

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
Single Leg Presses 2RM (Drop Plate) 20x	Arnold Press Run 20x +wraps	Cross Train
12 minutes stairs +1 level at 10:00 mark	11 minutes manual treadmill 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	
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