



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

**Foundation**  
**6 Weeks**  
**5 and 6**  
**Enhanced Aerobic Base & Muscular Strength**

**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**

▪ **Complete Rest Day**

Use this day as the ultimate opportunity to prepare for upcoming events: social occasions, personal time, working out, work projects, etc. When it comes to productivity, we get 100% more out of our efforts when we are doing exactly what we have on our schedule and are adhering to the schedule. With this in mind, allocate adequate time to complete the tasks that you want/need to complete. If you only allocate 20 minutes to prepare, consume and clean up breakfast, you will find yourself rushing and/or frustrated because you literally run out of time to “get it all in on time”. Though this may sound odd, time how long it takes for you to complete tasks that you complete on daily and/or weekly basis. After a week of copious note taking, you can establish your schedule for next week more accurately and with fewer frustrations because your completion and productivity rate will both be high.

- **Evening Mental Protocols:** watch this video in a place where you have zero distractions for 2:15 (the complete length of the video).  
**Psychology:** concept video “[Why I Yawn](#)” – [video link](#)

**Tuesday**

▪ **(Morning Workout) Complete Racing Solutions (CRS) Weight Workout – Anatomical Adaptation**

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

**Misc. Notes:** before we can move onto heavy lifting and developing your maximum strength levels, we first have to strengthen your tendon and ligaments to support the future load levels. You should finish this workout feeling “fresh”; you should NOT be struggling at any time during this workout. The exercises are “basic” to ensure that you are not struggling – this will reduce your risk of injury or straining the belly of the muscles.

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

**Sets:** 2

**Repetitions:** 6-8 Reps Max

**Weight:** extremely light; no struggling for either set

**Speed of Lift:** fast off of the bottom of each range of motion

**Rest Interval:** 30 seconds between exercises; 1:00 in between cycles

**(Immediately following your Weight Workout) Choose one of the following:**

▪ **Complete Racing Solutions Row: 1K Pacing Intervals (6,500-7,000 Meters)**

**Misc. Notes:** this combo set is going to push the upper end of your aerobic engine; pay close attention to your heart rate to ensure that you don’t become anaerobic during the main set. During your intervals, lead with your legs and then follow up with a strong pull through. During these intervals, you should “feel” your legs pushing and your lats & back finishing the power curve (not your biceps).

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

**Warm Up::** 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:** less than 25    **Stretch from head to toe**

**Baseline 1000 Meter Interval: complete a 1000-meter interval at 80-85% effort; 2 Minute Rest Interval**

**Display Setting: Distance**

**Load Level: 5    Pull Rate: 25-30**

**Elapsed Time:**

**Main Set#1:**

**Take your Baseline Time and add 10 seconds for your 1000 pace– 500 Meter Rest Interval**

**Load Level: 5    Pull Rate: 25 -30**

Elapsed Time for Interval #1 – 1000 Meters:

Elapsed Time for Interval #2 – 1000 Meters:

Elapsed Time for Interval #3 – 1000 Meters:

Elapsed Time for Interval #4 – 1000 Meters:

Strive to hold a consistent pace for all three intervals; hold yourself accountable here!

**Main Set#2: 30” Sprint – 30” Recovery**

**Load Level: 5    Pull Rate: 25 -30**

Repeat 5x – 30 second sprint – 30 second recovery

Misc. Notes: lead with your legs and a tight core to distribute the load to your legs, back and your shoulders

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



**Load Level: 2    Distance: 500 Meters    Pull Rate: less than 25    Stretch from head to toe**

▪ **Complete Racing Solutions Bike: Intensity Distance Intervals (60 Minutes)**

**Misc. Notes:** Once you are finished with your warm-up, your goal is to settle into a hard effort and complete a 3 minute "interval". Once you settle into this intensity zone, focus on your belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying at a hard effort.

