

Workout 3

5 Days/Week

Cardio

3 DAYS PER WEEK

Time	Training Heart Rate
2 minutes	50-60%
2 minutes	61-70%
2 minutes	71-80%
2 minutes	61-70%
2 minutes	71-80%
2 minutes	50-60%

2 DAYS PER WEEK

Time	Training Heart Rate
2 minutes	50-60%
10 minutes	61-70%

Strength

2 DAYS PER WEEK

Exercise	Reps
Safety Bar Squat	2 x 8
Stability Ball Straight Leg Plank	2 x 8
BosuCrunch	2 x 8
Bosu Back Extension	2 x 8

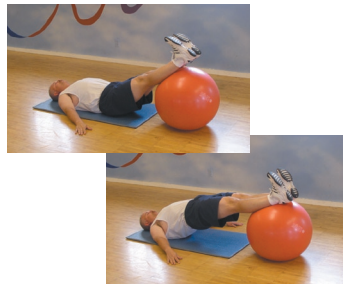
2 DAYS PER WEEK

Exercise	Reps
Bench Press	2 x 8
Bent Over Row	2 x 8
Standing Shoulder Press	2 x 8
Standing Shrug	2 x 8

SAFETY BAR SQUAT



STABILITY BALL STRAIGHT LEG PLANK



BENCH PRESS



BENT OVER ROW



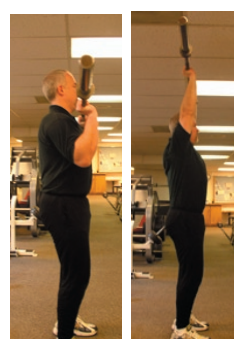
BOSU CRUNCH



BOSU BACK EXTENSION



STANDING SHOULDER PRESS



STANDING SHRUG

