



STRONGER TOGETHER 2 WEEK SCHEDULE



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	1 FULL BODY STRENGTH METCON	2 ARMS & SHOULDERS	3 TABATA HIIT CARDIO	4 REST & RECOVERY NO VIDEO	5 BRUTAL LOWER BODY METCON	6 SHREDDED ABS	7 RECOVERY YOGA FLOW
WEEK 2	8 CHEST & BACK	9 NO REPEATS HIIT CARDIO KICKBOX	10 FULL BODY FUSION	11 STRETCH	12 BRUTAL UPPER BODY METCON	13 TONED THIGHS & CORE	14 RECOVERY YOGA FLOW