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

**Warm Up:** Focus on [optimum pedal mechanics](#) right from the beginning

**Duration:** 10 minutes

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

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

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

**Main Set: Heart Rate Pyramids: 8 x 6 Minutes**

Settle into a hard effort and maintain for 3 minutes

Recover by spinning easy for 3 minutes at an easy effort

**Cool Down: Keep a close eye on your HR level for the final 2 minutes**

**Duration:** 2 minutes

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

**Cadence:** 85-90

**Misc.:** don't dismount until your heart rate is low

▪ **Evening Protocols** – please reference Monday's notes and video links.

**Wednesday**

**Choose one of the following for your afternoon workout:**

▪ **Complete Racing Solutions Row: Intensity Intervals (1 Hour)**

**Misc. Notes:** these intensity blocks are going to challenge you in two ways. First, you will be maintaining the same load levels but are going to be toggling between two intensity zones. Second, the duration is long enough to become distracted. By completing a 1:1 ratio between two HR zones, you will push your aerobic engine to new levels (as long as you don't go too hard initially and blow up);

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

**Warm Up:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

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

**Main Set: Intensity Pacing Intervals**

**Load Level: 5    Pull Rate: 25 or less**

5 Minutes at high effort (no rest right into the next intensity & duration block)

5 Minutes at hard effort (no rest right into the next intensity & duration block)

Repeat 4x = 40 Minutes

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

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

▪ **Complete Racing Solutions Bike: Power Interval Workout (80 Minutes)**

**Misc. Notes:** the key to maximizing your productivity during this workout is to keep a close eye on your intensity levels; your leg turnover is going to be slow intentionally. Feel the various muscles working together to create power throughout the entire 360 pedal stroke. You want to feel your quads, hamstrings, calves and gluts all firing to turn the pedals.

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

**Warm Up:** Focus on [optimum pedal mechanics](#) right from the beginning

**Duration:** 10 minutes

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

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

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

**Main Performance Block #1: 40 minutes (Hard)**

**3-minute seated- event tempo** with your cadence above 90; focus on deep belly breathing to ride as fast as possible without running out of breathe. Hydrate and stretch as necessary to maintain optimum power output.

**2-Minute Tall Gear-Out of the saddle interval**

Big chain ring up front, hardest gear in the back stand up & focus on keeping yourself from "bottoming out" at the bottom of the pedal stroke (pull back prior to hitting bottom dead center).

**REPEAT THIS 5 MINUTE BLOCK 8 TIMES FOR A TOTAL OF 40 MINUTES**

**Transition Set:** 5 minutes easy spinning – small chain ring up front, 90+ leg turnover (very easy effort)



**Main Performance Block #2: 20 minutes**

**30 Second "Phantom Start/Sprint":** from a near stop & in a tall gear, sprint for 30 seconds (look up & be aggressive)

**90 Second active recovery:** don't stop pedaling and focus on pedaling in full circles for muscle memory purposes.

- **REPEAT THIS 2 MINUTE BLOCK TEN TIMES FOR A TOTAL OF 20 MINUTES**

**Cool Down: Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 5 minutes

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

**Cadence:** 85-90

**Misc.:** don't dismount until your heart rate is fully recovered

**Post Workout Protocols**

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

- **Evening Protocols** – please reference Monday's notes and video links.

**Thursday**

- **(Morning Workout) Complete Racing Solutions (CRS) Weight Workout – Anatomical Adaptation**

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

**Misc. Notes:** before we can move onto heavy lifting and developing your maximum strength levels, we first have to strengthen your tendon and ligaments to support the future load levels. You should finish this workout feeling "fresh"; you should NOT be struggling at any time during this workout. The exercises are "basic" to ensure that you are not struggling – this will reduce your risk of injury or straining the belly of the muscles.

