

STRENGTH + CARDIO

A 5-DAY 4-WEEK WORKOUT PLAN

WEEK 1

MON	Full body living room workout
TUE	60 minutes steady state cardio
WED	300 Rep lower body burn + At home ab workout
THU	Reverse pyramid power workout
FRI	60 minutes steady state cardio

WEEK 3

MON	Killer kettlebell circuit
TUE	Full body HIIT
WED	Pick your poison workout
THU	Energized interval workout
FRI	60 minutes steady state cardio

WEEK 2

MON	Full body dumbbell workout
TUE	No equipment workout home
WED	Shape it up full body workout
THU	60 minute steady state cardio
FRI	Abs & cardio workout

WEEK 4

MON	Do anywhere total body circuit
TUE	AMRAP kickboxing workout
WED	Total body barbell circuit
THU	No equipment full body Tabata
FRI	60 minutes steady state cardio