

# 30-DAY WORKOUT PROGRAM

## THE ULTIMATE HIIT XPERIENCE - JESSIE ZOGG

CLICK WORKOUT NAME TO ACCESS VIDEO

<b>DAY 1</b>  <b>Full Body Circuit</b>  25 Mins	<b>DAY 2</b>  <b>Lower Body Hamstrings &amp; Glutes</b>  15-20 Mins	<b>DAY 3</b>  <b>Upper Body Back &amp; Biceps</b>  20 Mins	<b>DAY 4</b>  <b>Lower Body Inner Thigh &amp; Quads</b>  20 Mins	<b>DAY 5</b>  <b>Full Body EMOM</b>  15 Mins
<b>DAY 6</b>  <b>Core AMRAP</b>  10-15 Mins	<b>DAY 7</b>  <b>Rest Day</b>	<b>DAY 8</b>  <b>Full Body AMRAP</b>  20 Mins	<b>DAY 9</b>  <b>Upper Body Shoulders &amp; Triceps</b>  15-20 Mins	<b>DAY 10</b>  <b>Lower Body Quads &amp; Glutes</b>  20-25 Mins
<b>DAY 11</b>  <b>Core EMOM</b>  20 Mins	<b>DAY 12</b>  <b>Full Body Circuit 2</b>  15-20 Mins	<b>DAY 13</b>  <b>Lower Body Super Sets</b>  20-25 Mins	<b>DAY 14</b>  <b>Rest Day</b>	<b>DAY 15</b>  <b>Full Body Circuit</b>  25 Mins
<b>DAY 16</b>  <b>Lower Body Hamstrings &amp; Glutes</b>  15-20 Mins	<b>DAY 17</b>  <b>Upper Body Back &amp; Biceps</b>  20 Mins	<b>DAY 18</b>  <b>Lower Body Inner Thigh &amp; Quads</b>  20 Mins	<b>DAY 19</b>  <b>Full Body EMOM</b>  15 Mins	<b>DAY 20</b>  <b>Core AMRAP</b>  10-15 Mins
<b>DAY 21</b>  <b>Rest Day</b>	<b>DAY 22</b>  <b>Full Body AMRAP</b>  20 Mins	<b>DAY 23</b>  <b>Upper Body Shoulders &amp; Triceps</b>  15-20 Mins	<b>DAY 24</b>  <b>Lower Body Quads &amp; Glutes</b>  20-25 Mins	<b>DAY 25</b>  <b>Core EMOM</b>  20 Mins
<b>DAY 26</b>  <b>Full Body Circuit 2</b>  15-20 Mins	<b>DAY 27</b>  <b>Low Body Super Sets</b>  20-25 Mins	<b>DAY 28</b>  <b>Rest Day</b>	<b>DAY 29</b>  <b>Full Body Circuit</b>  25 Mins	<b>DAY 30</b>  <b>Lower Body Hamstrings &amp; Glutes</b>  30 Mins