

**WEIGHT LOSS/TONING -  
SPLIT ROUTINE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	20 mins HIIT + legs	40 mins steady state cardio		20 mins HIIT + upper body back and biceps	40 mins steady state cardio	cardio of choice + upper body chest, shoulders, and triceps
	20 mins HIIT + legs	40 mins steady state cardio		20 mins HIIT + upper body back and biceps	40 mins steady state cardio	cardio of choice + upper body chest, shoulders, and triceps
	20 mins HIIT + legs	40 mins steady state cardio	20 mins HIIT + upper body back and biceps	40 mins steady state cardio		cardio of choice + upper body chest, shoulders, and triceps
	20 mins HIIT + legs	40 mins steady state cardio	20 mins HIIT + upper body back and biceps	40 mins steady state cardio		cardio of choice + upper body chest, shoulders, and triceps

Notes: steady state cardio means pick a speed or resistance and stay with it the entire time; HIIT means high intensity intervals; for strength exercises, complete 2-4 sets of 8-15 repetitions, (2 sets of 15 helps with weight loss and creating leanness; 4 sets of 8 will result in more strength with some size); pick 6 exercises on legs day; 4 exercises on upper body days plus 1 abdominal exercise