

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEIGHT LOSS/TONING WORKOUT - FULL BODY			20 min HIIT + strength	40 minutes steady state cardio		20 min HIIT + strength	40 minutes steady state cardio	cardio of choice
			20 min HIIT + strength	40 minutes steady state cardio		20 min HIIT + strength	40 minutes steady state cardio	cardio of choice
			20 min HIIT + strength	40 minutes steady state cardio	20 min HIIT + strength	40 mins steady state cardio		20 mins HIIT + strength
			20 min HIIT + strength	40 minutes steady state cardio	20 min HIIT + strength	40 mins steady state cardio		20 mins HIIT + strength
		Notes: steady state cardio means pick a speed or resistance and stay with it the entire time; HIIT cardio means high intensity intervals; for strength training, complete 2-3 sets of 10-15 repetitions, picking 3 each upper and lower body and 1 abdominal exercise						