



4-Week Cardio & Strength Challenge

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Cardio Steady-Paced 30 minutes	Strength Workout 1	Cardio Intervals Week 1	off	Cardio Intervals Week 1	Strength Workout 2	Rest
Week 2	Cardio Steady-Paced 30 minutes	Strength Workout 1	off	Strength Workout 2	Cardio Intervals Week 2	Strength Workout 2	Rest
Week 3	Cardio Steady-Paced 40 minutes	Strength Workout 2	Cardio Intervals Week 3	Strength Workout 2	Cardio Intervals Week 3	Strength Workout 2	Rest
Week 4	Cardio Steady-Paced 40 minutes	Strength Workout 1	Cardio Intervals Week 4	Strength Workout 2	Cardio Intervals Week 4	Strength Workout 1	Rest