

Turbo Fire Schedule

Week 1:

- Monday – Fire 30 / Stretch 10
- Tuesday – HIIT 15 / Stretch 10
- Wednesday – Rest
- Thursday - Fire 30 / Stretch 10
- Friday – Fire 55 EZ
- Saturday - Fire 30 / Stretch 10
- Sunday – Core 20 / Stretch 40

Week 2:

- Monday - Fire 45 / Stretch 10
- Tuesday - HIIT 20 / Stretch 10
- Wednesday - Rest
- Thursday - HIIT 15 / Sculpt 30
- Friday - Fire 55 EZ
- Saturday - Core 20 / Stretch 40
- Sunday - Fire 45 / Stretch 10

Week 3:

- Monday - Fire 45 EZ / Stretch 10
- Tuesday - Fire 45 EZ / Stretch 10
- Wednesday - Rest
- Thursday - HIIT 15 / Tone 30
- Friday - Fire 45 EZ / Stretch 10
- Saturday - Core 20 / Stretch 40
- Sunday - Fire 55 EZ

Week 4:

- Monday - Fire 45 EZ / Stretch 10
- Tuesday - HIIT 20 / Stretch 10

- Wednesday - Rest
- Thursday - HIIT 20 / Sculpt 30
- Friday - Fire 55 EZ
- Saturday - Core 20 / Stretch 40
- Sunday - Fire 45 / Stretch 10

Week 5:

- Monday - Fire 45 EZ
- Tuesday - Fire 30 / Sculpt 30
- Wednesday - Rest
- Thursday - Fire 30 / Tone 30
- Friday - Fire 55 EZ
- Saturday - Fire 45
- Sunday - Core 20 / Stretch 40

Week 6:

- Monday - Fire 55 EZ
- Tuesday - Fire 30 / Sculpt 30
- Wednesday - Rest
- Thursday - Fire 30 / Tone 30
- Friday - Fire 55 EZ
- Saturday - Fire 45
- Sunday - Core 20 / Stretch 40

Week 7:

- Monday - Fire 55 EZ
- Tuesday - Fire 30 / Sculpt 30
- Wednesday - Rest
- Thursday - Fire 30 / Tone 30
- Friday - Fire 55 EZ
- Saturday - Fire 45
- Sunday - Core 20 / Stretch 40

Week 8:

- Monday - Fire 45 EZ / Stretch 10
- Tuesday - Fire 45 EZ / Stretch 10
- Wednesday - Rest
- Thursday - Core 20 / Stretch 40
- Friday - Fire 30 / Stretch 10
- Saturday - Fire 45 EZ / Stretch 10
- Sunday - Core 20 / Stretch 10

Week 9:

- Monday - HIIT 15 / Sculpt 30
- Tuesday - Fire 45 / Stretch 10
- Wednesday - Rest
- Thursday - HIIT 15 / Tone 30
- Friday - Fire 55 EZ
- Saturday - HIIT 20 / Sculpt 30
- Sunday - Fire 30 / Stretch 10

Week 10:

- Monday - HIIT 20 / Tone 30
- Tuesday - Fire 45 / Stretch 10
- Wednesday - Rest
- Thursday - HIIT 25 / Sculpt 30
- Friday - Fire 55 EZ
- Saturday - HIIT 20 / Tone 30
- Sunday - Fire 30 / Stretch 10

Week 11 :

- Monday - HIIT 25 / Sculpt 30
- Tuesday - Fire 45 / Stretch 10
- Wednesday - Rest
- Thursday - HIIT 25 / Tone 30
- Friday - Fire 55 EZ
- Saturday - HIIT 25 / Sculpt 30
- Sunday - Fire 30 / Stretch 10

Week 12:

- Monday - Rest
- Tuesday - Fire 45 EZ / Stretch 10
- Wednesday - Fire 55 EZ
- Thursday - Stretch 40
- Friday - Fire 45 EZ / Stretch 10
- Saturday - Stretch 40
- Sunday - Rest

Week 13:

- Monday - Fire 60 / Abs 10
- Tuesday - Fire 45 EZ / Lower 20
- Wednesday - Rest
- Thursday - Fire 30 / Upper 20
- Friday - Fire 55 EZ / Abs 10
- Saturday - Fire 60 / Stretch 10
- Sunday - Core 20 / Stretch 40

Week 14:

- Monday - Fire 60 / Stretch 10
- Tuesday - Fire 45 EZ / Lower 20
- Wednesday - Rest
- Thursday - Fire 30 / Upper 20
- Friday - Fire 55 EZ / Abs 10
- Saturday - Fire 60 / Stretch 10
- Sunday - Core 20 / Stretch 40

Week 15:

- Monday - Fire 60 / Stretch 10
- Tuesday - Fire 45 EZ / Lower 20
- Wednesday - Rest
- Thursday - Fire 30 / Upper 20
- Friday - Fire 55 EZ / Abs 10

- Saturday - Fire 60 / Stretch 10
- Sunday - Core 20 / Stretch 40

Week 16:

- Monday - Fire 45 EZ / Lower 20
- Tuesday - Fire 45 EZ / Lower 20
- Wednesday - Rest
- Thursday - Core 20 / Stretch 40
- Friday - Fire 30 / Stretch 10
- Saturday - Fire 45 EZ / Lower 20
- Sunday - Core 20 / Stretch 10

Week 17:

- Monday - HIIT 15 / Upper 20
- Tuesday - Fire 45 / Abs 10
- Wednesday - Rest
- Thursday - HIIT 30 / Lower 20
- Friday - Fire 55 EZ / Abs 10
- Saturday - HIIT 20 / Sculpt 30
- Sunday - Abs 10

Week 18:

- Monday - HIIT 25 / Upper 20
- Tuesday - Fire 60 / Abs 10
- Wednesday - Rest
- Thursday - HIIT 30 / Lower 20
- Friday - Fire 55 EZ / Abs 10
- Saturday - HIIT 25 / Sculpt 30
- Sunday - Fire 45 EZ / Abs 10

Week 19:

- Monday - HIIT 30 / Upper 20
- Tuesday - Fire 60 / Abs 10

- Wednesday - Rest
- Thursday - HIIT 30 / Lower 20
- Friday - Fire 55 EZ / Abs 10
- Saturday - HIIT 30 / Sculpt 30
- Sunday - Fire 30 / Abs 10

Week 20:

- Monday - Rest
- Tuesday - Fire 45 EZ / Stretch 10
- Wednesday - Fire 55 EZ
- Thursday - Abs 10 /Stretch 40
- Friday - Fire 45 EZ / Stretch 10
- Saturday - Abs 10 / Stretch 40
- Sunday - Rest