



HR12WEEK 2.0 SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	1. UPPER BODY PUSH	2. ABS & GLUTES	REST & RECOVERY	3. UPPER BODY PULL	4. UNILATERAL LEGS	5. HIIT CARDIO & CORE	REST & RECOVERY
WEEK 2	6. UPPER BODY PUSH	7. TABATA LEGS & ABS	REST & RECOVERY	8. UNILATERAL UPPER BODY	9. BOOTY BUILDER	10. NO REPEATS HIIT CARDIO	REST & RECOVERY
WEEK 3	11. BACK & BICEPS	12. HIIT LEGS	REST & RECOVERY	13. CHEST, TRICEPS & SHOULDERS	14. CORE & GLUTES	15. HIIT CARDIO	REST & RECOVERY
WEEK 4	16. BACK SCULPT	17. LEG STRENGTH	REST & RECOVERY	18. ARM TONING	19. NO REPEATS CARDIO, ABS & BOOTY	20. TOTAL BODY HIIT	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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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	21. CHEST & SHOULDERS SUPERSETS	22. LOWER BODY TRI-SETS	REST & RECOVERY	23. BACK & TRICEPS	24. HIIT CARDIO & ABS	25. TOTAL BODY STRENGTH	REST & RECOVERY
WEEK 6	26. BI'S, TRI'S & SHOULDERS	27. LEG DAY SHRED	REST & RECOVERY	28. CHEST & BACK	29. CORE STRENGTH	30. TOTAL BODY STRENGTH & CARDIO	REST & RECOVERY
WEEK 7	31. CHEST & SHOULDERS	32. LOWER BODY SUPERSETS	REST & RECOVERY	33. BACK, TRI'S & BI'S	34. NO REPEATS CARDIO, CORE & GLUTES	35. TOTAL BODY STRENGTH	REST & RECOVERY
WEEK 8	36. BI'S, TRI'S & SHOULDERS SUPERSETS	37. LEAN LEGS BOOTCAMP	REST & RECOVERY	38. CHEST & BACK	39. AB BURNER	40. NO REPEATS STRENGTH & CARDIO	REST & RECOVERY

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	41. FULL BODY HIIT & ABS	42. UPPER BODY SUPERSETS	REST & RECOVERY	43. LOWER BODY STRENGTH	44. POWER CARDIO	45. NO REPEATS FULL BODY HIIT	REST & RECOVERY
WEEK 10	46. ARMS & ABS	47. NO REPEATS FULL BODY HIIT	REST & RECOVERY	48. LOWER BODY SUPERSETS	49. TABATA CARDIO & ABS	50. FULL BODY STRENGTH	REST & RECOVERY
WEEK 11	51. FULL BODY HIIT	52. CARDIO & ABS	REST & RECOVERY	53. FULL BODY STRENGTH	54. TABATA & BOOTY FINISHER	55. FULL BODY HIIT	REST & RECOVERY
WEEK 12	56. UPPER BODY	57. TOTAL BODY HIIT & ABS FINISHER	REST & RECOVERY	58. LOWER BODY STRENGTH	59. TABATA CARDIO & ABS	60. NO REPEATS FULL BODY HIIT	YOU MADE IT!!!!

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