

BE HEALTHY ENOUGH 4 WEEK EXERCISE PLAN

Weekday Hustle



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Fit Test	45 min Total Body Muscle Burn	20 min Low Impact HIIT	Cardio Sandwich	45 min Low Impact Cardio	15 min Full Body Stretch	Foam Rolling Neck and Upper Body
WEEK 2	45 min Total Body Muscle Burn	45 min Low Impact Cardio	45 min Total Body Muscle Burn	45 min Low Impact Cardio	60 min Muscles Endurance	De Stress Routine	Foam Rolling Lower Body
WEEK 3	60 min Muscles Endurance	15 min Full Body Stretch	Abs First Full Body Workout	15 min Full Body Stretch	Four Course Workout	De Stress Routine	Foam Rolling for Back
WEEK 4	Cardio Sandwich	45 min Low Impact Cardio	Abs First Full Body Workout	45 min Low Impact Cardio	60 min Muscles Endurance	Foam Rolling Neck and Upper Body	Fit Test