



Inside-Out Strong
BUILDING HEARTS MINDS & BODIES

WORKOUT CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
Warm-up week						
Rest	Basic + Corrective Exercises	Activity Day	Basic + Corrective Exercises	Activity Day	Basic + Corrective Exercises	Rest
Week 1						
Rest	Dynamic + Corrective	Activity Day	Dynamic + Corrective	Activity Day	Dynamic + Corrective	Rest
Week 2						
Rest	Dynamic + HIIT #1	Activity Day	Dynamic + HIIT#1	Activity Day	Corrective + HIIT #1	Rest
Week 3						
Rest	Dynamic + HIIT #2	Activity Day	HIIT #1 + HIIT #2	Activity Day	HIIT #2 Repeat 3x	Rest
Week 4						
Rest	Flow/yoga #1	Activity Day	HIIT #1 + HIIT #2	Activity Day	Flow/Yoga #1	Rest

Training Tips:

- Repeat Basic Movement Patterns as much as needed
- Dynamic/corrective sets = 1x (5 min.)
- Workout sets = 2-3x (15-20 min.)
- Use "Interval Timer" app to track time



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SUN	MON	TUE	WED	THU	FRI	SAT
Week 5						
Rest	Dynamic + HIIT #3	Activity Day	HIIT #2 + HIIT #3	Activity Day	HIIT #3 Repeat 3x	Rest
Week 6						
Rest	Dynamic + HIIT #4	Activity Day	HIIT #3 + HIIT #4	Activity Day	HIIT #4 Repeat 3x	Rest
Week 7						
Rest	Flow/Yoga #2	Activity Day	Choose your HIIT Repeat 3x	Activity Day	Flow/Yoga #2	Rest
Week 8						
Rest	Dynamic + HIIT #5	Activity Day	HIIT #4 + HIIT #5	Activity Day	HIIT #5 Repeat 3x	Rest
Week 9						
Rest	Dynamic + HIIT #6	Activity Day	HIIT #5 + HIIT #6	Activity Day	HIIT #6 Repeat 3x	Rest

Training Tips:

- Repeat Basic Movement Patterns as much as needed
- Dynamic/corrective sets = 1x
- Workout sets = 2-3x
- Use "Interval Timer" app to track time