4-WEEK TONE XT7

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

Let Fit Happen
For strength, energy, health.

For strength, energy, health.	SUN*	MON	TUE	WED	THU	FRI	SAT*
WEEK 1		30-min Tone & Tighten_1	30-min Kick it & Quit it_1	30-min Tone & Tighten_1	18-min Flex Flow_1	30-min Tone & Tighten_1	
WEEK 2		30-min Tone & Tighten_2	28-min HIIT it & Quit it_1	30-min Tone & Tighten_2	18-min Flex Flow_2	30-min Tone & Tighten_2	
WEEK 3		30-min Tone & Tighten_1	30-min Kick it & Quit it_1	30-min Tone & Tighten_1	18-min Flex Flow_1	30-min Tone & Tighten_1	
WEEK 5							
		30-min Tone & Tighten_2	28-min HIIT it & Quit it_2	30-min Tone & Tighten_2	18-min Flex Flow_2	30-min Tone & Tighten_2	
WEEK 4							
Letfithappen2u.com f @letfithappen2u @#letfithappen2u *Missed one of this week's workouts? Make it up Sat or Sun.							