- HIIT= High Intensity Interval Training. Sprint Full Speed 1min, Rest 1min. 10 or 20 Cycles
- Slow Steady Cardio= Treadmill run for 40mins or 1Hour on slow speed.
- 5 days a week, 2 day Rests.

Week	Day 1	Day 2	Day 3	Day 4	Day 5		
Week 1 Beginner	- Slow Steady Cardio - 15 min Abs	- All of Upper Body	- Lower Body	- Slow Steady Cardio	- Upper Body		
		-10 Cycles HIIT Workout	- 5 Cycles HIIT workout	- 15 min Abs	- 10 Cycles HIIT workout		
Week - Slow Steady Cardio 2 -15 min Abs		Lower Body	- Upper Body	- Slow Steady Cardio	- Lower Body		
	15 1111177.05	5 Cycles HIIT workout	10 Cycles HIIT workout	15 min Abs	- 5 Cycles HIIT workout		
Week 3	- Shoulders	Legs -light squats,	- Chest	- Back	- Biceps- Triceps		
	HIIT, Abs	- and deadlifts Abs	- Abs	- 10 Cycles HIIT Workout	- 10 Cycles HIIT Workout		
Week - Shoulders 4		Legs -light squats,	- Chest	- Back	- Biceps- Triceps		
	- 20 Cycles HIIT	- and deadlifts Abs	- Abs	-20 Cycles HIIT Workout	- 20 Cycles HIIT Workout		
Week 5	REST	Slow Steady Cardio	REST	Slow Steady Cardio	REST		
Week 6	- Chest	- Back	- Shoulders	- Biceps-Triceps	Legs -light squats,		
	- Abs	- 10 Cycles HIIT Workout	HIIT, Abs	- 20 Cycles HIIT Workout	- and deadlifts Abs		
Week - Slow Steady Cardio - 7		- Chest	- Back	- Shoulders	- Biceps- Triceps		
	-Abs	- Abs	- 10 Cycles HIIT Workout	HIIT, Abs	- 20 Cycles HIIT Workout		
Week 8	Legs -light squats,	- Chest	Legs -light squats,	- Back	- Shoulders		
	- and deadlifts Abs	- Abs	- and deadlifts Abs	- 20 Cycles HIIT Workout	HIIT, Abs		

## **WORKOUT LOG**

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	M Tu W Th F Sa Su				
DATE:					
WEIGHT:					
SLEEP (hrs):					
CALORIES:					
TIME (minutes):					
NOTEC					
NOTES:					

NC	TES:															
EXERCISES	1RM*	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT
*1RM - One Rep Max (for re	eference	)														
CARDIO EXERCISES		TIME	DIST	INT**	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT
OARDIO EXERCICES		111112	Dioi		THE	DIOT		111112	DIOT		THE	DIOT		111112	Dioi	
*Intensity: L/M/V=Light/Mod	derate/Vi	gorous	or E/M/	H=Easy/N	Medium	/Hard o	r Heart F	Rate								
j				- 7/-												