

# Mind Body Fit: Workout Schedule

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	HIIT 1	Cardio Core 1	HIIT 2	Mindful Movement 1	Cardio Core 2	HIIT 1	DAY OFF
WEEK 2	HIIT 2	Cardio Core 1	HIIT 1	Mindful Movement 1	Cardio Core 2	HIIT 2	DAY OFF
WEEK 3	Cardio Core 3	HIIT 3	Mindful Movement 2	Cardio Core 1	HIIT 3	Cardio Core 3	DAY OFF
WEEK 4	HIIT 4	Cardio Core 4	Mindful Movement 2	HIIT 3	Cardio Core 3	DAY OFF	HIIT 4
WEEK 5	Mindful Movement 1	Cardio Core 5	HIIT 2	Cardio Core 4	Mindful Movement 2 & Cardio Core 1	DAY OFF	HIIT 5
WEEK 6	Mindful Movement 1 & Cardio Core 5	HIIT 5	Cardio Core 4	HIIT 4	Mindful Movement 2 & Cardio Core 5	HIIT 5	Mindful Movement 1 & Cardio Core 4