

Day 1	Day 2	<i>Day 3 Optional</i>
Breathing 20s x 3	Breathing 20s x 3	Breathing 20s x3
Plank 60s	Wall Sit 60s	Bar Hang 120s
Dumb Walk 20 steps +2 or 3 lbs	Arnold Press Run 20 steps +2 or 3 lbs	Cross Train
Lunge Matrix 20x Squat 60s	Inclinations + Declinations 20x Ankle Rotations 20x	
12 minute run +0.1+ avg kph at 7:30 turn +0.1+ avg kph at 10:00 mark	11 minute intervals with decrementing sprints sprint for 2:00 at 3:00 mark sprint for 1:30 at 6:00 mark sprint for 1:00 at 8:30 mark sprint for 0:30 at 10:30 mark	
Tension 3x	Tension 3x	Tension 3x
Baking Soda as powder 1-2 tbsp	Baking Soda as powder 1-2 tbsp	Baking Soda as powder 1-2 tbsp