



STRENGTH BUILDING CALENDAR

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	<u>HIIT 1</u> 29:55	Walk or Jog 30 min	<u>Strength 1</u> 31:42	Walk or Jog 30 min	<u>Cardio Strength Core</u> 47:38	<u>Kickboxing Intervals 1</u> 31:08	Rest!
2	<u>Metabolic Combos</u> 25:40	Walk or Jog 30 min	<u>Glutes 1</u> 22:15 <u>Cool Down</u>	Walk or Jog 30 min <u>with Arms 1</u> 10:09	<u>Strength Big Combos</u> 44:58	<u>Bodyweight Intervals</u> 25:12	Rest!
3	<u>HIIT 2</u> 29:55	Walk or Jog 30 min	<u>Strength 2</u> 35:37	Walk or Jog 30 min	<u>Tabata Style</u> 40:17	<u>Stretch Strength Core Adv</u> 31:02	Rest!
4	<u>Metabolic Bench</u> 41:45	Walk or Jog 30 min	<u>Legs 1</u> 35:29	Walk or Jog 30 min <u>with Arms 2</u> 11:28	<u>Fav 15</u> Optional 2X 27:23	<u>Kickboxing Intervals 2</u> 29:22	Rest!
5	<u>HIIT 3</u> 30:18	Walk or Jog 30 min	<u>Fav Strength Endurance</u> 53:17	Walk or Jog 30 min	<u>AMRAP 1</u> 39:37	<u>Ladder</u> 25:40	Rest!
6	<u>Cardio Strength Core</u> 47:38	Walk or Jog 30 min	<u>Glutes 2</u> 20:31 <u>Cool Down</u>	Walk or Jog 30 min <u>with Arms 3</u> 11:12	<u>Strength 2</u> 35:37	<u>Cardio & Combos</u> 35:20	Rest!
7	<u>HIIT 4</u> 27:13	Walk or Jog 30 min	<u>Fav Strength Heavy</u> 35:16	Walk or Jog 30 min <u>with 8 Min Arms</u> 11:02	<u>Res Bands On the Mat</u> 43:42	<u>Kickboxing Intervals 3</u> 29:18	Rest!
8	<u>Metabolic Intervals</u> 33:24	Walk or Jog 30 min	<u>Legs 2</u> 43:24	Walk or Jog 30 min <u>with Arms on the Mat</u> 13:37	<u>AMRAP 2</u> 34:12	<u>Ladder 2</u> 25:49	Rest!
9	<u>HIIT 5</u> 35:51	Walk or Jog 30 min	<u>EMOM Strength Advanced</u> 46:37	Walk or Jog 30 min	<u>Accumulator</u> 34:21	<u>Stretch Strength Core Adv 2</u> 41:01	Rest!