



No Time During the Week 3 - 4 WEEK PLAN

(Click on a routine and it will take you right to the video)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	ABSolutely Pilates	Rest or Stretch Day	20 Minute HIIT & Tank Top Arms	15 Minute HIIT & 20 Minute Butt and Thigh Burn	30 Minute HIIT	30 Minute Strength Building Circuit	45 Minute Low Impact Cardio Or a long walk or hike
WEEK 2	Pilates All Levels	Rest or Stretch Day	20 Minute HIIT & No Joke Seated Arms	15 Minute HIIT & 20 Minute Killer Legs	30 Minute Low Impact Cardio	Basic Full Body Strength	Cardio and Core or Long walk or hike
WEEK 3	ABSolutely Pilates	Rest or Stretch Day	20 Minute HIIT & Tank Top Arms	15 Minute HIIT & 20 Minute Butt and Thigh Burn	30 Minute HIIT	30 Minute Strength Building Circuit	45 Minute Low Impact Cardio Or a long walk or hike
WEEK 4	Pilates All Levels	Rest or Stretch Day	20 Minute HIIT & No Joke Seated Arms	15 Minute HIIT & 20 Minute Killer Legs	30 Minute Low Impact Cardio	Basic Full Body Strength	Cardio and Core or Long walk or hike