

TRAINING PROTOCOL

PHASE 1








WEEK 2 OF 6

DEVELOP MAXIMUM STRENGTH & IMPROVE AEROBIC BASE

PROGRAM Fitness	PHASE 1	WEEK 2 of 6	FOCUS Strength & Aerobic Base
---------------------------	-------------------	-----------------------	---

Week 2 builds on your baseline numbers from Week 1. Monday is a complete rest day with sodium and hydration focus. Tuesday, Thursday, and Friday each offer a choice between a bike or rower workout, followed by a core and lower back circuit. Wednesday and Sunday are Combo Weight Workout days. Saturday is a 60-minute aerobic bike session followed by core work and a 2-hour recovery nap. Stay consistent with your Energy Fuel intake and keep accurate records in your spreadsheets.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
						
Rest Day Full Recovery	Bike or Rower Even Tempo 60 min or HR Blocks 6,000m + Core Work	Weights AM Combo Weight P1 Timed 30 sec	Rower or Bike HR Intervals 50 min or HR Ladder 90 min + Chest/Core Work	Bike or Rower Frag. Pacing or HR Intervals 9,000m + Core Work	Bike AM Even Tempo 60 min + Core + 2-Hr Nap	Weights AM Combo Weight P1 Timed 30 sec + 2-Hr Nap

TRAINING INTENSITY GUIDE

● HR Zone 2 or Below – Blue Workouts

Builds your aerobic engine. Burns fat as primary fuel. Effort should feel comfortable and controlled. You should be able to hold a full conversation throughout.

● HR Zone 3+ – Red Workouts

High-intensity effort. Used for speed intervals, strength circuits, and lactate threshold work. Breathing is labored; conversation is difficult.



MONDAY

Complete Rest Day – Focus on Sodium & Hydration

REST DAY

BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

Research supports increased salt intake – this was the title of an article written by sports dietician Bob Seebohar where he reviewed eight scientific articles published in a medical research journal in addition to consulting with a world class endurance athlete (Joanna Zeiger). Symptoms of low salt levels: dizziness, nausea, vomiting, throbbing headache, swollen hands & a bloated stomach. Sodium losses range from 3.0–5.5 grams per hour (depending on intensity, temperature & humidity levels). Steps to offset low sodium levels: (1) Increase sodium intake by preloading 3 to 4 grams of sodium 12 to 24 hours before a hard workout or race; (2) Consume between 800–1500 milligrams of sodium per hour (and follow your thirst levels) of training or racing; (3) Consume a sports drink that contains 150–200 milligrams of sodium per hour ([Energy Fuel](#) provides 160 mg per serving). Researchers agree that high sodium diets can blunt or possibly even reverse the expected decrease in sweat sodium during heat acclimatization.

POST-WORKOUT & EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)

NUTRITION SPOTLIGHT: SODIUM & HYDRATION

Research-Backed Sodium Protocol

Timing	Sodium Amount	Method
12–24 hrs before workout	3–4 grams	Preload via food or supplement
During workout (per hour)	800–1,500 mg	Follow thirst levels
Sports drink (per hour)	150–200 mg	Energy Fuel provides 160 mg/serving

- Dizziness, nausea, vomiting, throbbing headache, swollen hands & bloated stomach are all signs of low salt levels.
- Sodium losses range from 3.0–5.5 grams per hour depending on intensity, temperature & humidity.
- High sodium diets can blunt or reverse the expected decrease in sweat sodium during heat acclimatization.



TUESDAY

AEROBIC AM

Bike Even Tempo 60 Min or Rower HR Intensity Blocks 6,000m + Core & Lower Back

BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of **Energy Fuel** to top off your calories and provide electrolytes for proper muscle contraction.

