

# EXPRESS WEIGHT LOSS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1 HIIT+ CORE	DAY 2 HIWT	DAY 3 HIIT+ ABS	DAY 4 HIWT	DAY 5 HIIT+ CORE	DAY 6 MUSCLE	DAY 7 REST
DAY 8 HIIT+ ABS	DAY 9 HIWT	DAY 10 HIIT+ CORE	DAY 11 HIWT	DAY 12 HIIT+ ABS	DAY 13 MUSCLE	DAY 14 REST
DAY 15 HIIT+ CORE	DAY 16 HIWT	DAY 17 HIIT+ ABS	DAY 18 HIWT	DAY 19 HIIT+ CORE	DAY 20 MUSCLE	DAY 21 REST

# EXPRESS MUSCLE BUILDING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1 MUSCLE	DAY 2 HIIT+ ABS	DAY 3 MUSCLE	DAY 4 HIIT+ CORE	DAY 5 MUSCLE	DAY 6 HIIT+ ABS	DAY 7 REST
DAY 8 MUSCLE	DAY 9 HIIT + ABS	DAY 10 MUSCLE	DAY 11 HIIT + CORE	DAY 12 MUSCLE	DAY 13 HIIT+ ABS	DAY 14 REST
DAY 15 MUSCLE	DAY 16 HIIT + ABS	DAY 17 MUSCLE	DAY 18 HIIT+ CORE	DAY 19 MUSCLE	DAY 20 HIIT + ABS	DAY 21 REST

# EXPRESS MAINTENANCE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1 HIWT+ ABS	DAY 2 <b>REST</b> YOGA/SPORT	DAY 3 HIIT+ CORE	DAY 4 <b>REST</b> YOGA/SPORT	DAY 5 MUSCLE	DAY 6 <b>REST</b> YOGA/SPORT	DAY 7 <b>REST</b>
DAY 8 HIWT+ ABS	DAY 9 <b>REST</b> YOGA/SPORT	DAY 10 HIIT+ CORE	DAY 11 <b>REST</b> YOGA/SPORT	DAY 12 MUSCLE	DAY 13 <b>REST</b> YOGA/SPORT	DAY 14 <b>REST</b>
DAY 15 HIWT+ ABS	DAY 16 <b>REST</b> YOGA/SPORT	DAY 17 HIIT+ CORE	DAY 18 <b>REST</b> YOGA/SPORT	DAY 19 MUSCLE	DAY 20 <b>REST</b> YOGA/SPORT	DAY 21 <b>REST</b>