase 1**  
[Please use the spreadsheet and associated videos listed at the bottom of this document]  
**Workout notes:** come into this workout session mentally prepared to be challenged. Take extra precautions NOT to lose your form as you complete the exercises – this will only increase your chance for injury. Stretching in between exercises will help keep the muscles from cramping up and keep them performing at a maximum output level; with the shorter rep count, you will have the time.).  
**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.  
**Weight:** choose a weight that you can complete 10 reps with good form; maintain the same weight for second set  
**Speed of Lift:** quick off the bottom, slow (3 count) back to your starting point  
**Rep Count:**  
Upper Body the goal is to complete **8-10 reps max**  
Lower Body the goal is to complete **8-10 reps max**  
**Sets:** 2  
**Post Workout Protocols**
  - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
  - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **2 Hour Nap After Mid-Day Meal**  
**Misc. Notes:** once you wake up from your 2–3-hour nap; take a shower or bath as warm as you can tolerate. The moist air is what causes the greatest amount of warmth within the belly of a muscle. Dry heat just causes the body to sweat, where moist heat actually penetrates
- **Evening Protocols**  
**Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins  
**Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)  
**Diaphragmic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep

<b>Combo Weight Workout – Muscular Endurance Phase 1</b>			
<b>Warm Up</b>		<b>Date</b>	<b>Date</b>
<b>10 Minute Warm Up: Easy spin on the bicycle or even temp pull on the Concept 2 rower</b>			
<b>Lower Body Cycle: No Rest in between exercises - 1 Minute rest at the end of the complete cycle</b>			
<b>Walking Lunges - 20 Steps (Out and Back)</b>			
<a href="#">Instructional Videos: Walking Lunges</a>			
<b>Weight (Moderate)</b>			
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Weight (Moderate)</b>			
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Single Leg - Good Mornings</b>			
<a href="#">Instructional Video: Single Leg-Good Morning</a>			
<b>Weight (Moderate)</b>			
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Weight (Moderate)</b>			
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Single Leg - Calf Risers</b>			
<a href="#">Instructional Video: Single Leg Calf Raises</a>			
<b>Weight (Moderate)</b>			
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Weight (Moderate)</b>			
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>			
<b>Side Skaters</b>			
<a href="#">Instructional Video: Side Skaters</a>			
<b>Set #1 (as many as you can complete in 30 seconds)</b>			
<b>Set #2 (as many as you can complete in 30 seconds)</b>			
<b>Static Wall Squats (Goal 60 Seconds)</b>			
<a href="#">Instructional Video: Static Wall Squats</a>			
<b>Duration #1 (Pause and stretch your quads when you are finished to alleviate a muscle pull)</b>			
<b>Duration #2 (Pause and stretch your quads when you are finished to alleviate a muscle pull)</b>			



<b>Core &amp; Lower Back Cycle (No Rest in between exercises - 1 Minute rest at the end of the complete cycle)</b>	<b>Date</b>	<b>Date</b>
<b>Pike Position (Goal 60 Seconds)</b>		
<a href="#">Instructional Video: Pike Position</a>		
<b>Duration #1 (Roll over on your back and reach up and extend your toes - stretch your core)</b>		
<b>Duration #2 (Roll over on your back and reach up and extend your toes - stretch your core)</b>		
<b>Ab Roll Out On Fit Ball</b>		
<a href="#">Instructional Video: Abdominal Roll out on Fit Ball</a>		
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Abdominals On Fit Ball</b>		
<a href="#">Instructional Video: Abdominal Crunch on Fit Ball</a>		
<b>Weight (Moderate)</b>		
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Pike - Push Up - Pike (30 Seconds)</b>		
<a href="#">Instructional Video: Pike-Push Up-Pike</a>		
<b>Set #1 (as many as you can complete in 30 seconds)</b>		
<b>Set #2 (as many as you can complete in 30 seconds)</b>		
<b>Super Man's On Belly</b>		
<a href="#">Instructional Video: Superman Strength Exercise</a>		
<b>Set #1 (8-10 with good form – slow movement the entire range of motion)</b>		
<b>Set #2 (8-10 with good form – slow movement the entire range of motion)</b>		



<b>Upper Body Cycle (No Rest in between exercises)</b>	<b>Date</b>	<b>Date</b>
<b>Clean &amp; Jerk/Shoulder Press On Indo Board™</b>		
<a href="#">Instructional Video: Indo Board Clean and Jerk Shoulder Press</a>		
<b>Weight (Moderate)</b>		
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Single Leg - Bent Over Row</b>		
<a href="#">Instructional Video: Single Leg Bent Over Row</a>		
<b>Weight (Moderate)</b>		
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Push Ups On Indo-Board (or on the floor with your eyes closed)</b>		
<a href="#">Instructional Video: Indo Board Push Ups</a>		
<b>Set #1 (as many as you can complete in 30 seconds)</b>		
<b>Set #2 (as many as you can complete in 30 seconds)</b>		
<b>Rotator Cuff Rotation on Fit Ball</b>		
<a href="#">Instructional Video: Rotator Cuff Rotation on Fit Ball</a>		
<b>Weight (Moderate)</b>		
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Lat Drop-Tricep Press on Fit Ball</b>		
<a href="#">Instructional Video: Lat Pull Over-Tricep Extension</a>		
<b>Weight (Moderate)</b>		
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Rear Deltoid on Single Leg</b>		
<a href="#">Instructional Video: Rear Deltoid on Single Leg</a>		
<b>Weight (Moderate)</b>		
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		





<b>Upper Body Cycle (No Rest in between exercises)</b>	<b>Date</b>	<b>Date</b>
<b>Deep Squats/Bicep Curl</b>		
<a href="#">Instructional Video: Deep Squat with Curls</a>		
<b>Weight (Moderate)</b>		
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Incline on Fit Ball</b>		
<a href="#">Instructional Video: Incline on the fit ball</a>		
<b>Weight (Moderate)</b>		
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Frankenstein's-Front/Middle Deltoids on Indo-Board (or single leg)</b>		
<a href="#">Instructional Video: Frankenstein's on Indo Board</a>		
<b>Weight (Moderate)</b>		
<b>Set #1 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		
<b>Weight (Moderate)</b>		
<b>Set #2 (8-10 with good form – be quick off the bottom of the lift/slow back to your starting point)</b>		



**\*\* Note: Complete One (1) of the following after your strength Workout \*\***

<a href="#">Instructional Video – Rowing</a>		
2000 Meter Rowing	Date	Date
Warm up for 200 Meters - Low Intensity		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		
1000 Meters at 80-85% Effort: Elapsed Time		
1 Minute Rest Interval		

Bicycle Sprints	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
1 Minute Rest Interval		
2 Minute Acceleration 80-85% Effort - Distance Covered		
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