





















INTERMEDIATE : NO EQUIPMENT REQUIRED

LEVEL: INTERMEDIATE			EQUIPMENT REQUIRED: NONE				
WEEK 01	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #1		 HIIT: CARDIO #10	 HIIT: CARDIO #9 EXPRESS	 HIIT: CARDIO #8		 FULL BODY STRETCH
WEEK 02	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #12		 HIIT: CARDIO #17	 HIIT: CARDIO #3 EXPRESS	 HIIT: CARDIO #4		 ACTIVE RECOVERY STRETCH
WEEK 03	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #2		 HIIT: CARDIO #8	 HIIT: CARDIO #9 EXPRESS	 HIIT: CARDIO #10		 FULL BODY STRETCH
WEEK 04	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #12		 HIIT: CARDIO #3 (low impact)	 ACTIVE RECOVERY STRETCH	 HIIT: CARDIO #4		 HIIT: CARDIO #1

GUIDANCE NOTES:

1. In the online video library, you will find a section entitled 'INTERMEDIATE: NO EQUIPMENT REQUIRED'. This contains all of the workouts above.
2. Always consult your doctor before starting any new fitness regime. If you are new to fitness, follow the modifications provided. This will allow you to build up your fitness gradually without pushing yourself too hard.
3. The schedule above has been designed to allow for maximum muscle recovery time, but feel free to rearrange the workouts/rest days to suit your schedule. Just ensure all workouts are completed within the week.