

Fit at Home: Workout Schedule

Day 1-7		Day 8-14	
1	Warm-Up + Fighting Fit	8	Fighting Fit 2
2	Plank & Burn	9	Cardio + Core Burn
3	Establishing a Healthy Relationship with Food	10	Topic: Stomach Massage for Bloating & Digestion
4	Lower Body Shape & Strength	11	Glute Gains + Thighs: Lower Body
5	Full Body HIIT w/ Jesse	12	Ultimate Cardio HIIT w/ Jesse
6	35-Minute Yoga Flow	13	17-Min Dynamic Mobility Stretch
7	Active Rest Day	14	Active Rest Day

Day 15-21		Day 21-30	
15	Full Body Sculpt + HIIT w/ Jesse	22	15-Min Full Body HIIT
16	Thighs & Glutes: Standing Workout	23	Booty Sculpt
17	Topic: Escapism & Right Use of Energy + 15-Min Core & Pelvic Floor	24	15-Min Total Burn
18	15-Minute Full Body W.O.	25	Strong & Toned Abs
19	Full Body Fit	26	Full Body Workout: Dumbbells Optional
20	Glutes & Thighs	27	Sculpted Butt & Legs
21	Active Rest Day	28	Active Rest Day/ Yoga, Flow, Stretch & Decompress

		29	Full Body Resistance Bands
		30	15-Minute Standing Workout
		31	Full Body Burn

Remember: The Warm-Up can be done anytime and the schedule can be adjusted to fit your needs. Always check with a doctor before starting this or any workout program.