

30-DAY WORKOUT PROGRAM

ANGELICA COUNCILMAN - TONING INTERMEDIATE OPTION 3

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