

4 WEEK PROGRAM	MONDAY UPPER BODY	TUESDAY LOWER BODY	WEDNESDAY	THURSDAY CARDIO	FRIDAY FULL BODY	SATURDAY	SUNDAY HITT
WEEK 1	W#49 Warm up W#61 Upper body x2 W#22 ABS x1 W#41 Plank x1 W#50 Stretch!	W#49 Warm up W#57 Lower body x2 W#20 Reverse Plank x1 W#58 ABS x1 W#50 Stretch!	REST	W#49 Warm up W#51 Cardio x2 W#63 ABS x1 W#28 Plank x1 W#50 Stretch!	W#49 Warm up W#54 Full body x2 W#56 ABS x1 W#43 Plank x1 W#50 Stretch!	REST	W#49 Warm up W#40 Tabata x2 W#34 Tabata x2 W#32 Tabata x2 W#50 Stretch!
WEEK 2	W#49 Warm up W#52 Back x3 W#44 Triceps x3 W#39 Chest&Shoulders x3 W#46 ABS with DB x1 W#50 Stretch!	W#49 Warm up W#48 Lower body x1 W#60 Calves x1 W#47 Plank x1 W#50 Stretch!	REST	W#49 Warm up W#62 Cardio x2 W#16 ABS x1 W#15 Plank x1 W#50 Stretch!	W#49 Warm up W#65 Full body x2 W#53 Squats x1 W#55 ABS x1 W#50 Stretch!	REST	W#49 Warm up W#27 Tabata x2 W#19 Tabata x2 W#34 Tabata x2 W#50 Stretch!
WEEK 3	W#49 Warm up W#61 Upper body x2 W#66 Plank with DB x1 W#31 ABS x1 W#50 Stretch!	W#49 Warm up W#57 Lower body x2 W#20 Reverse Plank x1 W#63 ABS x1 W#50 Stretch!	REST	W#49 Warm up W#67 Cardio x2 W#56 ABS x1 W#41 Plank x1 W#50 Stretch!	W#49 Warm up W#59 Full body x2 W#55 ABS x1 W#56 ABS x1 W#50 Stretch!	REST	W#49 Warm up W#23 Tabata x2 W#18 Tabata x2 W#36 Tabata x2 W#50 Stretch!
WEEK 4	W#49 Warm up W#22 Biceps&Triceps x3 W#45 Chest x3 W#37 ABS with DB x1 W#50 Stretch!	W#49 Warm up W#48 Lower body x1 W#42 Lower body x2 W#47 Plank x1 W#50 Stretch!	REST	W#49 Warm up W#51 Cardio x2 W#22 ABS W#28 Plank x1 W#50 Stretch!	W#49 Warm up W#65 Full body x2 W#53 Squats x1 W#46 ABS with DBx1 W#50 Stretch!	REST	W#49 Warm up W#40 Tabata x2 W#38 Tabata x2 W#18 Tabata x2 W#50 Stretch!

