

Personalized Fitness Plan

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Goal: Weight loss

Experience: Advanced

Weekly Plan:

- 2026-01-25 (Sunday): HIIT Sprints (6 rounds), Burpees (3x20), CrossFit Circuit (5 rounds)
- 2026-01-27 (Tuesday): CrossFit Circuit (5 rounds), HIIT Sprints (6 rounds), Burpees (3x20)
- 2026-02-01 (Sunday): Burpees (3x20), CrossFit Circuit (5 rounds), HIIT Sprints (6 rounds)
- 2026-02-03 (Tuesday): Burpees (3x20), CrossFit Circuit (5 rounds), HIIT Sprints (6 rounds)
- 2026-02-08 (Sunday): CrossFit Circuit (5 rounds), HIIT Sprints (6 rounds), Burpees (3x20)
- 2026-02-10 (Tuesday): HIIT Sprints (6 rounds), CrossFit Circuit (5 rounds), Burpees (3x20)
- 2026-02-15 (Sunday): CrossFit Circuit (5 rounds), HIIT Sprints (6 rounds), Burpees (3x20)
- 2026-02-17 (Tuesday): CrossFit Circuit (5 rounds), Burpees (3x20), HIIT Sprints (6 rounds)
- 2026-02-22 (Sunday): Burpees (3x20), HIIT Sprints (6 rounds), CrossFit Circuit (5 rounds)
- 2026-02-24 (Tuesday): Burpees (3x20), HIIT Sprints (6 rounds), CrossFit Circuit (5 rounds)
- 2026-03-01 (Sunday): Burpees (3x20), HIIT Sprints (6 rounds), CrossFit Circuit (5 rounds)
- 2026-03-03 (Tuesday): Burpees (3x20), CrossFit Circuit (5 rounds), HIIT Sprints (6 rounds)
- 2026-03-08 (Sunday): Burpees (3x20), HIIT Sprints (6 rounds), CrossFit Circuit (5 rounds)
- 2026-03-10 (Tuesday): HIIT Sprints (6 rounds), CrossFit Circuit (5 rounds), Burpees (3x20)
- 2026-03-15 (Sunday): HIIT Sprints (6 rounds), Burpees (3x20), CrossFit Circuit (5 rounds)
- 2026-03-17 (Tuesday): CrossFit Circuit (5 rounds), HIIT Sprints (6 rounds), Burpees (3x20)
- 2026-03-22 (Sunday): CrossFit Circuit (5 rounds), Burpees (3x20), HIIT Sprints (6 rounds)
- 2026-03-24 (Tuesday): Burpees (3x20), HIIT Sprints (6 rounds), CrossFit Circuit (5 rounds)
- 2026-03-29 (Sunday): HIIT Sprints (6 rounds), CrossFit Circuit (5 rounds), Burpees (3x20)
- 2026-03-31 (Tuesday): HIIT Sprints (6 rounds), CrossFit Circuit (5 rounds), Burpees (3x20)
- 2026-04-05 (Sunday): Burpees (3x20), HIIT Sprints (6 rounds), CrossFit Circuit (5 rounds)