

FIT IN 30 SEASON 2





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FIT IN 30 | SEASON 2

WEEK 1	<u>FIT IN 30 S02</u>
MON DAY 1	LEG DAY
TUE DAY 2	UPPER DAY
WED DAY 3	GLUTE DAY
THU DAY 4	FULL BODY CIRCUIT
FRI DAY 5	ARMS & ABS
SAT	REST DAY
SUN	REST DAY



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WEEK 1	<u>FIT IN 30 S02</u>
MON DAY 6	QUAD DAY
TUE DAY 7	SHOULDER & TRICEPS DAY
WED DAY 8	HAMSTRING & GLUTE DAY
THU DAY 9	FULL BODY CARDIO
FRI DAY 10	BACK & BICEPS
SAT	REST DAY
SUN	REST DAY



FIT IN 30 | SEASON 2

WEEK 1	<u>FIT IN 30 S02</u>
MON DAY 11	LEG DAY – CALF SUPER SET
TUE DAY 12	CHEST & TRICEPS DAY
WED DAY 13	POSTERIOR CHAIN DAY
THU DAY 14	UNILATERAL FULL BODY DAY
FRI DAY 15	IRON SHOULDER DAY
SAT	REST DAY
SUN	REST DAY



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WEEK 1	<u>FIT IN 30 S02</u>
MON DAY 16	HAMSRTING & HIP DAY
TUE DAY 17	UPPER BODY DAY
WED DAY 18	SUPER SET GLUTE DAY
THU DAY 19	HEAVY FULL BODY DAY
FRI DAY 20	SUPER SET ARMS & CORE DAY
SAT	REST DAY
SUN	REST DAY



FIT IN 30 | SEASON 2

WEEK 1	<u>FIT IN 30 S02</u>
MON DAY 21	STEP UP LEG DAY
TUE DAY 22	CHEST & BACK DAY
WED DAY 23	SUPER SET GLUTE & HAMSTRING DAY
THU DAY 24	FULL BODY CIRCUIT DAY
FRI DAY 25	SUPER SET SHOULDER DAY
SAT	REST DAY
SUN	REST DAY



FIT IN 30 | SEASON 2

WEEK 1	<u>FIT IN 30 S02</u>
MON DAY 26	LEG CIRCUIT STEP UP DAY
TUE DAY 27	UPPER BODY ANTAGONIST DAY
WED DAY 28	IRON GLUTES DAY
THU DAY 29	HYPERTROPHY FULL BODY DAY
FRI DAY 30	ARMS ABS & CORE DAY