

	6:00 warmup		Work intervals	6:00 cooldown
Day 1	6:00		Every 2:00 for 20:00	6:00
	Dynamic Warmup		20 two-hand Swings or 10/10 Single-arm swings	Active cooldown
			5-15 pushups on knees, toes or clapping-style	
			Rest for remainder.	
Day 2	6:00		Every 2:00 for 20:00	
	Dynamic Warmup		20 two-hand Swings or 10/10 Single-arm swings	Active cooldown
			5-15 air squats, goblet squats, or jump squats	
			Rest for remainder	
Day 3	6:00		Every 1:00 for 10:00	Active cooldown
	Dynamic Warmup		10 Swings	
Day 4	6:00		Every 2:00 for 20:00	Active cooldown
	Dynamic Warmup		20 two-hand Swings or 10/10 Single-arm swings	
			5-15 pushups on knees, toes or clapping-style	
Day 5	6:00		Every 2:00 for 20:00	Active cooldown
	Dynamic Warmup		20 two-hand Swings or 10/10 Single-arm swings	
			5-15 air squats, goblet squats, or jump squats	
			Rest	
Day 6	6:00		Every 1:00 for 10:00	Active cooldown
	Dynamic Warmup		10 Swings	
Day 7	Rest day		30 - 60 minutes	
	Light Movement		hiking, gardening or other physical activity you enjoy	