

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

ACTIVE REST / CARDIO

- * Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.
- * Remember at each interval listed you need to alter the intensity on the stair master utilizing the different levels. for example, at the 3-5 minute mark increase the level of intensity to level 2.

* AMAP = As many as possible

No	Interval	Exercise / Level	Duration
01		Stair Master	30min
	Minutes 1-2	Level 1	3min
	Minutes 3-5	Level 2	3min
	Minutes 6-9	Level 3	3min
	Minutes 10-11	Level 2	3min
	Minutes 12-15	Level 3	3min
	Minutes 16-17	Level 2	3min
	Minutes 18-21	Level 3	3min
	Minutes 22-24	Level 2	3min
	Minutes 25-26	Level 1	3min

TRAINING, NUTRITION & SUPPLEMENT NOTES:
