

## Your Weekly Workout Schedule

Alternate the following workouts throughout the week. Aim for 3-4 sessions per week on non-consecutive days to allow for recovery. A post-workout walk with your dog is a great way to cool down.

- **Day 1:** Workout A
  - **Day 2:** Rest or Run
  - **Day 3:** Workout B
  - **Day 4:** Rest
  - **Day 5:** Workout A or B (alternate from previous)
  - **Day 6:** Run or Rest
  - **Day 7:** Rest
- 

### Workout A: Full Body Strength

**Equipment:** 55 lb Kettlebell, 35 lb Kettlebell, Pull-up Bar, Weighted Vest

Complete as many rounds as possible (AMRAP) in 20 minutes, followed by a 5-minute cool-down.

1. **Kettlebell Goblet Squats:** 10 reps
    - **Use your 55 lb kettlebell.** Hold it close to your chest. Keep your back straight and chest up as you squat.
  2. **Pull-ups:** 5 reps
    - **For an extra challenge, wear your weighted vest.** If 5 reps are too difficult, do them without the vest, or do assisted pull-ups.
  3. **Kettlebell Swings:** 15 reps
    - **Use a 35 lb kettlebell.** Focus on a powerful hip hinge; the power comes from your hips, not your arms.
  4. **Push-ups:** 10 reps
    - **Wear your weighted vest to increase the difficulty.** Keep your core tight and your body in a straight line.
- 

### Workout B: Full Body Power

**Equipment:** 35 lb Kettlebells, Weighted Vest

Complete as many rounds as possible (AMRAP) in 20 minutes, followed by a 5-minute cool-down.

1. **Kettlebell Single-Arm Overhead Press:** 8 reps per side
  - **Use a 35 lb kettlebell.** Start with it in the “rack” position at your shoulder and press straight overhead.
2. **Kettlebell Lunges:** 8 reps per leg
  - **Hold a 35 lb kettlebell in each hand.** This will challenge your balance and core.

3. **Kettlebell Deadlifts:** 10 reps
    - Hold both 35 lb kettlebells (one in each hand) for a total of 70 lbs. Focus on a flat back and hinging at your hips.
  4. **Plank:** 30-second hold
    - For a greater challenge, have your wife, Sami, carefully place the weighted vest on your back once you're in position.
- 

## Run: Cardio & Endurance

**Equipment:** Treadmill

This is a 25-minute interval run.

- **Minutes 0-5:** Warm-up (brisk walk or light jog)
  - **Minutes 5-20 (repeat 5 times):**
    - 2 minutes: Run at a challenging pace (e.g., 6-7 mph)
    - 1 minute: Walk or light jog to recover (e.g., 3-4 mph)
  - **Minutes 20-25:** Cool-down (light jog or walk)
- 

***Disclaimer:** As an AI, I am not qualified to give medical advice. Please consult with a healthcare professional before starting any new fitness program, especially given the recent addition to your family. Adjust the intensity and exercises based on how you feel.*