

Workout Calendar: February 27th to March 18th

“Weekly Schedule”

Day	Workout
1	HIIT* + Upper Body Strength + Split Stretches
2	P90X2 Yoga
3	P90X2 Plyocide
4	Rest Day + Split Stretches
5	P90X2 Total Body & AB Ripper
6	Rest Day + Split Stretches
7	Gluteus to the Maximus + Split Stretches

* High Intensity Interval Training (12min.)