

CHALENE JOHNSON'S

TURBOFIRE

20-Week Workout Calendar

Start date

My goal

Fire = cardio conditioning HIIT = high-intensity intervals EZ = low-impact version Stretch = flexibility Core / Abs = midsection
Sculpt / Tone / Upper / Lower = strength

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Fire 30 Stretch 10	HIIT 15 Stretch 10	Rest	Fire 30 Stretch 10	Fire 55 EZ	Fire 30 Stretch 10	Core 20 Stretch 40
2	Fire 45 Stretch 10	HIIT 20 Stretch 10	Rest	HIIT 15 Sculpt 30	Fire 55 EZ	Core 20 Stretch 40	Fire 45 Stretch 10
3	Fire 45 EZ Stretch 10	Fire 45 EZ Stretch 10	Rest	HIIT 15 Tone 30	Fire 45 EZ Stretch 10	Core 20 Stretch 40	Fire 55 EZ
4	Fire 45 EZ Stretch 10	HIIT 20 Stretch 10	Rest	HIIT 20 Sculpt 30	Fire 55 EZ	Core 20 Stretch 40	Fire 45 Stretch 10
5	Fire 45 EZ	Fire 30 Sculpt 30	Rest	Fire 30 Tone 30	Fire 55 EZ	Fire 45	Core 20 Stretch 40
6	Fire 55 EZ	Fire 30 Sculpt 30	Rest	Fire 30 Tone 30	Fire 55 EZ	Fire 45	Core 20 Stretch 40
7	Fire 55 EZ	Fire 30 Sculpt 30	Rest	Fire 30 Tone 30	Fire 55 EZ	Fire 45	Core 20 Stretch 40
8	Fire 45 EZ Stretch 10	Fire 45 EZ Stretch 10	Rest	Core 20 Stretch 40	Fire 30 Stretch 10	Fire 45 EZ Stretch 10	Core 20 Stretch 10
9	HIIT 15 Sculpt 30	Fire 45 Stretch 10	Rest	HIIT 15 Tone 30	Fire 55 EZ	HIIT 20 Sculpt 30	Fire 30 Stretch 10
10	HIIT 20 Tone 30	Fire 45 Stretch 10	Rest	HIIT 25 Sculpt 30	Fire 55 EZ	HIIT 20 Tone 30	Fire 30 Stretch 10
11	HIIT 25 Sculpt 30	Fire 45 Stretch 10	Rest	HIIT 25 Tone 30	Fire 55 EZ	HIIT 25 Sculpt 30	Fire 30 Stretch 10
12 RECOVERY	Rest	Fire 45 EZ Stretch 10	Fire 55 EZ	Stretch 40	Fire 45 EZ Stretch 10	Stretch 40	Rest
13	Fire 60 Abs 10	Fire 45 EZ Lower 20	Rest	Fire 30 Upper 20	Fire 55 EZ Abs 10	Fire 60 Stretch 10	Core 20 Stretch 40
14	Fire 60 Stretch 10	Fire 45 EZ Lower 20	Rest	Fire 30 Upper 20	Fire 55 EZ Abs 10	Fire 60 Stretch 10	Core 20 Stretch 40
15	Fire 60 Stretch 10	Fire 45 EZ Lower 20	Rest	Fire 30 Upper 20	Fire 55 EZ Abs 10	Fire 60 Stretch 10	Core 20 Stretch 40
16	Fire 45 EZ Lower 20	Fire 45 EZ Lower 20	Rest	Core 20 Stretch 40	Fire 30 Stretch 10	Fire 45 EZ Lower 20	Core 20 Stretch 10
17	HIIT 15 Upper 20	Fire 45 Abs 10	Rest	HIIT 30 Lower 20	Fire 55 EZ Abs 10	HIIT 20 Sculpt 30	Abs 10
18	HIIT 25 Upper 20	Fire 60 Abs 10	Rest	HIIT 30 Lower 20	Fire 55 EZ Abs 10	HIIT 25 Sculpt 30	Fire 45 EZ Abs 10
19	HIIT 30 Upper 20	Fire 60 Abs 10	Rest	HIIT 30 Lower 20	Fire 55 EZ Abs 10	HIIT 30 Sculpt 30	Fire 30 Abs 10
20 RECOVERY	Rest	Fire 45 EZ Stretch 10	Fire 55 EZ	Abs 10 Stretch 40	Fire 45 EZ Stretch 10	Abs 10 Stretch 40	Rest

Two entries in a box = complete both that day. Rest and recovery weeks are part of the plan — don't skip them.

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