

SAMPLE 28-DAY WORKOUT CALENDAR

WEEK							
1	1 UPPER-BODY BOOST	2 LOWER-BODY BOOST	3 REST OR ACTIVE REST	4 UPPER-BODY BURN	5 LOWER-BODY PUMP	6 FULL-BODY HIIT	7 REST OR ACTIVE REST
2	8 UPPER-BODY BOOST + CARDIO (30 MINUTES)	9 LOWER-BODY BOOST	10 REST OR ACTIVE REST	11 UPPER-BODY BURN	12 LOWER BODY STRENGTH + CARDIO (30 MINUTES)	13 FULL-BODY HIIT	14 REST
3	15 UPPER-BODY CIRCUIT	16 LOWER-BODY CIRCUIT	17 FULL-BODY HIIT	18 UPPER-BODY BOOST	19 LOWER-BODY BOOST	20 FULL-BODY TABATA	21 REST
4	22 UPPER-BODY STRENGTH + CARDIO (30 MINUTES)	23 LOWER-BODY PUMP	24 FULL-BODY TABATA	25 UPPER-BODY BURN + CARDIO (30 MINUTES)	26 LOWER-BODY PUMP	27 FULL-BODY PLYO HIIT	28 REST OR ACTIVE REST