



## WEEK 1

### WORKOUT 1: WARMUP

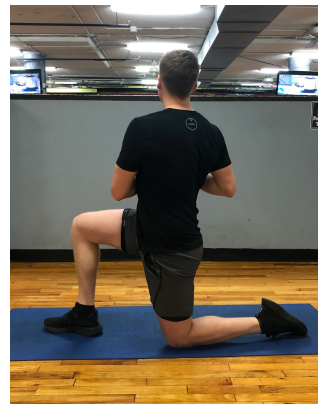
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3 Sets of:

1 Minute row or jog at a moderate intensity



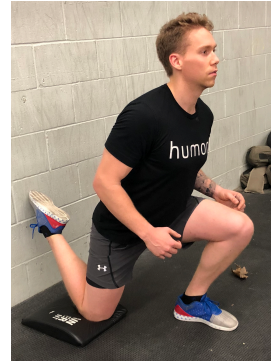
10 Reverse lunges with a twist



10 Wall-facing air squats



10 Active couch stretch on each side



# WORKOUT 1

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## **A** 5 Sets of:

3 Back squats at a challenging weight

\*Rest until the Humon data recovers back into the green zone.\*



## **B** 4 Supersets of:

**B1** 5 DB weighted step-up (each leg) at a heavy weight



**B2** 10 Figure-4 glute bridge (each leg) with 10 second hold on last rep

\*Go right from B1 to B2, then rest until the Humon data recovers back into the green zone.\*



## WORKOUT 2: WARM UP

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10 Minute endurance row

\*Stay in the green zone on the Humon app\*



10 Inch worms with cobra stretch





## WORKOUT 2

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**A** 10 Sets of:

1 Minute row sprints

\*Rest until the Humon data recovers back into the green zone.

*The goal is for all sets to be similar in calories*



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## WORKOUT 3: WARM UP

5 Sets of:

30 Seconds max effort row sprint

30 Seconds light recovery row



3 Sets of:

30 Second jumping lunges

Rest 1:30 seconds



# WORKOUT 3

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**A**

3 Sets of:

10 Back squats at a moderate weight

\*Rest until the Humon data recovers back into the green zone.\*

*Movement should be continuous with no pausing at the top*



**B**

3 Sets of:

**B1** 20 DB walking lunge (10 each leg)

**B2** Max effort wall sit

\*Go right from B1 to B2, then rest until the Humon data recovers back into the green zone.\*



**C**

8 Sets of tabata:

20 Seconds of air squats

10 Seconds of rest

