

THE ULTIMATE SHRED™



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Fitness Test	C&R Lower Body	Cardio & Core	HIIT	C&R Upper Body	Yoga	Rest
Week 2	HIIT	C&R Lower Body	Cardio & Core	HIIT	C&R Upper Body	Yoga	Rest
Week 3	HIIT	C&R Lower Body	Cardio & Core	HIIT	C&R Upper Body	Yoga	Rest
Week 4	HIIT	C&R Lower Body	Cardio & Core	HIIT	C&R Upper Body	Yoga	Rest

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Fitness Test	C&R Lower Body	HIIT & Core	C&R Upper Body	HIIT	Yoga	Rest
Week 6	HIIT	C&R Lower Body	HIIT & Core	C&R Upper Body	HIIT	Yoga	Rest
Week 7	HIIT	C&R Lower Body	HIIT & Core	C&R Upper Body	HIIT	Yoga	Rest
Week 8	HIIT	C&R Lower Body	HIIT & Core	C&R Upper Body	HIIT	Yoga	Rest

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Fitness Test	HIIT & Core	Yoga	HIIT	C&R Full Body	HIIT	Rest
Week 10	HIIT	HIIT & Core	Yoga	HIIT	C&R Full Body	HIIT	Rest
Week 11	HIIT	HIIT & Core	Yoga	HIIT	C&R Full Body	HIIT	Rest
Week 12	HIIT	HIIT & Core	C&R Full Body	HIIT	HIIT	Yoga	Fitness Test

C&R

Cardio and Resistance

HIIT

High-Intensity Interval Training