

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Travel day! Stairs or hills: set timer for 15 minutes and get as many rounds up and down the stairs or sprinting up the hill as possible, rest as needed	#PhysiqueFinisher: "Pull Platrol" metcon - should take you around 15 minutes (see workout enclosed)	#treadLIFT workout: "Shoulder Segments" - takes 20 minutes (see workout enclosed)	For time: 100 pushups, 100 situps, 100 air squats, 100 burpees	#PhysiqueFinisher: "Babes and Barbells" metcon - should take around 10 minutes (see workout enclosed)	Sprints: you can do these on a treadmill OR outside - push for 20s hard, rest 1-2 minutes, repeat for 10 rounds total	OFF