



# 4-WEEK TONE XT4

~30-minutes or less. You have time. NO EXCUSES!

	SUN*	MON	TUE	WED	THU	FRI	SAT*
<b>WEEK 1</b>		30-min Tone & Tighten_1 <input type="checkbox"/>	28-min HIIT it & Quit it_1 <input type="checkbox"/>	30-min Tone & Tighten_1 <input type="checkbox"/>	18-min Flex Flow_1 <input type="checkbox"/>	30-min Tone & Tighten_1 <input type="checkbox"/>	
<b>WEEK 2</b>		30-min Tone & Tighten_2 <input type="checkbox"/>	28-min HIIT it & Quit it_2 <input type="checkbox"/>	30-min Tone & Tighten_2 <input type="checkbox"/>	18-min Flex Flow_1 <input type="checkbox"/>	30-min Tone & Tighten_2 <input type="checkbox"/>	
<b>WEEK 3</b>		30-min Tone & Tighten_1 <input type="checkbox"/>	28-min HIIT it & Quit it_3 <input type="checkbox"/>	30-min Tone & Tighten_1 <input type="checkbox"/>	18-min Flex Flow_2 <input type="checkbox"/>	30-min Tone & Tighten_1 <input type="checkbox"/>	
<b>WEEK 4</b>		30-min Tone & Tighten_2 <input type="checkbox"/>	28-min HIIT it & Quit it_4 <input type="checkbox"/>	30-min Tone & Tighten_2 <input type="checkbox"/>	18-min Flex Flow_2 <input type="checkbox"/>	30-min Tone & Tighten_2 <input type="checkbox"/>	