



HR12WEEK 1.0 SCHEDULE

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	FULL BODY	HIIT CARDIO & ABS	TOTAL BODY	REST & RECOVERY	FULL BODY HIIT & ABS	FULL BODY CIRCUIT	REST & RECOVERY
WEEK 2	FULL BODY STRENGTH & CARDIO	NO REPEATS HIIT & ABS	TOTAL BODY	REST & RECOVERY	FULL BODY HIIT & ABS	FULL BODY STRENGTH & CARDIO	REST & RECOVERY
WEEK 3	FULL BODY STRENGTH & CARDIO	HIIT CARDIO & ABS	TOTAL BODY	REST & RECOVERY	HIIT & ABS CHALLENGE	FULL BODY CIRCUIT	REST & RECOVERY
WEEK 4	FULL BODY STRENGTH & ENDURANCE	NO REPEATS HIIT	FULL BODY STRENGTH & CARDIO	REST & RECOVERY	HIIT CARDIO & ABS	TOTAL BODY	REST & RECOVERY

PRINT OR SCREEN SHOT THIS CALENDAR AND PLACE A CHECKMARK/EMOJI IN EACH BOX AFTER YOU COMPLETE THE WORKOUT FOR THAT DAY.



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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 5	CHEST & SHOULDERS	HIIT & ABS	LEGS & BICEPS	REST & RECOVERY	TABATA CORE & GLUTES	BACK & TRICEPS	REST & RECOVERY
WEEK 6	CHEST & SHOULDERS SUPERSETS	NO REPEATS HIIT	LEGS & BICEPS SUPERSETS	REST & RECOVERY	TABATA & BOOTY	BACK & TRICEPS	REST & RECOVERY
WEEK 7	ARM TONING	HIIT CARDIO & ABS	LEAN LEGS	REST & RECOVERY	TOTAL BODY TABATA	CHEST & BACK	REST & RECOVERY
WEEK 8	SCULPTED ARMS	NO REPEATS HIIT & ABS	LEG SCULPT & TONE	REST & RECOVERY	TABATA ABS & BOOTY	CHEST & BACK	REST & RECOVERY

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WEEK 9	FULL BODY HIIT	TABATA ABS & BOOTY	TOTAL BODY HIIT	REST & RECOVERY	HIIT CARDIO & ABS	STRENGTH & CARDIO	REST & RECOVERY
WEEK 10	UPPER BODY HIIT	TABATA & BOOTY BUILDING	NO REPEATS HIIT	REST & RECOVERY	CARDIO & ABS	LEG DAY	REST & RECOVERY
WEEK 11	FULL BODY HIIT	TABATA & LOWER BODY	FAT BURNING HIIT	REST & RECOVERY	HIIT & ABS FINISHER	HIIT CARDIO & STRENGTH	REST & RECOVERY
WEEK 12	UPPER BODY HIIT	TABATA LEGS & BOOTY	HIIT & PLANK CHALLENGE	REST & RECOVERY	LEG DAY	EPIC NO REPEATS HIIT	YOU MADE IT!!!

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