

Roxstar Fitness Inner Circle

Workout Schedule of the Week Fitness Tracking Sheet

Week Of: _____

Training Schedule of the Week: Leg Builder Program - Series 1 - Weeks 1 and 2

Day	Weight Training	Cardio (Any Machine/Method of Choice)
Day 1	Kick My Azz: Glutes, Hams, and Quads Plyo Workout 2	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 Workout Of Choice Can Be Back, Chest, Arms or Shoulders Or Some Kind of Combo Workout Like Back/Chest, Shoulders/Arms, Back/Biceps, Chest/Triceps, Etc.	20 mins HIIT Cardio 20s Sprint/40s Recovery
Day 3	Kick My Azz: Glutes, Hams, and Quads Strength Workout 2	<i>If In Lean Building Take This Day OFF From Cardio</i> If In Fat Loss, Perform The Following Post Workout: 35 Mins Total SS Cardio, Keeping HR Above 70% For Duration
Day 4	OFF	OFF
Day 5	Upper Body Workout Of Choice Can Be Back, Chest, Arms or Shoulders Or Some Kind of Combo Workout Like Back/Chest, Shoulders/Arms, Back/Biceps, Chest/Triceps, Etc. Should Be The Opposite of What You Worked On Day 2	20 Mins Total SS Cardio, Keeping HR Above 70% For Duration
Day 6	Spring Fever Series Part 1: Glutes and Abs (Free Workout)	20 mins HIIT Cardio 20s Sprint/40s Recovery
Day 7	Total Body Strength or Metabolic Circuit Workout of Your Choice. We've Got Some GREAT Ones In Our Database	<i>If In Lean Building Take This Day OFF From Cardio</i> If In Fat Loss, Perform The Following Post Workout: 35 Mins Total SS Cardio, Keeping HR Above 70% For Duration

