

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	HIIT	Weights 1	REST	Kick or Cardio Condit.	Weights 2	REST	AMRAP
Week 2	Weights 1	REST	AMRAP	HIIT	Kick or Cardio Condit.	REST	Weights 2
Week 3	FIT TEST	Weights 2	AMRAP	REST	HIIT	Kick or Cardio Condit.	REST
Week 4	Weights 1	HIIT	REST	Kick or Cardio Condit.	Weights 2	REST	AMRAP
Week 5	FIT TEST	Weights 1	Kick or Cardio Condit.	REST	HIIT	Weights 2	REST
Week 6	REST	AMRAP	Weights 1	REST	HIIT	Kick or Cardio Condit.	FIT TEST

Approximately 30 minutes a day 5 x a week