

FULL BODY WORKOUT

MONDAY

FOCUS:
PUSH + CORE

FORMAT:
CIRCUIT

TUESDAY

FOCUS:
LOWER BODY STRENGTH

FORMAT:
SUPERSET

WEDNESDAY

FOCUS:
RECOVERY / MOBILITY

FORMAT:
STRETCH

THURSDAY

FOCUS:
FULL BODY BURN

FORMAT:
TIMED SETS

FRIDAY

FOCUS:
HIIT + CORE

FORMAT:
INTERVALS

SATURDAY

FOCUS:
TOTAL BODY CHALLENGE

FORMAT:
CUSTOM MIX

SUNDAY

FORMAT:
REST OR LIGHT WALK

FORMAT:
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