

WORKOUT PLANNER

Month 1:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	FITNESS TEST	KILLER CORE	LOWER BODY	UPPER BODY	HIIT	REST	REST
WEEK 2	HIIT	KILLER CORE	LOWER BODY	UPPER BODY	HIIT	REST	REST
WEEK 3	HIIT	LOWER BODY	KILLER CORE	UPPER BODY	HIIT	REST	REST
WEEK 4	HIIT	LOWER BODY	KILLER CORE	UPPER BODY	HIIT	REST	REST

Month 2:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 5	FITNESS TEST	LOWER BODY	HIIT	UPPER BODY & CORE	HIIT	REST	REST
WEEK 6	HIIT	LOWER BODY	HIIT	UPPER BODY & CORE	HIIT	REST	REST
WEEK 7	HIIT	LOWER BODY	HIIT	UPPER BODY & CORE	HIIT	REST	REST
WEEK 8	HIIT	LOWER BODY	HIIT	UPPER BODY & CORE	FITNESS TEST	REST	REST