

CAITY LOTZ

WORKOUT ROUTINE



BONUS PDF FILE

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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Caity Lotz Workout Routine

Training Volume:

3-5 Days a Week

Day One: Circuit Training

Warm Up

10-15 Minutes of Stretching or Yoga

5 minute jog

Workout

5 Rounds of:

1 minute on the heavy bag

25 alternating knee crunches

25 mountain climbers

25 jump squats

Day Two: Activity

1 Hour of:

Boxing, Mui Thai / MMA Styled Training, Biking, Yoga, or a combination of multiple

Day Three: Circuit Training

Warm Up

10-15 minutes of Stretching or Yoga

10 minute bike

Workout

60 Calorie Row or Run

50 Box Jumps

40 Push Ups (or Knee Push Ups)

30 Wall balls

20 Burpees

10 One Legged Squat Each Leg

Day Four: Activity

1 Hour of:

Boxing, Muy Thai / MMA Styled Training, Biking, Yoga, or a combination of multiple

Day Five: Circuit Training

Warm Up

10-15 minutes of Stretching or Yoga

10 minute elliptical

Workout

4 Rounds Of:

400m jog

10 Burpees

10 Double Unders

60 second plank

60 seconds on heavy bag

30 second side plank

30 second side plank