









MINI SERIES

 Date : December 2022


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Day 1 Lower Body (Lunges)		 Day 2 Shoulders and Biceps	 Day 3 Back and Abs		 Day 4 Chest and Triceps	
	 Day 5 Glutes		 Day 6 Upper Body		 Day 7 Legs and Core	
 Day 8 Back and Biceps		 Day 9 Lower Body			 Day 10 Triceps + Chest + Shoulders	
	 Day 11 Full Body		 Day 12 Full Body		 Day 13 EMOM HIIT	

 4 week series

 12-15 minutes long

 Minimal equipment : dumbbells, bench or chair and loop band

Shorter doesn't mean easier. Make every rep count! Quality over quantity.

 *The Timer for most of the workouts is 40 sec. work + 20 sec. rest.*