

HIIT PROGRAM

MONTH 3 WORKOUTS

WORKOUT CALENDAR

Day 1 FITNESS & CHILL 60 Minutes	Day 2 ANY CARDIO 60 Minutes	Day 3 REST N/A	Day 4 FIT & FAB 60 Minutes	Day 5 ANY CARDIO 60 Minutes
Day 8 REST N/A	Day 9 REST N/A	Day 10 SQUATTY SQUAT SQUATS 60 Minutes	Day 11 ANY CARDIO 60 Minutes	Day 12 REST N/A
Day 15 THE 6IX 3.0 60 Minutes	Day 16 ANY CARDIO 60 Minutes	Day 17 REST N/A	Day 18 REST REST	Day 19 EXPLICIT LUNGES 60 Minutes
Day 22 ANY CARDIO 60 Minutes	Day 23 REST N/A	Day 24 OH HITT 60 Minutes 60 Minutes	Day 25 ANY CARDIO 60 Minutes	Day 26 REST N/A
Day 29 N/A N/A	Day 30 HIIT WOMAN 60 Minutes	Day 31 ANY CARDIO 60 Minutes	Day 32 REST N/A	Day 33 HEIGH-HO 60 Minutes

Be sure to tag me @michaelafitness

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