

AMERICAN COUNCIL ON EXERCISE HIIT SERIES

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
UPPER BODY 30 Minutes	LOWER BODY 30 Minutes BELLY BLAST 10 Minutes	DAY OFF	TOTAL BODY 30 Minutes	UPPER BODY 30 Minutes BELLY BLAST 10 Minutes	DAY OFF	YOGA 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
TOTAL BODY 30 Minutes BOOTY BLAST 10 Minutes	LOWER BODY 30 Minutes	DAY OFF	UPPER BODY 30 Minutes CORE 30 Minutes	TOTAL BODY 30 Minutes	DAY OFF	BOOTY BLAST 10 Minutes YOGA 20 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
TOTAL BODY 30 Minutes BOOTY BLAST 10 Minutes	UPPER BODY 30 Minutes CORE 30 Minutes	TOTAL BODY 30 Minutes	LOWER BODY 30 Minutes CORE 30 Minutes	BELLY BLAST 10 Minutes YOGA 20 Minutes	DAY OFF	LOWER BODY 30 Minutes UPPER BODY 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
TOTAL BODY 30 Minutes CORE 30 Minutes	LOWER BODY 30 Minutes	UPPER BODY 30 Minutes CORE 30 Minutes	BELLY BLAST 10 Minutes YOGA 20 Minutes	LOWER BODY 30 Minutes UPPER BODY 30 Minutes	DAY OFF	YOGA 20 Minutes