HIIT (PREMIUM)
WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
30 MINUTE TOTAL BODY HIIT 30 Minutes	UPPER BODY HIIT 2 25 Minutes	ADOR	LOWER BODY HIIT 2 25 Minutes	DUMBBELL HIIT 30 Minutes	POWER FLOW YOGA 2 – VINYASA STYLE 35 Minutes	ADOR
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
TOTAL BODY HIIT 2 25 Minutes	HIIT CORE BURNER 30 Minutes	JAB PUNCH CRUNCH HIIT WORKOUT 35 Minutes	ADOR	DUMBBELL HIIT 2 35 Minutes	BODYWEIGHT CROSS TRAINING – TOTAL BODY STRENGTH & HIIT 40 Minutes	20 MINUTE FULL BODY HIIT WORKOUT 25 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
ADOR	BODYWEIGHT CROSS TRAINING – CARDIO CRUSHER 35 Minutes	ULTIMATE INTERVALS 2 45 Minutes	MORNING YOGA STRETCH 20 Minutes	DUMBBELL HIIT 3 30 Minutes	ADOR	EXTREME CIRCUITS 1 50 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
STEP & SCULPT PREMIUM 1 45 Minutes	PYRAMID POWER PREMIUM 3 45 Minutes	ADOR	ULTIMATE INTERVALS 3 45 Minutes	FEEL GOOD YOGA 2 30 Minutes	BARRE STRONG: BODYWEIGHT HIIT WORKOUT 30 Minutes	PREMIUM UNILATERAL STRENGTH 1 30 Minutes