



# FAT LOSS

|     |                              |                              |
|-----|------------------------------|------------------------------|
| MON | STEP IT UP                   | NO EQUIPMENT CARDIO          |
|     | ULTIMATE WEIGHT LOSS CIRCUIT | HARD BODY MELTDOWN           |
| TUE | HOME TABATA                  | ZERO TO 10 IN 30             |
|     | STEP IT UP                   | ALL TERRAIN INTERVAL RIDE    |
| WED | 20 MINUTE WEIGHT LOSS        | ULTIMATE WEIGHT LOSS CIRCUIT |
|     | HIIT BODYWEIGHT WORKOUT      | HARD BODY MELTDOWN           |
| THU | NO EQUIPMENT CARDIO          | ALL TERRAIN INTERVAL RIDE    |
|     | 20 MINUTE WEIGHT LOSS        | ZERO TO 10 IN 30             |
| FRI | ACTIVE STRETCHES             | NO EQUIPMENT CARDIO          |
|     | HOME TABATA                  | ZERO TO 10 IN 30             |
| SAT | HIIT BODYWEIGHT WORKOUT      | ACTIVE STRETCHES             |
|     | STEP IT UP                   | HOME TABATA                  |
| SUN | REST DAY                     |                              |