OPTION A – BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (60 MINUTES)

Bike – Even Tempo / Aerobic Enhancement (60 Minutes) – HR Zone 2

Workout Notes: The key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

WARM UP – HR ZONE 1

Duration: 10 minutes

Gearing: Small chain ring up front, middle rear

Cadence: 80–85 (no higher/lower)

Misc: Stretch and hydrate before moving into your main set

MAIN PERFORMANCE BLOCK – HR ZONE 2

Duration: 45 minutes

Cadence: 75–85

Set Notes: Tallest gearing maintaining chain tension; every 10 min stand up and stretch hamstrings, quads, calves and lower back

WARM DOWN – HR ZONE 1

Duration: 5 minutes (no shorter)

Gearing: Small chain ring up front, middle rear

Cadence: 70–80 (no higher/lower)

Misc: Stretch lower back, calves and quads before dismounting

OPTION B – SKI ERG OR ROWER: HR INTENSITY BLOCKS (6,000 METERS)

Ski Erg or Rower – HR Intensity Blocks (6,000 Meters)

Workout Notes: This workout is going to acclimate your body to staying comfortable while it is working at a high level of intensity. Focus on [diaphragmatic breathing](#) through your stomach and then your chest. Lead with your legs for maximum power output and optimized endurance.

Warm Up – HR Zone 1

Load Level: 3 **Distance:** 500 Meters **Pull Rate:** 20–25 **Stretch from head to toe**

Main Set #1 – HR Zone 3

Load Level: 5 **Pull Rate:** 25–35

500 Meters @ HR Z3 – picking up the pace every 100 meters up to HR Z3 (no higher). Repeat 5x.

Transition Set – HR Zone 2

500 Meters – HR Z2 – stretch & rehydrate as necessary

Main Set #2 – 2 × 500 Meters HR Zone 3

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

500 Meters @ HR Z3 (no higher) – 500 Meters Active Recovery HR Z2 or less. Repeat 2x.

Cool Down – HR Zone 1

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

CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING BIKE OR ROWER)

Core & Lower Back Circuit – 2 Sets × 30 Seconds Each

Complete each exercise for 30 seconds; rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set – total of 2 sets.

[¾ Sit Up](#) [Ab Criss Cross](#) [Open Abdominals](#) [Ab & Hip Risers](#)

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



WEDNESDAY

Combo Weight Workout – P1 Timed Challenges (30 Seconds)

STRENGTH AM

BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of **Energy Fuel** to top off your calories and provide electrolytes for proper muscle contraction.

COMBO WEIGHT WORKOUT – MORNING SESSION

Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges (30 Seconds)

Workout Notes: These exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

Speed of Lift: Quick and smooth **Repetitions:** As many as you can complete in 30 seconds with proper form

Sets: 2 **Rest Interval:** None between exercises; 1 minute between cycles

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

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



THURSDAY

Rower HR Intervals 50 Min or Bike HR Ladder 90 Min + Chest, Core & Lower Back

INTENSITY AM

BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of **Energy Fuel** to top off your calories and provide electrolytes for proper muscle contraction.

OPTION A – SKI ERG/ROWER: HR INTENSITY INTERVALS (50 MINUTES)

Ski Erg/Rower – HR Intensity Intervals (50 Minutes)

Misc. Notes: These power blocks are all about creating power! The first couple of intervals is going to be more difficult mentally than physically. The generation of power is a combination of the nervous system and the muscles working in unison – once this combination is activated, the generation of power becomes "easier." Be patient and be mentally focused on your form to avoid any potential injury.

Warm Up – HR Zone 1

Load Level: 3 **Duration:** 10 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**

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

Main Set #1 – HR Power Intervals

Load Level: 8 **Pull Rate:** 25 plus

1 Minute holding the fastest pace you can maintain for 1 minute – be aggressive here! 2 Minutes at an easy effort (keep moving) with good form to avoid injury. Repeat 10x = 30 Minutes.

Cool Down – HR Zone 1

Load Level: 2 **Duration:** 10 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**

OPTION B – BIKE: HEART RATE LADDER BLOCKS (90 MINUTES)

Bike – Heart Rate Ladder Blocks (90 Minutes)

Misc. Notes: For this workout you will need to know your HR Z2 numbers (high and low specific number).

