



HR12WEEK EXPRESS SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	1. FULL BODY METCON	2. LEG DAY STRENGTH	3. UPPER BODY SCULPT	REST & RECOVERY	4. FULL BODY HIIT	5. CORE STRENGTH	REST & RECOVERY
WEEK 2	6. ARM TONING	7. TOTAL BODY METCON	8. AB SHREDDER	REST & RECOVERY	9. METABOLIC CONDITIONING	10. THIGH TONING	REST & RECOVERY
WEEK 3	11. FAT BURNING CARDIO	12. CHEST & BACK	13. LEGS & GLUTES	REST & RECOVERY	14. TOTAL BODY METCON	15. CORE STRENGTH	REST & RECOVERY
WEEK 4	16. LOWER BODY METCON	17. ARM STRENGTH	18. NO REPEATS CARDIO	REST & RECOVERY	19. TOTAL BODY METCON	20. TABATA	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 to meet your needs and take extra rest days if needed.



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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 BDOY	27. HIIT CARDIO	28. LOWER BODY METCON	REST & RECOVERY	29. SHOULDER SCULPT	30. FULL BDOY METCON	REST & RECOVERY
WEEK 7	31. LEG DAY	32. CHEST & BACK	33. TABATA & ABS	REST & RECOVERY	34. STRONG GLUTES	35. TOTAL BODY METCON	REST & RECOVERY
WEEK 8	36. ARM TONING & STRENGTH	37. HIIT CARDIO	38. LOWER BODY	REST & RECOVERY	39. CORE CONDITIONING	40. NO REPEATS WORKOUT	REST & RECOVERY

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WEEK 9	41. FULL BODY HIIT	42. ABS & BOOTY	43. METABOLIC CONDITIONING	REST & RECOVERY	44. HIIT CARDIO	45. NO REPEATS HIIT	REST & RECOVERY
WEEK 10	46. FULL BODY METCON	47. CARDIO & ABS	48. FULL BODY STRENGTH	REST & RECOVERY	49. TABATA	50. NO REPEATS WORKOUT	REST & RECOVERY
WEEK 11	51. TOTAL BODY HIIT	52. CORE & GLUTES	53. STRENGTH PYRAMID	REST & RECOVERY	54. FAT BURNING CARDIO	55. NO REPEATS HIIT	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	PROGRAM COMPLETE!!!

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