

STRENGTH FOCUS



Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>HIIT 1</u> 33:25	<u>Active Recovery</u> <u>Fav Arms</u> 12:21	<u>Glutes 1</u> 22:15 <u>Cool Down</u>	Rest!	<u>Strength 1</u> 31:42	<u>Kickboxing</u> <u>Intervals 1</u> 31:08	Rest!
<u>Metabolic</u> <u>Combos</u> 25:40	<u>Fun Cardio</u> 8 min	<u>Strength 2</u> 35:37	Rest!	<u>HIIT 2</u> 33:25	<u>Stretch</u> <u>Strength-Core 1</u> 23:30	Rest!
<u>HIIT 3</u> 30:18	<u>Active Recovery</u> <u>With Arms 1</u> 10:09	<u>Legs 1</u> 33:25	Rest!	<u>Strength</u> <u>& Core</u> 32:10	<u>HIIT 6</u> 30:04	Rest!
<u>Metabolic</u> <u>Intervals</u> 33:24	<u>Fun Cardio</u> 7 min	<u>Strength 1</u> 31:42	Rest!	<u>HIIT 4</u> 27:13	<u>Stretch</u> <u>Strength-Core 2</u> 23:06	Rest!
<u>HIIT 5</u> 33:25	<u>Active Recovery</u> <u>with Arms on Mat</u> 13:37	<u>Glutes 2</u> 20:31 <u>Cool Down</u>	Rest!	<u>Strength 2</u> 35:37	<u>Kickboxing</u> <u>Intervals 2</u> 29:18	Rest!