



TMAC 20 PROGRAM DESIGN

WORKOUT PROGRAM DESIGN

We suggest you MOVE every day of the week. Three days should be total body HIIT Days. Three should be Cardio/Flush days. Plus one active fun day. We refer to this as the '3/3/1' approach.

HIIT Days: For your Total Body HIIT Days, your goal is to train all major muscle groups and elevate your heart rate to 80-90% max. This intensity should last anywhere from 7-25 minutes.

Examples of Total Body HIIT Days: TMAC 20 Workouts, TMAC STRONG Workouts, Crossfit, Circuit Training, Weight Training.

Cardio/Flush Days: For your Cardio/Flush Days your goal is to get your heart rate up (60-70%max), but not break down muscle tissue.

The TMAC Cardio/Flush Workouts are specifically designed to strengthen your stabilizing muscles to help prevent injury. Think lower back, rotator cuff, and muscles supporting your knee.

Examples of Cardio/Flush Days: TMAC 20 "Cardio" Workouts, Jogging, Basketball, Tennis, Swimming, Hot Yoga, Pilates.

Beginner Level: I want you to do 3-4 Beginner Workouts and really focus on getting in 10,000 steps a day.

1 Fun Activity: Today's #MINDRIGHT Challenge is to schedule a workout this week that is simply for fun. Hike, play basketball, frisbee. Just move and have fun!

Also, getting in 10k steps a day — in addition to your TMAC Workouts — is crucial for your success. If you can't get in 10k steps and you already did a TMAC Workout, feel free to add a TMAC Yoga Video later in the day. Your #MINDRIGHT Challenge today is schedule a workout with a friend this week.