

# 6 WEEK FITNESS PROGRAM

By Meli Chacón



**WORKOUTS with MELI**

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# ¡Hola! Welcome to my 6 week fitness program!

by Meli Chacón

This is a 4 day a week, 6 week training program with a huge variety of different exercises: abs, planks, bodyweight, plyos ...

All my workouts in this program are a version of HITT(High-intensity interval training). Tabata training works in 20 seconds intervals of high intensity exercise, followed by 10 seconds of rest, and repeated eight times for a total of four minutes.

Every week there are 3 days of tabata workouts and 1 free day where you can do whatever you like the most: run, bicycle, walk, swim or your favourite/new workouts. You should warm up for at least 5 minutes before starting the workouts and finish with 5 minutes stretch at the end of every session.

This program is made for all fitness levels: beginner, intermediate and advanced. You can challenge yourself as much as you would like to by training at a higher intensity. Work at your own pace that is suitable for the workout and don't necessarily follow at my pace.

My program cannot guarantee that you will attain a particular result as results differ for each individual. The fitness, nutrition and health depends on each individual's motivation, background, and dedication.

But I am very convinced that you will learn a lot, improve your flexibility and mobility, feel much stronger and enjoy these 6 weeks!

Have fun! Meli ❤️

## LEVELS:

**LEVEL 1** - Beginner  
**LEVEL 2** - Intermediate  
**LEVEL 3** - Advanced

## ACRONYM:

**DB:** Dumbbell  
**KB:** Kettlebell  
**MB:** Medball  
**FB:** Full Body  
**ABS:** Abdominals

**C&S:** Chest&Shoulders  
**G&L:** Glutes&Legs  
**L&G:** Legs&Glutes  
**L&A:** Legs&Abs

# EQUIPMENT

## Essential:

- 1 x exercise mat
- 1 x pair of dumbbells

## Optional:

- Stable chair or Bench or Step for W#8, W#12, W#35
- Ankle weights for W#25
- Small resistance band for W#11

## My dumbbells(for reference):

Purple: 3kg

Orange: 4 kg

Red: 8 kg





# 6 WEEK PROGRAM

## WEEK 1

## WEEK 2

## WEEK 3

## WEEK 4

## WEEK 5

## WEEK 6

### DAY 1

W#29 Warm up  
W#40 FB low impact  
W#31 ABS  
W#28 Planks  
W#30 Cool down

W#29 Warm up  
W#23 Legs&abs  
W#16 ABS  
W#6 Planks  
W#30 Cool down

W#29 Warm up  
W#19 FB intense  
W#31 ABS  
W#28 Planks  
W#30 Cool down

W#29 Warm up  
W#8 FB with bench  
W#16 ABS  
W#20 Reverse planks  
W#30 Cool down

W#29 Warm up  
W#36 FB intense  
W#41 Planks  
W#37 ABS with 1DB  
W#30 Cool down

W#29 Warm up  
W#33 Biceps&Triceps  
W#22 ABS  
W#38 FB intense  
W#30 Cool down

### DAY 2

W#29 Warm up  
W#24 FB with MD/DB  
W#10 Back exercises  
W#22 ABS  
W#30 Cool down

W#29 Warm up  
W#21 FB with 2xDB  
W#32 FB low impact  
W#33 Biceps&Triceps  
W#30 Cool down

W#29 Warm up  
W#11 G&L with band  
W#27 FB low impact  
W#35 G&L with 2DB  
W#30 Cool down

W#29 Warm up  
W#24 FB with MB/DB  
W#26 FB with 2DB  
W#39 C&S with 2DB  
W#30 Cool down

W#29 Warm up  
W#21 FB with 2DB  
W#32 FB low impact  
W#19 FB intense  
W#30 Cool down

W#29 Warm up  
W#35 G&L with 2DB  
W#34 FB low impact  
W#15 Planks  
W#30 Cool down

### DAY 3

W#29 Warm up  
W#27 FB low impact  
W#20 Reverse planks  
W#25 G&L  
W#30 Cool down

W#29 Warm up  
W#12 FB with bench  
W#38 FB intense  
W#41 Planks  
W#30 Cool down

W#29 Warm up  
W#33 Biceps&triceps  
W#34 FB low impact  
W#15 Planks  
W#30 Cool down

W#29 Warm up  
W#40 FB low impact  
W#18 FB intense  
W#22 ABS  
W#30 Cool down

W#29 Warm up  
W#42 L&G with 1 DB  
W#20 Reverse planks  
W#31 ABS  
W#30 Cool down

W#29 Warm up  
W#39 C&S with 2DB  
W#23 Legs&abs  
W#37 ABS with 1DB  
W#20 Cool down

### DAY 4

#### FREE DAY

25-40': walk/run/swim/  
bicycle/favourite or  
new circuits ...

