

ANDY GALPIN

WORKOUT PLAN

DAY 1 FULL BODY

Full body multijoint exercises, strength training, staying in a 5–10 rep range

DAY 3 REST

Rest completely or active recovery

DAY 5 REST

Rest completely or active recovery

DAY 2 CARDIO

Long-duration exercise – could be a swim, sport, jog, etc.

DAY 4 ENDURANCE

11–30 rep range lifting or muscular endurance body weight or yoga training where you will get muscular burn, but it's light.

DAY 6 MEDIUM

Medium intensity – could be boxing, bike intervals at moderate heart rate – then finish with 5–6 minutes of max heart rate work