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

**Sets:** 2

**Speed of Lift:** fast off of the bottom of each range of motion

**Repetitions:** 6-8 Reps Max

**Rest Interval:** 30 seconds between exercises; 1:00 in between cycles

**Weight:** extremely light; no struggling for either set

- **(Immediately after your Weight Workout) Complete Racing Solutions (CRS) Bike: Even Tempo (45 Minutes)**

**Misc. Notes:** immediately after your strength workout, move into an even tempo bike ride for 40 minutes.

**Main Set - 40 Minutes Even Tempo (Very Easy)**

**40 minutes** with your cadence between 80-85; tallest gear combination that keeps your effort easy; challenge yourself to change up your pedal stroke: 12 to 6 or 3 to 9 or 6 to 12. This will activate all of your various muscles involved with turning the pedals. Since speed is not the focus, use the emphasis on pedal mechanics as your mental focus for maximum productivity.

**Cool Down**

**Misc. Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 5 minutes

**Gearing:** the easiest combination that gets you your heart rate as low as possible

**Cadence:** 85-90

**Misc.:** don't dismount until your heart rate is low

**Post Workout Protocols**

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

- **Evening Protocols** – please reference Monday's notes and video links.

**Friday**

- **(Morning Workout) Complete Racing Solutions (CRS) Fragmented Power Intervals (1 Hour)**

**Workout Notes:** this workout will sneak up on you by the end of the workout because of the residual fatigue that "builds" throughout this workout. Keep in mind that you are asking your muscles to generate power as they begin to fatigue. The generation of power is a unique combination of mental and physical ability. When you mentally establish a threshold of speed that you want to obtain, the muscles have a threshold to surpass which requires a certain level of output – specific to the gear load levels. By hitting a goal number, you will learn to associate the intensity (as indicated by your heart rate monitor) levels needed to create speed and power. By completing intervals of the same power will improve your muscular endurance as well.

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

**Warm Up:** Focus on [optimum pedal mechanics](#) right from the beginning

**Duration:** 10 minutes

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

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

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

**Power Block #1: Hard Effort – Hit the same rate of speed for each interval**



**Repeat the following for the next 20 minutes (Remember the focus: hit the same speed for each interval)**

**2 Minutes:** initially out of the saddle for 30" and then into a seated position for 90" holding the tallest gear combination than you can maintain a 50-60 range-capture the average speed during the 90 seconds interval. Maintain a smooth pedal stroke for the entire interval.

At the end of the interval, go into a very easy gear combination and maintain for **2 Minutes**.

**Repeat the 2-minute "on" / 2 minute "off" until 20 minutes has transpired (please don't surpass)**

After the 20-minute block, add an additional 5 minutes of active recovery / easy spinning; stretch & re-hydrate to replenish your blood sugar levels

**Power Block #2: 20 minutes (Hard) – Hit the same rate of speed for each interval**

**Repeat the following for the next 20 minutes (Remember the focus: hit the same speed for each interval)**

**2 Minutes:** initially out of the saddle for 30" and then into a seated position for 90" holding the tallest gear combination than you can maintain a 50-60 range-capture the average speed during the 90 seconds interval. Maintain a smooth pedal stroke for the entire interval.

At the end of the interval, go into a very easy gear combination and maintain for **2 Minutes**.

**Repeat the 2 minute "on" / 2 minute "off" until 20 minutes has transpired (please don't surpass)**

**Cool Down: Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 5 minutes

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

**Cadence:** 85-90

**Misc.:** don't dismount until your heart rate is recovered

**Post Workout Protocols**

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

- **Evening Protocols** – please reference Monday's notes and video links.

**Saturday**

- **(Morning Workout) Complete Racing Solutions (CRS) Weight Workout – Anatomical Adaptation**

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

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

**Sets:** 2

**Speed of Lift:** fast off of the bottom of each range of motion

**Repetitions:** 6-8 Reps Max

**Rest Interval:** 30 seconds between exercises; 1:00 in between cycles

**Weight:** extremely light; no struggling for either set

**Post Workout Protocols**

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

- **2 Hour Nap After Mid-Day Meal**

**Misc. Notes:** immediately following your lunch of high-quality greens and fruits, lie down in a dark cold room and strive to get two to three hours of sleep. This window of sleep will provide your body with the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of [Energy Fuel Recovery](#) to provide your body the building blocks necessary to repair your muscles.

