

30-DAY WORKOUT PROGRAM

ANGELICA COUNCILMAN - TONING ADVANCED OPTION 2

DAY 1 Full Body HIIT	DAY 2 Unilateral Lower Body	DAY 3 Upper Body Ladder	DAY 4 Rest Day	DAY 5 Full Body TABATA
DAY 6 Cardio + Core	DAY 7 Rest Day	DAY 8 Full Body HIIT	DAY 9 Unilateral Lower Body	DAY 10 Upper Body Ladder
DAY 11 Rest Day	DAY 12 Full Body TABATA	DAY 13 Cardio + Core	DAY 14 Rest Day	DAY 15 Full Body HIIT
DAY 16 Unilateral Lower Body	DAY 17 Upper Body Ladder	DAY 18 Rest Day	DAY 19 Full Body TABATA	DAY 20 Cardio + Core
DAY 21 Rest Day	DAY 22 Full Body HIIT	DAY 23 Unilateral Lower Body	DAY 24 Upper Body Ladder	DAY 25 Rest Day
DAY 26 Full Body TABATA	DAY 27 Cardio + Core	DAY 28 Rest Day	DAY 29 Full Body HIIT	DAY 30 Unilateral Lower Body