#### FREE DAY

25-40': walk/run/swim/  
bicycle/favourite or  
new circuits

#### FREE DAY

30-45': walk/run/swim/  
bicycle/favourite or  
new circuits ...

#### FREE DAY

30-45': walk/run/swim/  
bicycle/favourite or  
new circuits ...

#### FREE DAY

35-50': walk/run/swim/  
bicycle/favourite or  
new circuits ...

#### FREE DAY

35-50': walk/run/swim/  
bicycle/favourite or  
new circuits ...

# 6 WEEK PROGRAM

# WEEK 1

1

W#29 Warm up  
W#40 FB low impact  
W#31 ABS  
W#28 Planks  
W#30 Cool down

2

W#29 Warm up  
W#24 FB medball  
W#10 Back exercises  
W#22 ABS  
W#30 Cool down

3

W#29 Warm up  
W#27 FB low impact  
W#20 Reverse planks  
W#25 G&L  
W#30 Cool down

4

## FREE DAY

25-40': walk/run/  
swim/bicycle/  
favourite or new  
circuits ...

**LEVEL 1** - 3xW/day

**LEVEL 2** - 6xW/day

**LEVEL 3** - 9xW/day

## REST:

Min 1 min between W/O

## EQUIPMENT:

- Mat
- Medball/DB/KB for W#24  
(it can be done without it)



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# 6 WEEK PROGRAM

# WEEK 2

1

W#29 Warm up  
W#23 Legs&abs  
W#16 ABS  
W#6 Planks  
W#30 Cool down

2

W#29 Warm up  
W#21 FB with 2xDB  
W#32 FB low impact  
W#33 Biceps&Triceps  
W#30 Cool down

3

W#29 Warm up  
W#12 FB with bench  
W#38 FB no equip  
W#41 Planks  
W#30 Cool down

4

## FREE DAY

25-40': walk/run/  
swim/bicycle/  
favourite or new  
circuits

**LEVEL 1** - 3xW/day

**LEVEL 2** - 6xW/day

**LEVEL 3** - 9xW/day

## REST:

Min 1 min between W/O

## EQUIPMENT:

- Mat
- 2DB or 2KB for W#21/W#33
- Bench/chair/stair for W#12  
(it can be done without it)



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# 6 WEEK PROGRAM

## WEEK 3

1

W#29 Warm up  
W#19 FB intense  
W#31 ABS  
W#28 Planks  
W#30 Cool down

2

W#29 Warm up  
W#11 G&L with band  
W#27 FB low impact  
W#35 G&L with 2DB  
W#30 Cool down

3

W#29 Warm up  
W#33 Biceps&triceps  
W#34 FB low impact  
W#15 Planks  
W#30 Cool down

4

### FREE DAY

30-45': walk/run/  
swim/bicycle/  
favourite or new  
circuits ...

**LEVEL 1** - 3xW/day

**LEVEL 2** - 6xW/day

**LEVEL 3** - 9xW/day

### REST:

Min 1 min between W/O

### EQUIPMENT:

- Mat
- 2DB or 2KB for W#35/W#33
- Bench/chair/stair for W#35  
(it can be done without it)



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# 6 WEEK PROGRAM

# WEEK 4

1

W#29 Warm up  
W#8 FB with bench  
W#16 ABS  
W#20 Reverse planks  
W#30 Cool down

2

W#29 Warm up  
W#24 FB with MB/DB  
W#26 FB with 2DB  
W#39 C&S with 2DB  
W#30 Cool down

3

W#29 Warm up  
W#40 FB low impact  
W#18 FB intense  
W#22 ABS  
W#30 Cool down

4

## FREE DAY

30-45': walk/run/  
swim/bicycle/  
favourite or new  
circuits ...

**LEVEL 1** - 3xW/day

**LEVEL 2** - 6xW/day

**LEVEL 3** - 9xW/day

## REST:

Min 1 min between W/O

## EQUIPMENT:

- Mat
- 2DB or 2KB for W#26/W#39
- MB/DB/KB for W#24  
(it can be done without it)
- Bench/chair/stair for W#8



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# 6 WEEK PROGRAM

# WEEK 5

1

W#29 Warm up  
W#36 FB intense  
W#41 Planks  
W#37 ABS with 1DB  
W#30 Cool down

2

W#29 Warm up  
W#21 FB with 2DB  
W#32 FB low impact  
W#19 FB intense  
W#30 Cool down

3

W#29 Warm up  
W#42 L&G with 1 DB  
W#20 Reverse planks  
W#31 ABS  
W#30 Cool down

4

## FREE DAY

35-50': walk/run/  
swim/bicycle/  
favourite or new  
circuits ...

