



# 4-WEEK CARDIO XT4

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

	SUN*	MON	TUE	WED	THU	FRI	SAT*
WEEK 1		28-min HIIT it & Quit it_1 <input type="checkbox"/>	30-min Tone & Tighten_1 <input type="checkbox"/>	25-min HIIT it & Quit it_2 <input type="checkbox"/>	30-min Tone & Tighten_1 <input type="checkbox"/>	18-min Flex Flow_1 <input type="checkbox"/>	
WEEK 2		28-min HIIT it & Quit it_3 <input type="checkbox"/>	30-min Tone & Tighten_2 <input type="checkbox"/>	25-min HIIT it & Quit it_4 <input type="checkbox"/>	30-min Tone & Tighten_2 <input type="checkbox"/>	18-min Flex Flow_1 <input type="checkbox"/>	
WEEK 3		28-min HIIT it & Quit it_5 <input type="checkbox"/>	30-min Tone & Tighten_1 <input type="checkbox"/>	28-min HIIT it & Quit it_6 <input type="checkbox"/>	30-min Tone & Tighten_1 <input type="checkbox"/>	18-min Flex Flow_2 <input type="checkbox"/>	
WEEK 4		28-min HIIT it & Quit it_7 <input type="checkbox"/>	30-min Tone & Tighten_2 <input type="checkbox"/>	28-min HIIT it & Quit it_8 <input type="checkbox"/>	30-min Tone & Tighten_2 <input type="checkbox"/>	18-min Flex Flow_2 <input type="checkbox"/>	