- **(Afternoon Workout) Complete Racing Solutions (CRS) Bike: Even Tempo (90 Minutes)**

**Misc. Notes:** aerobic enhancement (fat burning mode); active recovery from a full week of consistent training.

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

**Warm up**

**Misc.:** Focus on [optimum pedal mechanics](#) right from the beginning

**Duration:** 5 minutes

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

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

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

**Main Set 80 Minutes Even Tempo (Very Easy)**

**60 minutes** with your cadence between 80-85; tallest gear combination that keeps your effort easy; challenge yourself to change up your pedal stroke: 12 to 6 or 3 to 9 or 6 to 12. This will activate all of your various muscles involved with turning the pedals. Since speed is not the focus, use the emphasis on pedal mechanics as your mental focus for maximum productivity.

**Cool Down**



**Misc.: Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 5 minutes

**Cadence:** 85-90

**Gearing:** the easiest combination that brings your heart rate down quickly

**Misc.:** don't dismount until your completely recovered

- **Evening Protocols** – please reference Monday's notes and video links.

## Sunday

**(Morning Workout) Choose one of the following:**

- **Complete Racing Solutions Row: Hard Intensity Intervals (1 Hour)**

**Misc. Notes:** these intensity blocks are going to challenge you in two ways. First, you will be maintaining the same load levels but are going to be toggling between two intensity zones. Second, the duration is long enough to become distracted. By completing a 1:1 ratio between two HR zones, you will push your aerobic engine to new levels (as long as you don't go too hard initially and blow up);

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

**Warm Up:** Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

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

**Main Set: HR Pacing Intervals**

**Load Level: 5 Pull Rate: 25**

5 Minutes hard (no rest right into the next intensity & duration block)

5 Minutes very hard (no rest right into the next intensity & duration block)

Repeat 4x = 40 Minutes

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

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

- **Complete Racing Solutions Bike: Power Interval Workout (80 Minutes)**

**Misc. Notes:** the key to maximizing your productivity during this workout is to keep a close eye on your intensity level; your leg turnover is going to be slow intentionally. Feel the various muscles working together to create power throughout the entire 360 pedal stroke. You want to feel your quads, hamstrings, calves and gluts all firing to turn the pedals.

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

**Warm Up:** Focus on [optimum pedal mechanics](#) right from the beginning

**Duration:** 10 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 Performance Block #1: 40 minutes (Hard)**

**3 minutes seated- event tempo** with your cadence above 90 & focus on deep belly breathing to ride as fast as possible without going anaerobic. Hydrate and stretch as necessary to maintain optimum power output.

**2-Minute Tall Gear-Out of the saddle interval**

Big chain ring up front, hardest gear in the back stand up & focus on keeping yourself from "bottoming out" at the bottom of the pedal stroke (pull back prior to hitting bottom dead center).

**REPEAT THIS 5 MINUTE BLOCK 8 TIMES FOR A TOTAL OF 40 MINUTES**

**Transition Set:** 5 minutes easy spinning – small chain ring up front, 90+ leg turnover (very easy effort)

**Main Performance Block #2: 20 minutes**

**30 Second "Phantom Start/Sprint":** from a near stop & in a tall gear, sprint for 30 seconds (look up & be aggressive)

**90 Second active recovery:** don't stop pedaling and focus on pedaling in full circles for muscle memory purposes.

- **REPEAT THIS 2 MINUTE BLOCK TEN TIMES FOR A TOTAL OF 20 MINUTES**

**Cool Down: Keep a close eye on your HR level for the final 5 minutes**

**Duration:** 5 minutes

**Cadence:** 85-90

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

**Misc.:** don't dismount until your heart rate is low

**Post Workout Protocols**

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



- **2 Hour Nap After Mid-Day Meal**  
**Misc. Notes:** as you lie down to nap, make sure that you have the room as dark and cold as possible. Research has verified that these elements contribute to the quality of your nap which results in enhanced recovery and improvement.
- **Evening Protocols** – please reference Monday's notes & video links.