**LEVEL 1** - 3xW/day

**LEVEL 2** - 6xW/day

**LEVEL 3** - 9xW/day

## REST:

Min 1 min between W/O

## EQUIPMENT:

- Mat
- 1DB for W#37/W#42
- 2DB for W#21



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# 6 WEEK PROGRAM

# WEEK 6

1

W#29 Warm up  
W#33 Biceps&Triceps  
W#22 ABS  
W#38 FB intense  
W#30 Cool down

2

W#29 Warm up  
W#35 G&L with 2DB  
W#34 FB low impact  
W#15 Planks  
W#30 Cool down

3

W#29 Warm up  
W#39 C&S with 2DB  
W#23 Legs&abs  
W#37 ABS with 1DB  
W#20 Cool down

4

## FREE DAY

35-50': walk/run/  
swim/bicycle/  
favourite or new  
circuits ...

**LEVEL 1** - 3xW/day

**LEVEL 2** - 6xW/day

**LEVEL 3** - 9xW/day

## REST:

Min 1 min between W/O

## EQUIPMENT:

- Mat
- 2DB for W#33/W#35/W#39
- 1DB for W#37



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# WORKOUTS:

WARM UP/COOL DOWN

PLYOS SERIES

ABS SERIES

WEIGHTS SERIES

GLUTES&LEGS SERIES

LOW IMPACT FB SERIES

HIGH IMPACT FB SERIES

LEGS&ABS SERIES

STRETCHES SERIES

PLANK SERIES



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## WARM UP/COOL DOWN

#29 Warm up  
#30 Cool down

## PLYOS SERIES

#2 Mini hurdles drills  
#9 Three steppers/weighted jacket  
#13 Three steppers/ankle weights  
#14 Plyo box exercises

## ABS SERIES

#1 Four min nonstop  
#16 Abs tabata  
#22 Abs tabata  
#31 Abs tabata  
#37 Abs with DB

## WEIGHTS SERIES

#4 Lower body Dumbbells  
#5 Upper body Dumbbells  
#21 Full body Dumbbells  
#24 Full body Medball  
#26 Full body Dumbbells  
#33 Biceps&triceps DB  
#35 Glutes&legs 2DB  
#37 Abs with 1DB  
#39 Chest&shoulders DB  
#42 Glutes&legs 1DB

## GLUTES&LEGS SERIES

#11 G&L w band  
#25 G&L no equip  
#35 G&L 2DB/bench  
#42 G&L 1DB





## LOW IMPACT FB SERIES

#8 FB with box/chair  
#12 FB with bench  
#23 FB no equip  
#24 FB with medball  
#27 FB no equip  
#32 FB no equip  
#34 FB no equip  
#40 FB no equip

## HIGH IMPACT FB SERIES

#3 Ten min w MB/chair  
#7 Seven min w step/chair  
#18 FB no equip  
#19 FB no equip  
#36 FB no equip  
#38 FB no equip

## LEGS&ABS SERIES

#23 L&A no equip

## STRETCHES SERIES

#10 Back Stretches&exercises  
#17 Back Stretches

## PLANK SERIES

#6 Five min non stop  
#15 Plank tabata  
#20 Reverse planks  
#28 Plank tabata  
#41 Plank tabata

# WORKOUTS:

- #1 Four min nonstop abs
- #2 Mini hurdles drills
- #3 Ten min HIIT with MB/chair
- #4 Lower body DB
- #5 Upper body DB
- #6 Five min plank non stop
- #7 Seven min HITT with step/chair
- #8 FB low impact with box/chair
- #9 Three steppers/weighted jacket plyos
- #10 Back Stretches&exercises
- #11 G&L with resistance band
- #12 FB low impact with bench
- #13 Three steppers/ankle weights plyos
- #14 Plyo box exercises
- #15 Plank tabata
- #16 Abs tabata
- #17 Back Stretches
- #18 FB intense no equip
- #19 FB intense no equip
- #20 Reverse planks
- #21 Full body DB

- #22 Abs tabata
- #23 L&A no equip
- #24 FB with medball
- #25 G&L no equip
- #26 Full body DB
- #27 FB low impact no equip
- #28 Plank tabata
- #29 Warm up
- #30 Cool down
- #31 Abs tabata
- #32 FB low impact no equip
- #33 Biceps&triceps DB
- #34 FB low impact no equip
- #35 Glutes&legs 2DB
- #36 FB intense no equip
- #37 Abs with 1DB
- #38 FB intense no equip
- #39 Chest&shoulders DB
- #40 FB low impact no equip
- #41 Plank tabata
- #42 Glutes&legs 1DB



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# DISCLAIMER

This is my own personal workout and may not be suited for you. It is strongly recommended that you consult with your physician before beginning any exercise program. By engaging in this exercise or exercise program, you agree that you do so at your own risk.