

1 Month Workout Calendar

BY EMI WONG



SCORE: REPS

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	10 min Benchmark Workout	10 min Abs 10 min HIIT*	30-40 min LISS* / AR*	10-20 min Legs	10 min Abs 10 min Arms	10 min Back 10 min HIIT*	Rest
WEEK 2	15-20 min HIIT*	10 min Abs 10 min Small Waist	30-40 min LISS* / AR*	10 min Thighs 5-10 min HIIT*	10 min Arms 10 min Lower Abs	15-20 min Abs + Cardio / HIIT*	Rest
WEEK 3	20-30 min HIIT*	10-20 min Abs / Small Waist	30-40 min LISS* / AR*	10 min Legs 8-10 min Abs	10-20 min Arms	10 min Back 10-15 min HIIT*	Rest
WEEK 4	20-30 min HIIT*	10 min Lower Abs 15 min HIIT*	30-40 min LISS* / AR*	10 min Legs 10 min Thighs	10 min Abs 10 min Arms	15-30 min HIIT*	Rest
WEEK 1	10 min Benchmark Workout						

*HIIT = Full body HIIT using any circuit
 LISS = Low intensity steady state (e.g. slow jog, light swimming and etc)
 AR = Any cardio (e.g. walking / jog / running / swim & variety of your choice)

SCORE: REPS

Remember your goal. No pain no gain.

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Monthly Bulletin of the Department of Health in the City of New York New York (N.Y.). Department of
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