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| --- | --- | --- | --- |
| DATE | TIME | ACTIVITY | LOCATION |
| 1/22/18 | 5:28pm-5:50pm | Warm-up:  TRX, yoga, 8kg KB | Home |
|  | 5:53pm-5:55pm  6:03pm-6:05pm  6:08pm-6:20pm  6:23pm-6:34pm | 22 kg KB Snatch, rest  22 kg KB Snatch  GPPs: jump squat 30x3,  push-ups 15x3, abdominals 15x3  Stretches |  |
| 1/23/18 | 7:45am-8:25am | Walking | Outside |
|  | 4:35pm-5:10pm | Elliptical and Treadmill  Running | SCC |
| 1/24/18 | 7:50am-8:04am | Walking | Outside |
|  | 2:42pm-3:05pm | Walking | Outside |
| 1/25/18 | 7:25am-7:40am | Walking | Outside |
|  | 7:35pm-7:55pm | Warm-up:  TRX, yoga, 8kg KB | Home |
|  | 8:01pm-8:07pm  8:20pm-8:28pm  8:30pm-8:37pm  8:38pm-8:51pm | 16 kg KB Snatch 6 minutes set  GPPs: TRX chest press  25x3, step-forward lunges + 12 kg KB static hold 15x3  abdominals 15x3  obliques 12x3 each side  Pilates |  |
| 1/26/18 | 7:01am-7:41am | Running | Outside |

KB - kettlebells

GPPs - general physical preparation