CARDIO SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saurday	Sunday
Week 1	- 20 min HIIT (elliptical)		- 90 (sec squat hold)		- 20 min HIIT (elliptical)		
week 1	20 sec hard – 40 sec light				20 sec hard – 40 sec light		
	- 60 sec (slow push-up)	- 90 (sec squat hold)	- 60 sec (slow push-up)	- 90 (sec squat hold)	- 60 sec (slow push-up)		
Week 2	- 20 min HIIT (elliptical)		- 20 min HIIT (elliptical)		- 20 min HIIT (elliptical)		
	20 sec hard – 40 sec light		20 sec hard – 40 sec light		20 sec hard – 40 sec light		
	- 90 sec (slow push-up)	- 60 (arch hold)	- 90 sec (slow push-up)	- 60 (arch hold)	- 90 sec (slow push-up)		
Week 3	20	TABATA	20				
	- 20 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 20 min HIIT (elliptical)		- 20 min HIIT (elliptical)		
	20 sec hard – 40 sec light	20 sec work – 10 sec rest	20 sec hard – 40 sec light		20 sec hard – 40 sec light		
	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)		
Week 4	- 20 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 20 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 20 min HIIT (elliptical)		
	20 sec hard – 40 sec light	20 sec work – 10 sec rest	20 sec hard – 40 sec light	20 sec work – 10 sec rest	20 sec hard – 40 sec light		
	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)		
Week 5	- 20 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 20 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 20 min HIIT (elliptical)		
	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light		
	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)		
Week 6	- 25 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 25 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 25 min HIIT (elliptical)		
	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light		
	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)		
Week 7	- 30 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 25 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 25 min HIIT (elliptical)		
	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light		
	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)		
Week 8	- 30 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 25 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 30 min HIIT (elliptical)		
	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light		
	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)		
Week 9	- 30 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 30 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 30 min HIIT (elliptical)		
	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light		
	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)		
Week 10	- 35 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 30 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 30 min HIIT (elliptical)		
	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light		
	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)		
Week 11							
	- 35 min HIIT (elliptical) 30 sec hard – 30 sec light	- TABATA (burpee's/v-snap) 20 sec work – 10 sec rest	- 30 min HIIT (elliptical) 30 sec hard – 30 sec light	- TABATA (burpee's/v-snap) 20 sec work – 10 sec rest	- 35 min HIIT (elliptical) 30 sec hard – 30 sec light		
	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)	- 90 (arch hold)	- 90 sec (slow push-up)		
Week 12				,			
WEEK 12	- 35 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 35 min HIIT (elliptical)	- TABATA (burpee's/v-snap)	- 35 min HIIT (elliptical)		
	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light	20 sec work – 10 sec rest	30 sec hard – 30 sec light		