

30-DAY WORKOUT PROGRAM

ANGELICA COUNCILMAN - XS FITNESS PROGRAM

DAY 1 Full Body Circuit 1	DAY 2 Upper Body AMRAP	DAY 3 Lower Body AMRAP Triple Circuit	DAY 4 Rest Day	DAY 5 Cardio + Abs 1
DAY 6 Full Body Circuit 2	DAY 7 Rest Day	DAY 8 Full Body Circuit 3	DAY 9 Upper Body EMOM	DAY 10 Lower Body Circuit
DAY 11 Rest Day	DAY 12 Cardio + Abs 2	DAY 13 Full Body Circuit 4	DAY 14 Rest Day	DAY 15 Full Body Circuit 1
DAY 16 Upper Body AMRAP	DAY 17 Lower Body AMRAP Triple Circuit	DAY 18 Rest Day	DAY 19 Cardio + Abs 1	DAY 20 Full Body Circuit 2
DAY 21 Rest Day	DAY 22 Full Body Circuit 3	DAY 23 Upper Body EMOM	DAY 24 Lower Body Circuit	DAY 25 Rest Day
DAY 26 Cardio + Abs 2	DAY 27 Full Body Circuit 4	DAY 28 Rest Day	DAY 29 Full Body Circuit 1	DAY 30 Upper Body AMRAP