

# HIIT PROGRAM

## MONTH 1 WORKOUTS

### WORKOUT CALENDAR

Day 1 <b>HOME BODY</b> 60 Minutes	Day 2 <b>ANY CARDIO</b> 60 Minutes	Day 3 <b>REST</b> N/A	Day 4 <b>SWEAT &amp; TONIC</b> 60 Minutes	Day 5 <b>ANY CARDIO</b> 60 Minutes
Day 8 <b>REST</b> N/A	Day 9 <b>REST</b> N/A	Day 10 <b>BODY YADI YADI</b> 60 Minutes	Day 11 <b>ANY CARDIO</b> 60 Minutes	Day 12 <b>REST</b> N/A
Day 15 <b>PUMP UP THE VOLUME</b> 60 Minutes	Day 16 <b>ANY CARDIO</b> 60 Minutes	Day 17 <b>REST</b> N/A	Day 18 <b>REST</b> REST	Day 19 <b>HOW RUDE</b> 60 Minutes
Day 22 <b>ANY CARDIO</b> 60 Minutes	Day 23 <b>REST</b> N/A	Day 24 <b>TABATA TABATA CADABA CADABA</b> 60 Minutes 60 Minutes	Day 25 <b>ANY CARDIO</b> 60 Minutes	Day 26 <b>REST</b> N/A
Day 29 <b>N/A</b> N/A	Day 30 <b>FORMATION</b> 60 Minutes	Day 31 <b>ANY CARDIO</b> 60 Minutes	Day 32 <b>REST</b> N/A	Day 33 <b>BORN WITH IT</b> 60 Minutes

Be sure to tag me @michaelafitness

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