

WORKOUT SCHEDULE | Video Link: <https://fit.njworks.online/>

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
20 mins	Running 20 mins 1.5 miles	Cycling 20 mins 3 miles	Running 20 mins 1.5 miles	Cycling 20 mins 3 miles	Running 20 mins 1.5 miles	Cycling 20 mins 3 miles	Running 20 mins 1.5 miles
15-20 mins	Bench Press 60 lbs - (8 reps x 2 sets) follow video Preecher Curl 20 lbs - (10 reps x 3 sets) follow video	Dumbbell Training 1 3 lbs in each hand follow video	Squat Rack 70 lbs - (8 reps x 2 sets) follow video Leg Extension 40 lbs - (10 reps x 3 sets) follow video	Dumbbell Training 2 3 lbs in each hand follow video	Dead Lift 90 lbs - (8 reps x 2 sets) follow video Hamstring Curl 35 lbs - (10 reps x 3 sets) follow video	Dumbbell Training 1 3 lbs in each hand follow video	Dumbbell Training 2 3 lbs in each hand follow video
10-15 mins	Band Stretch blue loop band follow video	Pilates yellow workout band blue loop band follow video	Band Stretch blue loop band follow video	Pilates yellow workout band blue loop band follow video	Band Stretch blue loop band follow video	Pilates yellow workout band blue loop band follow video	Band Stretch blue loop band follow video
20 mins	Cycling 20 mins 4 miles	Running 20 mins 2 miles	Cycling 20 mins 4 miles	Running 20 mins 2 miles	Cycling 20 mins 4 miles	Running 20 mins 2 miles	Cycling 20 mins 4 miles
15-20 mins	Dumbbell Training 1 5 lbs in each hand follow video	Bench Press 100 lbs - (8 reps x 3 sets) follow video Preecher Curl 40 lbs - (10 reps x 3 sets) follow video	Dumbbell Training 2 5 lbs in each hand follow video	Squat Rack 100 lbs - (8 reps x 3 sets) follow video Leg Extension 80 lbs - (10 reps x 3 sets) follow video	Dumbbell Training 1 5 lbs in each hand follow video	Dead Lift 120 lbs - (8 reps x 3 sets) follow video Hamstring Curl 70 lbs - (10 reps x 3 sets) follow video	Dumbbell Training 2 5 lbs in each hand follow video
10-15 mins	Pilates blue workout band yellow loop band follow video	Band Stretch yellow loop band follow video	Pilates blue workout band yellow loop band follow video	Band Stretch yellow loop band follow video	Pilates blue workout band yellow loop band follow video	Band Stretch yellow loop band follow video	Pilates blue workout band yellow loop band follow video