

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1, 3, & 5	HIIT & Weights 1	off	Kick or Cario Cond. & Core 1	Off day	AMRAP & Weight 2	Off day	Off day
Week 2 & 4. & 6	HIIT & Weights 1	off	Kick or Cario Cond. & Core 2	Off day	AMRAP & Weight 2	Fit Test	Off day