



STRONGER TOGETHER 2 WEEK SCHEDULE



JAN 9	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	FULL BODY STRENGTH METCON	ARMS & SHOULDERS	TABATA HIIT CARDIO	REST & RECOVERY	BRUTAL LOWER BODY METCON	SHREDDED ABS	RECOVERY YOGA FLOW
WEEK 2	CHEST & BACK	NO REPEATS HIIT CARDIO KICKBOX	FULL BODY FUSION	REST & RECOVERY	BRUTAL UPPER BODY METCON	TONED THIGHS & CORE	RECOVERY YOGA FLOW