<b>CRS Weight Workout – Anatomical Adaptation</b>		
<b>Warm Up</b>	<b>Date</b>	<b>Date</b>
<b>Concept 2™ Row or Spin on Bike - 10 minutes Easy</b>		
<b>CYCLE ONE</b>		
<b>Abdominals On Fit Ball</b>		
<a href="#">Instructional Video: Abdominal Crunch on Fit Ball</a>		
<b>Rep 1 (Goal 6 to 8 - no struggling)</b>		
<b>Rep 2 (Goal 6 to 8 - no struggling)</b>		
<b>Push Up – Knee to Shoulder</b>		
<b>Note: Please watch the video to ensure you have proper form!</b>		
<a href="#">Instructional Video: Push Up - Knee to Shoulder</a>		
<b>Rep 1 (Goal 6 to 8 - no struggling)</b>		
<b>Rep 2 (Goal 6 to 8 - no struggling)</b>		
<a href="#">Jump Rope Instructional Video</a>		
<b>Jump Rope - 1 Minute (75% effort-even tempo)</b>		
<b>CYCLE TWO</b>	<b>Date</b>	<b>Date</b>
<b>Pike Position (Goal 30 Seconds)</b>		
<a href="#">Instructional Video: Pike Position</a>		
<b>Rep 1 (30 Seconds Maximum)</b>		
<b>Rep 2 (30 Seconds Maximum)</b>		
<b>Single Leg - Bent Over Row</b>		
<a href="#">Instructional Video: Single Leg Bent Over Row</a>		
<b>Weight (Very Light)</b>		
<b>Rep 1 (Goal 6 to 8 - no struggling)</b>		
<b>Weight (Very Light)</b>		
<b>Rep 2 (Goal 6 to 8 - no struggling)</b>		
<a href="#">Jump Rope Instructional Video</a>		
<b>Jump Rope - 30 seconds (75% effort-even tempo)</b>		



<b>CTS Weight Workout – Anatomical Adaptation</b>	<b>Date</b>	<b>Date</b>
<b>CYCLE THREE</b>		
<b>Tricep Dips (Off Bench or Chair)</b>		
<a href="#">Instructional Video: Tricep Dips</a>		
<b>Weight (None)</b>		
<b>Rep 1 (Goal 6 to 8 - no struggling)</b>		
<b>Weight (None)</b>		
<b>Rep 2 (Goal 6 to 8 - no struggling)</b>		
<b>Deep Squats/Bicep Curl</b>		
<a href="#">Instructional Video: Deep Squat with Curls</a>		
<b>Weight (Very Light)</b>		
<b>Rep 1 (Goal 6 to 8 - no struggling)</b>		
<b>Weight (Very Light)</b>		
<b>Rep 2 (Goal 6 to 8 - no struggling)</b>		
<a href="#">Jump Rope Instructional Video</a>		
<b>Jump Rope - 1 Minute (75% effort-even tempo)</b>		
<b>CYCLE FOUR</b>	<b>Date</b>	<b>Date</b>
<b>Air Squats</b>		
<a href="#">Instructional Video: Air Squats (no weight)</a>		
<b>Weight (None)</b>		
<b>Rep 1 (Goal 6 to 8 - no struggling)</b>		
<b>Weight (None)</b>		
<b>Rep 2 (Goal 6 to 8 - no struggling)</b>		
<b>Hamstring Press-Extension on Fit Ball</b>		
<a href="#">Instructional Video: Hamstring Press with Extension</a>		
<b>Rep 1 (Goal 6 to 8 - no struggling)</b>		
<b>Rep 2 (Goal 6 to 8 - no struggling)</b>		
<a href="#">Jump Rope Instructional Video</a>		
<b>Jump Rope - 1 Minute (75% effort-even tempo)</b>		