

AFITCADO

30 Day Workout Calendar

01 <u>40 MINUTE FULL BODY CARDIO + STRENGTH HIIT WORKOUT</u> <u>BICEP/TRICEP LIFTS</u> (choose 3)	02 CARDIO - 20 MINS <u>BACK LIFTS</u> (choose 5) <u>8 MINUTE BOSU BALL CORE WORKOUT</u>	03 REST	04 <u>30 MINUTE TABATA WORKOUT</u> <u>SHOULDER LIFTS</u> (choose 4)	05 <u>OUTSIDE RUN + FRONT PORCH HIIT WORKOUT</u> <u>FLAT BELLY AB BLASTER</u>	06 <u>CARDIO / STRENGTH LADDER WORKOUT</u> <u>CHEST LIFTS</u> (choose 3)	07 REST
08 CARDIO - 10 MINS LEG DAY	09 <u>40 MINUTE FULL BODY HIIT WORKOUT</u> <u>10 MINUTE BANDED UPPER BODY BURNOUT</u>	10 REST	11 CARDIO - 20 MINS <u>BACK LIFTS</u> (choose 5) <u>8 MINUTE WEIGHTED CORE KILLER</u>	12 <u>CARDIO/STRENGTH 30 MINUTE HIIT WORKOUT</u> <u>SHOULDER BURNOUT</u>	13 <u>30 MINUTE AT HOME WORKOUT</u> <u>FLAT BELLY AB BLASTER</u>	14 REST
15 <u>FULL BODY KETTLEBELL HIIT</u> <u>CHEST & TRICEP UPPER VBODY BURNOUT</u>	16 CARDIO - 10 MINS LEG DAY	17 REST	18 <u>TOTAL BODY TABATA</u> <u>BICEP/TRICEP LIFTS</u> (choose 3)	19 CARDIO - 20 MINS <u>10 MINUTE BACK AND BICEP WORKOUT</u> <u>8 MINUTE MEDICINE BALL CORE WORKOUT</u>	20 <u>BOSU BALL HIIT WORKOUT</u> <u>SHOULDER LIFTS</u> (choose 4)	21 REST
22 <u>20 MINUTE FULL BODY LOW IMPACT WORKOUT</u> <u>8 MINUTE WEIGHTED CORE KILLER</u>	23 <u>TREADMILL HIIT</u> <u>CHEST LIFTS</u> (choose 3)	24 REST	25 CARDIO - 10 MINS LEG DAY	26 <u>CARDIO KICKBOXING TABATA</u> <u>10 MINUTE BANDED UPPER BODY BURNOUT</u>	27 CARDIO - 20 MINS <u>BACK LIFTS</u> (choose 5) <u>8 MINUTE BOSU BALL CORE WORKOUT</u>	28 REST
29 <u>HIGH INTENSITY TABATA WORKOUT</u> <u>SHOULDER BURNOUT</u>	30 <u>45-MINUTE OUTSIDE HIIT WORKOUT</u> <u>FLAT BELLY AB BLASTER</u>	31 REST	CLICK THE TEXT TO BE TAKEN TO THE FULL WORKOUT ON AFITCADO.COM!			