

HIIT IT HARD

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
HIIT IT HARD: Mega Muscle HIIT 30 Minutes	HIIT IT HARD: HIIT Core Burner 30 Minutes	Booty Blast 10 Minutes Total Body Stretch 10 Minutes	DAY OFF	HIIT SERIES: Upper Body HIIT 30 Minutes	HIIT SERIES: Lower Body HIIT 30 Minutes	Yoga Flow 20 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Full Body HIIT 20 Minutes Belly Blast 10 Minutes	DAY OFF	Ultimate Intervals 30 Minutes	Bodyweight Intervals 45 Minutes	HIIT IT HARD: Mega Muscle HIIT 30 Minutes	Booty Blast 10 Minutes Total Body Stretch 10 Minutes	HIIT SERIES: Upper Body HIIT 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY OFF	HIIT SERIES: Lower Body HIIT 30 Minutes	HIIT IT HARD: HIIT Core Burner 30 Minutes	Bodyweight Intervals 45 Minutes	Yoga Flow 20 Minutes	Full Body HIIT 20 Minutes Belly Blast 10 Minutes	DAY OFF
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
HIIT IT HARD: Mega Muscle HIIT 30 Minutes	Ultimate Intervals 30 Minutes	HIIT SERIES: Upper Body HIIT 30 Minutes	HIIT SERIES: Lower Body HIIT 30 Minutes	DAY OFF	Booty Blast 10 Minutes Total Body Stretch 10 Minutes	HIIT IT HARD: HIIT Core Burner 30 Minutes