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DAY 1 BASIC HIIT CIRCUIT 	DAY 2 BASIC PLYOMETRICS CIRCUIT 	DAY 3 BASIC RECOVERY 	DAY 4 BASIC RESISTANCE CIRCUIT 	DAY 5 BASIC CARDIO CIRCUIT 	DAY 6 BASIC HIIT CIRCUIT 	DAY 7 OFF DAY 
DAY 8 BASIC PLYOMETRICS CIRCUIT 	DAY 9 BASIC RESISTANCE CIRCUIT 	DAY 10 BASIC RECOVERY 	DAY 11 BASIC CARDIO CIRCUIT 	DAY 12 BASIC HIIT CIRCUIT 	DAY 13 BASIC QUICK HIIT + BASIC ABS  	DAY 14 OFF DAY 
DAY 15 BASIC PLYOMETRICS CIRCUIT 	DAY 16 BASIC RESISTANCE CIRCUIT 	DAY 17 BASIC RECOVERY 	DAY 18 BASIC CARDIO CIRCUITS + BASIC ABS  	DAY 19 BASIC HIIT CIRCUIT 	DAY 20 BASIC PLYOMETRICS CIRCUITS + BASIC QUICK HIIT  	DAY 21 OFF DAY 
DAY 22 BASIC RESISTANCE CIRCUITS + BASIC ABS  	DAY 23 BASIC CARDIO CIRCUITS + BASIC QUICK HIIT  	DAY 24 BASIC RECOVERY 	DAY 25 BASIC HIIT CIRCUIT 	DAY 26 BASIC PLYOMETRICS CIRCUITS + BASIC ABS  	DAY 27 BASIC RESISTANCE CIRCUITS + BASIC QUICK HIIT  	DAY 28 OFF DAY 
DAY 29 BASIC CARDIO CIRCUITS + BASIC QUICK HIIT  	DAY 30 BASIC HIIT CIRCUITS + BASIC ABS 