

week	day of week						
	1	2	3	4	5	6	7
1	upper body	lower body	HIIT cardio	upper body	rest	lower body	rest
2	upper body	lower body	HIIT cardio	upper body	rest	lower body	measure yourself
3	upper body	lower body	HIIT cardio	upper body	rest	lower body	rest
4	upper body	lower body	HIIT cardio	upper body	rest	lower body	measure yourself
5	upper body	lower body	HIIT cardio	upper body	rest	lower body	rest
6	upper body	lower body	HIIT cardio	upper body	rest	lower body	measure yourself