



HR12WEEK 2.0 SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	UPPER BODY PUSH	ABS & GLUTES	REST & RECOVERY	UPPER BODY PULL	UNILATERAL LEGS	HIIT CARDIO & CORE	REST & RECOVERY
WEEK 2	UPPER BODY PUSH	TABATA LEGS & ABS	REST & RECOVERY	UNILATERAL UPPER BODY	BOOTY BUILDER	NO REPEATS HIIT CARDIO	REST & RECOVERY
WEEK 3	BACK & BICEPS	HIIT LEGS	REST & RECOVERY	CHEST, TRICEPS & SHOULDERS	CORE & GLUTES	HIIT CARDIO	REST & RECOVERY
WEEK 4	BACK SCULPT	LEG STRENGTH	REST & RECOVERY	ARM TONING	NO REPEATS CARDIO, ABS & BOOTY	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.

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	CHEST & SHOULDERS SUPERSETS	LOWER BODY TRI-SETS	REST & RECOVERY	BACK & TRICEPS	HIIT CARDIO & ABS	TOTAL BODY STRENGTH	REST & RECOVERY
WEEK 6	BI'S, TRI'S & SHOULDERS	LEG DAY SHRED	REST & RECOVERY	CHEST & BACK	CORE STRENGTH	TOTAL BODY STRENGTH & CARDIO	REST & RECOVERY
WEEK 7	CHEST & SHOULDERS	LOWER BODY SUPERSETS	REST & RECOVERY	BACK, TRI'S & BI'S	NO REPEATS CARDIO, CORE & GLUTES	TOTAL BODY STRENGTH	REST & RECOVERY
WEEK 8	BI'S, TRI'S & SHOULDERS SUPERSETS	LEAN LEGS BOOTCAMP	REST & RECOVERY	CHEST & BACK	AB BURNER	NO REPEATS STRENGTH & CARDIO	REST & RECOVERY

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	FULL BODY HIIT & ABS	UPPER BODY SUPERSETS	REST & RECOVERY	LOWER BODY STRENGTH	POWER CARDIO	NO REPEATS FULL BODY HIIT	REST & RECOVERY
WEEK 10	ARMS & ABS	NO REPEATS FULL BODY HIIT	REST & RECOVERY	LOWER BODY SUPERSETS	TABATA CARDIO & ABS	FULL BODY STRENGTH	REST & RECOVERY
WEEK 11	FULL BODY HIIT	CARDIO & ABS	REST & RECOVERY	FULL BODY STRENGTH	TABATA & BOOTY FINISHER	FULL BODY HIIT	REST & RECOVERY
WEEK 12	UPPER BODY	TOTAL BODY HIIT & ABS FINISHER	REST & RECOVERY	LOWER BODY STRENGTH	TABATA CARDIO & ABS	NO REPEATS FULL BODY HIIT	YOU MADE IT!!!!

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