

HIIT IT HARD



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
30 Minute Mega Muscles HIIT it HARD	30 Minute Core Burner HIIT it HARD	10 Minute Booty Blast 10 Minute Total Body Stretch	Active Day of Rest	30 Minute Upper Body HIIT Series	30 Minute Lower Body HIIT Series	20 Minute Yoga Flow
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
20 Minute Full Body HIIT 10 Minute Belly Blast	Active Day of Rest	30 Minute Ultimate Intervals	45 Minute Body Weight Intervals	30 Minute Mega Muscles HIIT it HARD	10 Minute Booty Blast 10 Minute Total Body Stretch	30 Minute Upper Body HIIT Series
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Active Day of Rest	30 Minute Lower Body HIIT Series	30 Minute Core Burner HIIT it HARD	45 Minutes Body Weight Intervals	20 Minute Yoga Flow	20 Minute Full Body HIIT 10 Minute Belly Blast	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
30 Minute Mega Muscles HIIT it HARD	30 Minute Ultimate Intervals	30 Minute Upper Body HIIT Series	30 Minute Lower Body HIIT Series	Active Day of Rest	10 Minute Booty Blast 10 Minute Total Body Stretch	30 Minute Core Burner HIIT it HARD