WARM UP – HR ZONE 1

Duration: 10 minutes

Gearing: Small chain ring up front, middle rear

Cadence: 80–85 (no higher/lower)

Misc: Stretch and hydrate before main set

MAIN SET – HR LADDER BLOCKS (HR ZONE 3): 1:15

Increase effort until you hit your top number at the top of HR Z3; once you hit this number slow down your effort until your HR hits the lowest number in Z3; re-accelerate back up to the top of HR Z3. Repeat this cycle for 65 minutes. Keep cadences between 85–95; stand up and stretch every 15 minutes.

COOL DOWN – HR ZONE 1

Duration: 5 minutes

Gearing: Easiest combination that gets you into HR Z1

Cadence: 85–90

Misc: Don't dismount until HR is within HR Z1

CHEST, CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING BIKE OR ROWER)

Chest, Core & Lower Back Circuit – 2 Sets x 40 Seconds Each

Complete each exercise for 40 seconds; 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 Pike on Fit Ball](#) [Fit Ball Knee Roll & Push Up](#) [Pike & Push Ups on Fit Ball](#) [Ab Crunch on Fit Ball](#)

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



FRIDAY

Bike Fragmented Pacing 90 Min or Rower HR Intervals 9,000m + Core & Lower Back

INTENSITY AM

BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of **Energy Fuel** to top off your calories and provide electrolytes for proper muscle contraction.

OPTION A – BIKE: FRAGMENTED PACING INTERVAL BLOCKS (90 MINUTES)

Bike – Fragmented Pacing Interval Blocks (90 Minutes)

Note: If you are riding indoors, please cut the volume in half.

Workout Notes: This workout requires patience and a sharp mental focus; as the time transpires, your speed will increase up to an all-out sprint. Begin with the mental mindset that you are going to find your point of fatigue – this is ok. Focus on optimized pedal mechanics and deep breathing to provide the much-needed oxygen. Stretch and hydrate as needed during each even paced cycle.

WARM UP – HR ZONE 2 OR LESS

Duration: 10 minutes

Gearing: Small chain ring up front, middle rear

Cadence: 70–80 (no higher/lower)

Misc: Stretch lower back, calves and quads prior to dismounting

MAIN SET – REPEAT FOR 90 MINUTES

Even Paced (5 Min) – HR Zone 2:

Tallest gearing you can hold while keeping cadence 80–85

4 Min High Speed Effort (HR Zone

3): Spin tallest gear combination while staying in HR Z3; move right back into 1 min acceleration block

1 Min Acceleration to Sprint: From HR Z3, accelerate out of saddle up to sprint effort; goal is to achieve HR Zone 4 by end of acceleration

COOL DOWN – HR ZONE 2 OR LESS

Duration: 10 minutes

Gearing: Small chain ring up front, middle rear

Cadence: 70–80 (no higher/lower)

Misc: Stretch lower back, calves and quads prior to dismounting

OPTION B – SKI ERG/ROWER: HR INTENSITY INTERVALS (9,000 METERS)

Ski Erg/Rower – HR Intensity Intervals (9,000 Meters)

Misc. Notes: This workout is going to generate high levels of lactic acid towards the end of the workout (just like a race); focus on maximizing your efficiency early so that you have the highest levels of strength left within the muscles necessary to sustain HR Z4.

Warm Up – HR Zone 1

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

Main Set #1

Load Level: 5 **Pull Rate:** 25-35

500 Meters @ HR Z3 – 500 Meters Active Recovery. Repeat 3x.

Transition Set – HR Zone 2

1000 Meters – HR Z2 (stretch & rehydrate as necessary)

Main Set #2

Load Level: 5 **Pull Rate:** 25-35

500 Meters @ HR Z3 (no higher – get there quickly): 500 Meters Active Recovery. Repeat 3x.

Cool Down – HR Zone 1

Load Level: 3 **Duration:** 1000 Meters **Pull Rate:** less than 25 **Stretch from head to toe**

CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING BIKE OR ROWER)

Core & Lower Back Circuit – 2 Sets x 30 Seconds Each

Complete each exercise for 30 seconds; rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set – total of 2 sets.

