

HERBODY

Aging Powerfully

WEEK 1	LOWER BODY	HIIT 1	UPPER BODY	HIIT 2
WEEK 2	BACK & CHEST	HIIT 3	LOWER BODY	SHOULDERS & ARMS
WEEK 3	POSTERIOR	HIIT 4	ANTERIOR	HIIT 5
WEEK 4	FULL BODY	HIIT 6	FULL BODY	HIIT 7

GYMCLASS