

CHRIS'S WEEKLY TRAINING SPLIT – PREMIUM

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
EXTREME CIRCUITS 1 50 Minutes	PYRAMID POWER PREMIUM 1 20 Minutes	PREMIUM UNILATERAL STRENGTH 1 30 Minutes	PUSH, PULL, TWIST: STRENGTH: STRENGTH + STRETCH 45 Minutes	KICKBUTT KICKBOXING 1 45 Minutes	PREMIUM SPEED WALKING 1 20 Minutes	A DAY OF REST
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
ULTIMATE INTERVALS 3 50 Minutes	PYRAMID POWER PREMIUM 2 45 Minutes	DUMBBELL HIIT 3 30 Minutes	SERIOUS STRENGTH UPPER BODY 2 25 Minutes	KICKBUTT KICKBOXING 2 30 Minutes	4,000 STEP WALKING WORKOUT 30 Minutes	A DAY OF REST
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
DUMBBELL HIIT 3 30 Minutes	PYRAMID POWER PREMIUM 1 20 Minutes	CIRCUITS IN 6 #2 30 Minutes	SERIOUS STRENGTH LOWER BODY 2 25 Minutes	KICKBUTT KICKBOXING 3 45 Minutes	BOOSTED FITNESS WALK 2 45 Minutes	A DAY OF REST
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
CARDIO SCULPT 2 35 Minutes	PYRAMID POWER PREMIUM 3 45 Minutes	DUMBBELL HIIT 4 30 Minutes	PREMIUM FIT 1 (FUNCTIONAL INTEGRATED TRAINING) 35 Minutes	PREMIUM KICKBOXING HIIT 1 35 Minutes	5,000 STEP WALKING WORKOUT 45 Minutes	A DAY OF REST

CARDIO/STRENGTH PYRAMID STRICTLY STRENGTH KICKBOXING WALKING