[¾ Sit Up](#) [Ab Criss Cross](#) [Open Abdominals](#) [Ab & Hip Risers](#)

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



SATURDAY

Bike Even Tempo 60 Min + Core Work + 2-Hour Recovery Nap

AEROBIC AM

BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of [Energy Fuel](#) to top off your calories and provide electrolytes for proper muscle contraction.

BIKE: EVEN TEMPO / AEROBIC ENHANCEMENT (60 MINUTES)

The key to this workout is making sure that you stay within HR Z2 (no higher); this will teach your body to spare sugar and burn stored body fat for energy (making you leaner and improving your VO2 Max).

WARM UP – HR ZONE 1

Duration: 10 minutes

Gearing: Small chain ring up front, middle rear

Cadence: 80–85 (no higher/lower)

Misc: Stretch and hydrate before moving into your main set

MAIN PERFORMANCE BLOCK – HR ZONE 2

Duration: 45 minutes

Cadence: 75–85

Set Notes: Tallest gearing maintaining chain tension; every 10 min stand up and stretch hamstrings, quads, calves and lower back

WARM DOWN – HR ZONE 1

Duration: 5 minutes (no shorter)

Gearing: Small chain ring up front, middle rear

Cadence: 70–80 (no higher/lower)

Misc: Stretch lower back, calves and quads before dismounting

CORE & LOWER BACK WORK (IMMEDIATELY FOLLOWING BIKE)

Core & Lower Back Circuit – 2 Sets × 30 Seconds Each

Complete each exercise for 30 seconds; rest interval is 30 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set – total of 2 sets.

[¾ Sit Up](#) [Ab Criss Cross](#) [Open Abdominals](#) [Ab & Hip Risers](#)

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of **Recovery Fuel** to replace lost electrolytes.

2-Hour Recovery Nap – After Mid-Day Meal

At this point in the week, your body should be eager to catch a few extra hours of sleep. Strive to take a nap within thirty (30) minutes after your high-quality lunch/snack. Think about an infant – once fed, the child doses off immediately. 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 your coach know so that we can determine why your body won't shut down long enough for a nap.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



SUNDAY

STRENGTH AM

Combo Weight Workout – P1 Timed Challenges (30 Seconds) + 2-Hour Recovery Nap

BODY ANALYSIS

Log today's body composition data in your **Coach Robb Body Analysis Spreadsheet** for evaluation purposes.

▲ **PRE-WORKOUT:** 10–15 minutes prior, consume 8–10 oz of [Energy Fuel](#) to top off your calories and provide electrolytes for proper muscle contraction.

COMBO WEIGHT WORKOUT – MORNING SESSION

Complete Racing Solutions Combo Weight Workout – P1 Timed Challenges (30 Seconds)

Workout Notes: These exercises are combined so that you hit all the muscles as a functional unit – the foundation for movement. Because you are using more than one muscle for each exercise, you may find yourself becoming fatigued quickly. Breathe deep and consistently throughout the exercise to maintain optimum performance. Consistently consume your Energy Fuel to maintain proper blood sugar levels and power output.

Speed of Lift: Quick and smooth **Repetitions:** As many as you can complete in 30 seconds with proper form

Sets: 2 **Rest Interval:** None between exercises; 1 minute between cycles

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

POST-WORKOUT PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Follow this [lower leg trigger point series](#).
- ▶ **Nutrition:** Consume a post recovery smoothie with two scoops of Recovery Fuel to replace lost electrolytes.

2-Hour Recovery Nap – After Mid-Day Meal

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 penetrates the muscle tissue and in turn creates an environment where the muscle is more relaxed and receptive to isolation & stretching.

