

4-WEEK BURN & BUILD

Workouts for strength, energy & health. You got this!

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

REMINDERS: 1) schedule your WOs each week depending on YOUR schedule then 2) mark them on your calendar as "IMPORTANT ME TIME" and do your best to not miss that meeting. You are totally worth it!