

HW

HARD WORK // NO EXCUSES

Sept - Dec
2022

SUNDAY

8:30 A.M. - KILLER KARDIO

9:30 A.M. - RIDE OR DIE

MONDAY

5:45 A.M. - XTREME HIIT
9:30 A.M. - BATTLE ROPE
RAGE

5:30 P.M. WTF
6:30 P.M. - JUST LIFT
7:30 P.M. - MOBILITY SQUAD

TUESDAY

5:45 A.M. - KILLER KARDIO
9:30 A.M. - RIDE OR DIE

5:30 P.M. - FIGHT NIGHT
6:30 P.M. - XTREME HIIT

WEDNESDAY

5:45 A.M. - CORE CRUSHER
9:30 A.M. - TOTAL BODY
BEATDOWN

5:30 P.M. - RIDE OR DIE
6:30 P.M. - JUST LIFT

THURSDAY

5:45 A.M. - TOTAL BODY
BEATDOWN
9:30 A.M. - CORE CRUSHER

5:30 P.M. - KILLER KARDIO
6:30 P.M. - BOOM
7:30 P.M. - MOBILITY SQUAD

FRIDAY

9:30 A.M. - WTF

5:30 P.M. - BATTLE
ROPE RAGE

SATURDAY

8:30 A.M. - Extreme HIIT

9:30 A.M. - FIGHT NIGHT

NOTES