

HIIT PROGRAM

MONTH 4 WORKOUTS

WORKOUT CALENDAR

Day 1 KEEP IT MOVEN 60 Minutes	Day 2 ANY CARDIO 60 Minutes	Day 3 REST N/A	Day 4 BIG YIKES 60 Minutes	Day 5 ANY CARDIO 60 Minutes
Day 8 REST N/A	Day 9 REST N/A	Day 10 I CANT EVEN 60 Minutes	Day 11 ANY CARDIO 60 Minutes	Day 12 REST N/A
Day 15 FEEL THE BURN 60 Minutes	Day 16 ANY CARDIO 60 Minutes	Day 17 REST N/A	Day 18 REST REST	Day 19 SILENCER 60 Minutes
Day 22 ANY CARDIO 60 Minutes	Day 23 REST N/A	Day 24 THE 6IX 4.0 60 Minutes 60 Minutes	Day 25 ANY CARDIO 60 Minutes	Day 26 REST N/A
Day 29 N/A N/A	Day 30 YOU GET A BURPEE 60 Minutes	Day 31 ANY CARDIO 60 Minutes	Day 32 REST N/A	Day 33 NO JOKE 60 Minutes

Be sure to tag me @michaelafitness

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