

*Let Fit Happen*

# 4-WEEK BURN & BUILD

~30-minutes or less. You got this!

	SUN*	MON	TUE	WED	THU	FRI	SAT*
WEEK 1		25-min HIIT it & Quit it_1 <input type="checkbox"/>	28-min Tone & Tighten_1- upper body <input type="checkbox"/>	20-min Core Strong_1 <input type="checkbox"/>	28-min Tone & Tighten_2- lower body <input type="checkbox"/>	18-min Flex Flow_1 <input type="checkbox"/>	
WEEK 2		25-min HIIT it & Quit it_2 <input type="checkbox"/>	28-min Tone & Tighten_1- upper body <input type="checkbox"/>	20-min Core Strong_1 <input type="checkbox"/>	28-min Tone & Tighten_2- lower body <input type="checkbox"/>	18-min Flex Flow_1 <input type="checkbox"/>	
WEEK 3		25-min HIIT it & Quit it_1 <input type="checkbox"/>	30-min Tone & Tighten_3- total body <input type="checkbox"/>	20-min Core Strong_2 <input type="checkbox"/>	30-min Tone & Tighten_3- total body <input type="checkbox"/>	18-min Flex Flow_2 <input type="checkbox"/>	
WEEK 4		25-min HIIT it & Quit it_2 <input type="checkbox"/>	30-min Tone & Tighten_3- total body <input type="checkbox"/>	20-min Core Strong_2 <input type="checkbox"/>	30-min Tone & Tighten_3- total body <input type="checkbox"/>	18-min Flex Flow_2 <input type="checkbox"/>	

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