

# QUICK HIITS CHALLENGE

## Week 1

Aug. 16

**Cardio-Core  
Sandwich**

10 min

Aug. 17

**Total-Core  
Takeover**

5 min

Aug. 18

**Lower Body  
Challenge**

10 min

Aug. 19

**Kickboxing  
Power Combo**

5 min

Aug 20

**Back, Biceps  
& Bands**

10 min

## Week 2

Aug. 23

**Circuits  
& Sprints**

10 min

Aug. 24

**Low Impact  
High Intensity**

5 min

Aug. 25

**Core Strength  
x Stability**

10 min

Aug. 26

**Plyo  
Power Pop**

5 min

Aug. 27

**Tone To The  
Max**

10 min



Workouts  
Minutes or Less

