



HR12WEEK 4.0 SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	ARM WORKOUT	GLUTES & HAMSTRINGS	CHEST & BACK	ABS + HIP MOBILITY	QUADS & CALVES	REST & RECOVERY	REST & RECOVERY
WEEK 2	BACK & TRICEPS	BOOTY & THIGHS	CHEST & SHOULDER	CORE + SHOULDER MOBILITY	HAMSTRINGS & QUADS	REST & RECOVERY	REST & RECOVERY
WEEK 3	BI'S, TRI'S & SHOULDERS	GLUTE STRENGTH	CHEST & BACK	CORE + BACK MOBILITY	LEG STRENGTH	REST & RECOVERY	REST & RECOVERY
WEEK 4	BACK & BICEPS	GLUTES & THIGHS	UPPER BODY STRENGTH	NO REPEATS ABS + FULL MOBILITY	HAMSTRINGS & QUADS	REST & RECOVERY	REST & RECOVERY

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

Use this schedule as a guideline. Adjust rest days to meet your needs and take extra rest if needed.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	UPPER BODY STRENGTH	LOWER BODY STRENGTH	HIIT CARDIO	TOTAL BODY METCON	FULL BODY PILATES	REST & RECOVERY	REST & RECOVERY
WEEK 6	LOWER BODY STRENGTH	UPPER BODY SUPERSETS	HIIT CARDIO	FULL BODY STRENGTH & POWER	CORE + FULL BODY MOBILITY	REST & RECOVERY	REST & RECOVERY
WEEK 7	LOWER BODY STRENGTH	CHEST & BACK	NO REPEATS HIIT	FULL BDOY METCON	POWER PILATES	REST & RECOVERY	REST & RECOVERY
WEEK 8	LOWER BODY STRENGTH	UPPER BODY STRENGTH	HIIT CARDIO & ABS	FULL BODY COMPOUND	ABS & BOOTY + MOBILITY	REST & RECOVERY	REST & RECOVERY

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	CHEST & BACK	CARDIO & ABS	LEG STRENGTH	ARM SCULPTING	FULL BODY HIIT	REST & RECOVERY	REST & RECOVERY
WEEK 10	FULL BODY STRENGTH	CARDIO & ABS	POWER PILATES	GLUTE STRENGTH	NO REPEATS HIIT	REST & RECOVERY	REST & RECOVERY
WEEK 11	BACK & BICEPS	TOTAL BODY TABATA	LEG STRENGTH	CHEST & SHOULDERS	HIIT & CORE	REST & RECOVERY	REST & RECOVERY
WEEK 12	FULL BODY STRENGTH	CARDIO & CORE	TOTAL BODY METCON	POWER PILATES	NO REPEATS STRENGTH & CARDIO	YOU DID IT!	PROGRAM COMPLETE!

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