

HIIT (PREMIUM)

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: Upper Body HIIT 30 Minutes	DAY OFF	HIIT: Lower Body HIIT 30 Minutes	HIIT IT HARD: HIIT Core Burner 30 Minutes	HIIT: Yoga Flow 20 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
HIIT: Total Body HIIT 30 Minutes	HIIT: Booty Blast 10 Minutes Belly Blast 10 Minutes	POWER 20: Cardio Kickbox 20 Minutes	DAY OFF	ROCK YOUR BODY BOOTCAMP: Bodyweight Intervals 40 Minutes	HIIT WORKOUT PROGRAM: Going Strong 50 Minutes	HIIT: Core HIIT 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY OFF	HIIT IT HARD: Mega Muscle HIIT 30 Minutes	ROCK YOUR BODY BOOTCAMP: Calorie Sizzler 30 Minutes	HIIT: Yoga Flow 20 Minutes	BARRE STRONG: Bodyweight HIIT 30 Minutes	DAY OFF	Pyramid Power 20 Minutes Belly Blast 10 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
HIIT: Total Body HIIT 30 Minutes	HIIT: Lower Body HIIT 30 Minutes	DAY OFF	POWER 20: Cardio Kickbox 20 Minutes	POWER 20: Muffin Top Melter 10 Minutes	HIIT: Upper Body HIIT 30 Minutes	HIIT WORKOUT PROGRAM: Going Strong 50 Minutes