

<b>Weeks 1-4</b>					
<b>Strength Workout A</b>					
<b>#</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Set Rest</b>	<b>Transition Rest</b>
1	Deadlift	3	6	120 sec	
2	Barbell Front Lunge	2 to 3	6 to 8	90 sec	
3a	Incline Dumbbell Press	3	6 to 8	60 sec	
3b	Bent Dumbbell Row	3	6 to 8	60 sec	
4a	Swiss Ball Crunch	3	10	60 sec	
4b	Incline Dumbbell Curl	3	10	60 sec	

<b>Weeks 1-4</b>					
<b>Strength Workout B</b>					
<b>#</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Set Rest</b>	<b>Transition Rest</b>
1	Squat	3	6	120 sec	
2	DB Step Up	2 to 3	6 to 8	90 sec	
3a	Dumbbell Military Press (semi-supinated grip)	3	6 to 8	60 sec	
3b	Close Grip Chins	3	6 to 8	60 sec	
4a	Prone Jackknife (feet on stability ball)	3	10	60 sec	
4b	Triceps Press down	3	10	60 sec	

### Weeks 1-2

#### Conditioning Workout A

	Exercise	Duration	Heart Rate	Notes
	Treadmill Walking at 2% Grade	30 minutes	65% of Max	Max HR = 220 – age. So you should be working at a heart rate that's your Max HR X 0.65.

### Weeks 1-2

#### Conditioning Workout B

	Exercise	Duration	Heart Rate	Notes
	Treadmill Walking at 2% Grade	30 minutes	65% of Max	Max HR = 220 – age. So you should be working at a heart rate that's your Max HR X 0.65.