



HR12WEEK 3.0 SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	1. FULL BODY METCON	2. LEG DAY STRENGTH & POWER	3. UPPER BODY SCULPT	REST & RECOVERY	4. NO EQUIPMENT HIIT	5. CORE & FULL BODY MOBILITY	REST & RECOVERY
WEEK 2	6. TOTAL ARM TONING	7. NO EQUIPMENT METCON	8. AB SHREDDER	REST & RECOVERY	9. FULL BODY METCON	10. TONED THIGHS & HIP MOBILITY	REST & RECOVERY
WEEK 3	11. NO EQUIPMENT CARDIO	12. CHEST & BACK SUPERSETS	13. UNILATERAL LEG & GLUTE STRENGTH	REST & RECOVERY	14. TOTAL BODY METCON	15. CORE & SHOULDER MOBILITY	REST & RECOVERY
WEEK 4	16. LOWER BODY METCON	17. UNILATERAL ARM STRENGTH	18. NO REPEATS CARDIO	REST & RECOVERY	19. TOTAL BODY METCON	20. PLANK CHALLENGE, TABATA & BACK MOBILITY	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. UPPER BODY METCON	22. CARDIO & ABS	23. LOWER BODY STRENGTH	REST & RECOVERY	24. BACK STRENGTH	25. NO REPEATS METCON	REST & RECOVERY
WEEK 6	26. FULL BODY	27. HIIT CARDIO	28. LOWER BODY METCON	REST & RECOVERY	29. SHOULDER SCULPT	30. FULL BODY METCON	REST & RECOVERY
WEEK 7	31. LEG DAY METCON	32. CHEST & BACK SUPERSETS	33. TABATA, CARDIO & ABS	REST & RECOVERY	34. GLUTE STRENGTH	35. TOTAL BODY METCON	REST & RECOVERY
WEEK 8	36. ARM TONING & STRENGTH	37. HIIT CARDIO	38. LOWER BODY METCON	REST & RECOVERY	39. CORE STRENGTH	40. NO REPEATS METCON	REST & RECOVERY

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	41. FULL BODY HIIT	42. ABS & BOOTY	43. METABOLIC TRAINING	REST & RECOVERY	44. HIIT CARDIO	45. POWER HOUR	REST & RECOVERY
WEEK 10	46. FULL BODY METCON	47. CARDIO & ABS	48. FULL BODY STRENGTH	REST & RECOVERY	49. TABATA & GLUTE FINISHER	50. NO REPEATS METCON	REST & RECOVERY
WEEK 11	51. TOTAL BODY HIIT	52. CORE & GLUTE STRENGTH	53. STRENGTH PYRAMID	REST & RECOVERY	54. FAT BURNING CARDIO	55. POWER HOUR	REST & RECOVERY
WEEK 12	56. METABOLIC TRAINING	57. NO REPEATS CARDIO	58. FULL BODY STRENGTH	REST & RECOVERY	59. TABATA ABS & BOOTY	60. FULL BODY METCON	CONGRATULATIONS!!

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