

LEAN REBOOT WORKOUT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
OFF	FULL BODY	CORE & CARDIO	CARDIO INTERVALS	UPPER BODY	LOWER BODY	CARDIO INTERVALS
OFF	FULL BODY	CORE CONDITIONING AMRAP	UPPER BODY AMRAP	TABATA	LOWER BODY	CARDIO INTERVALS
OFF	FULL BODY	CORE FOCUSED TABATA	UPPER BODY AMRAP	CARDIO INTERVALS	LOWER BODY	CARDIO INTERVALS
OFF	FULL BODY	CORE & CARDIO	UPPER BODY	TABATA	LOWER BODY	CARDIO INTERVALS
WEEK 5 - RECOVERY WEEK						
OFF	YOGA	5 MILE WALK	YOGA	5 MILE WALK	YOGA	OFF