

FFF Challenge

Week 1 & 2 Workout Schedule

Burn Fat & Build Muscle

MONDAY

Shoulders + Arms + Abs
Workout + 20 minutes Cardio

TUESDAY

Legs + Glutes Workout

WEDNESDAY

REST DAY

THURSDAY

30 minutes of Cardio,
your Choice!

FRIDAY

Total Body Toner Workout
+ 20 minutes Cardio

SATURDAY

30 minutes of Cardio,
your Choice!

SUNDAY

Back + Chest + Abs Workout
+ 20 minutes Cardio

FFF Challenge

Week 3 & 4 Workout Schedule

Extra Rest Day, To Help Prevent Burnout

MONDAY

Chest + Shoulders + Triceps
+ Cardio or Tabata

TUESDAY

Legs + Glutes + Abs Workout

WEDNESDAY

Back + Biceps + Abs
+ Cardio or Tabata

THURSDAY

Plyometric Circuit + Abs

FRIDAY

REST DAY

SATURDAY

Legs + Quads Workout

SUNDAY

REST DAY

FFF Challenge

Week 5 & 6 Workout Schedule

Max Fat Burn

MONDAY

Lower Body Workout
+ Cardio or Tabata

TUESDAY

Upper Body Workout
+ Cardio or Tabata

WEDNESDAY

30 minutes of Cardio,
your Choice!

THURSDAY

Total Body Circuit A
+ Cardio

FRIDAY

30 minutes of Cardio,
your Choice!

SATURDAY

Total Body Circuit B
+ Cardio

SUNDAY

REST DAY