## **4-WEEK CARDIO XT3**

TUE

30-min

30-min

30-min

30-min

@LETFITHAPPEN2U

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

WED

28-min

HIIT it & Quit it\_2

28-min

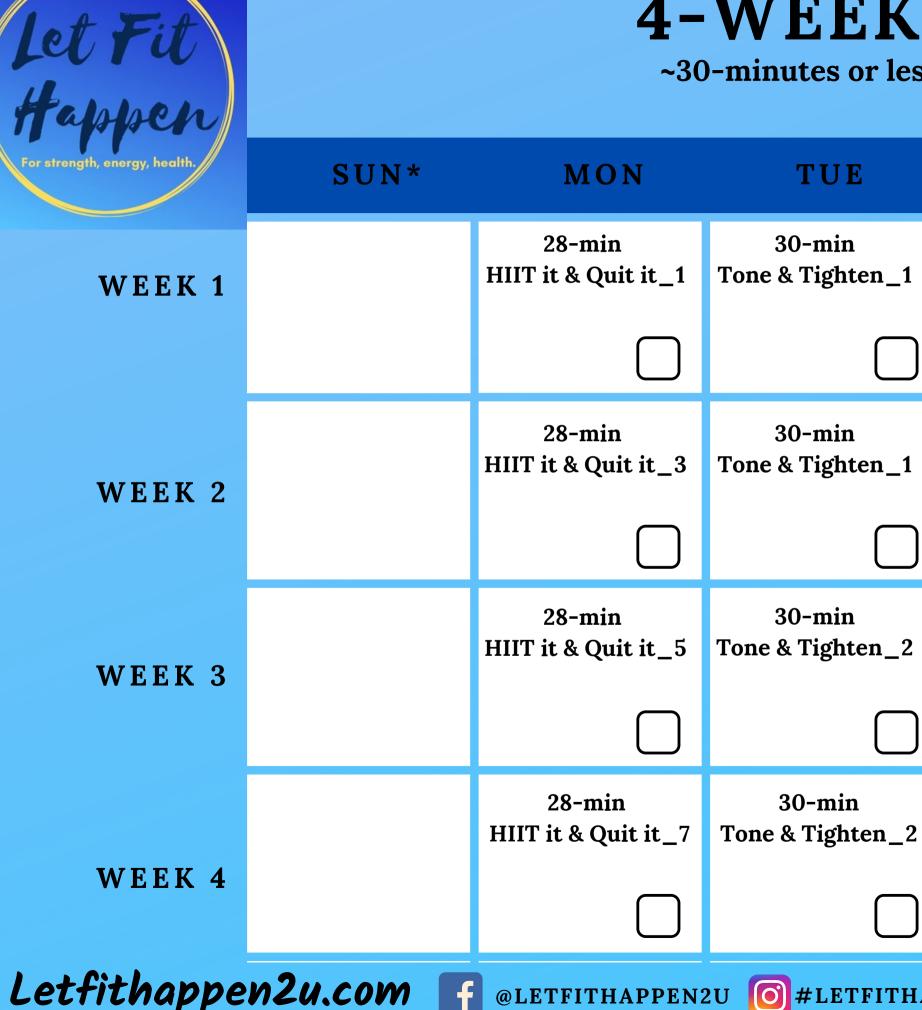
HIIT it & Quit it\_4

28-min

HIIT it & Quit it\_6

28-min

HIIT it & Quit it\_8



**O**#LETFITHAPPEN2U

THU	FRI	SAT*
30-min Tone & Tighten_1	18-min Flex Flow_1	
30-min Tone & Tighten_1	18-min Flex Flow_1	
30-min Tone & Tighten_2	18-min Flex Flow_2	
30-min Tone & Tighten_2	18-min Flex Flow_2	

\*Missed one of this week's workouts? Make it up Sat or Sun.