EVENING PROTOCOLS

EVENING

- ▶ **Nutrition:** Consume 8 oz of **Energy Fuel** to top off your electrolytes and hydration levels.
- ▶ **Foam Roller & Trigger Point Therapy:** Soften the muscle and connective tissue.
- ▶ **Diaphragmatic Breathing:** Practice deep belly breathing using the diaphragm. ▶ [Watch](#)



COMBO WEIGHT WORKOUT

STRENGTH

P1 Timed Challenges – Wednesday & Sunday AM – 30 Seconds Per Exercise

EXERCISE	DATE	DATE	DATE
Warm Up: Concept 2™ Rower or Spin on Bike – 10 Minutes Easy			
CYCLE ONE			
Pike – Push Up – Pike (30 Seconds)			
Instructional Video: Pike-Push Up-Pike			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
Isolated Leg & Frankenstein's on Bench			
Instructional Video: Isolated Leg on Bench			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
CYCLE TWO			
Air Squats			
Instructional Video: Air Squats			
Weight (Heavy but manageable)			
Set 1 (As many reps as you can do in 30 seconds – hold good form)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
Hamstring Press-Extension on Fit Ball			
Instructional Video: Hamstring Press with Extension			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			

COMBO WEIGHT WORKOUT (CONTINUED)

CYCLE THREE	DATE	DATE	DATE
Overhead Extension-Triceps Press (Not Fast – Good Form)			
Instructional Videos: Overhead Extension-Triceps Press			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
Step Up & Calf Raises (no weight)			
Instructional Video: Step up & Calf Raise			
Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			
CYCLE FOUR			
Lat Drop-Triceps Press on Fit Ball (Slow with Good Form)			
Instructional Video: Lat Pull Over-Triceps Extension			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
Individual Chest Press on Fit Ball			
Instructional Video: Individual Chest Press on Fit Ball			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			

COMBO WEIGHT WORK (CONTINUED)

CYCLE FIVE	DATE	DATE	DATE
Incline Press on Fit Ball			
Instructional Video: Incline Press on Fit Ball			
Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			
Rear Deltoid			
Instructional Videos: Rear Deltoid			
Weight (Light – easy muscle to tear)			
Set 1 (Goal 6-8 reps with perfect form – no momentum)			
Weight (Slightly heavier than Set 1)			
Set 2 (Goal 6-8 reps with perfect form – no momentum)			

COMBO WEIGHT WORK (CONTINUED)

CYCLE SIX	DATE	DATE	DATE
-----------	------	------	------

Chest Fly with Deep Pause on Fit Ball

[Instructional Video: Chest Fly with Deep Pause on Fit Ball](#)

Weight (Heavy but manageable)			
Set 1 (as many as you can complete in 30 seconds)			
Weight (Slightly heavier than Set 1)			
Set 2 (As many reps as you can do in 30 seconds – hold good form & strive to match Set #1)			

Side Skaters

[Instructional Videos: Side Skaters \(Inner Thigh\)](#)

Set 1 (good form – land lightly)			
Set 2 (good form – land lightly – strive to surpass Set #1)			

CYCLE SEVEN

Abs: Knees to Chest

[Instructional Video: Hanging Knees to Chest](#)

Set 1 (as many as you can complete in 30 seconds)			
Set 2 (as many as you can complete in 30 seconds)			

Abs: Open Rotation

[Instructional Videos: Abs-Open Rotation](#)

Set 1 (as many as you can complete in 30 seconds – PER SIDE)			
Set 2 (as many as you can complete in 30 seconds – PER SIDE)			

Abs: Hip Risers

[Instructional Videos: Hip Risers](#)

Set 1 (as many as you can complete in 30 seconds – PER SIDE)			
Set 2 (as many as you can complete in 30 seconds – PER SIDE)			

10 MINUTES – BIKE INTERVALS

Warm up for 2 Minutes – Low Intensity (Light Load Levels)

Note: increase the load levels to MODERATE

1 Minute @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower)			

EXERCISE	DATE	DATE	DATE
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			
1 Minute @ HR Z3 (no higher or lower)			
1 Minute Rest Interval			

Pre-Workout Weight: -----	Post-Workout Weight: -----	Total Fluids Consumed: -----	Loss/Gain: -----
-------------------------------------	--------------------------------------	--	----------------------------