

# Roxstar Fitness Inner Circle

Workout Schedule of the Week Fitness Tracking Sheet

Week Of: \_\_\_\_\_

## Training Schedule of the Week: Full Body Super Pump (Fat Loss Focus) - Week 1

Day	Weight Training	Cardio (Any Machine/Method of Choice)
Day 1	Metabolic Circuit	30 Mins Total 10 mins Intervals 1 Min Work/Rest 5 mins HIIT Cardio 20s Sprint/40s Recovery 15 mins SS Cardio Keeping HR Above 75%
Day 2	Upper Body Day Chest + Triceps Workout	30 Mins Total SS Cardio, Keeping HR Above 70% For Duration
Day 3	Lower Body Day Any Lower Body Workout Of Choice From Our Database	30 Mins Total 10 mins Intervals 1 Min Work/Rest 5 mins HIIT Cardio 20s Sprint/40s Recovery 15 mins SS Cardio Keeping HR Above 75%
Day 4	OFF	OFF
Day 5	Upper Body Day Back + Biceps Workout	20 Mins Total SS Cardio, Keeping HR Above 70% For Duration
Day 6	Lower Body Day Can Be Same As Day	20 Mins Total SS Cardio, Keeping HR Above 70% For Duration
Day 7	OFF	OFF

















