

HYDEOUT



FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30AM - 7.15AM	NO HYDING PLACE	GSR (Get Summer Ready)	ANGER MANAGEMENT	STRENGTH & CONDITIONING	CARDIO & CORE		REST, RECOVER, REFLECT, REFOCUS
8.30AM - 9.15AM						RT 24	
9.30AM - 10.15AM	GSR (Get Summer Ready)	ANGER MANAGEMENT	STRENGTH & CONDITIONING	CARDIO & CORE	NO HYDING PLACE	RT 24	
5.00PM - 5.45PM	ANGER MANAGEMENT	STRENGTH & CONDITIONING	CARDIO & CORE	NO HYDING PLACE	GSR (Get Summer Ready)		
6.00PM - 6.45PM	STRENGTH & CONDITIONING	CARDIO & CORE	NO HYDING PLACE	GSR (Get Summer Ready)	STRENGTH & CONDITIONING		
7.00PM - 7.45PM	NO HYDING PLACE	STRENGTH & CONDITIONING (Male Only)	GSR (Get Summer Ready)	STRENGTH & CONDITIONING (Male Only)	ANGER MANAGEMENT		
8.00PM - 8.45PM	CARDIO & CORE	GSR (Get Summer Ready)	ANGER MANAGEMENT	NO HYDING PLACE			

ANGER MANAGEMENT - Release that ANGER with a COMBO of AGGRESSIVE EXERCISES

CARDIO & CORE - Get a sweaty mix between HEART RISING cardio and belly FAT BURNING core work

GSR (Get Summer Ready) - FULL BODY workouts to SHRED that FAT and get summer body ready

NO HYDING PLACE - No body part can HYDE with a variety of FULL BODY movements

STRENGTH & CONDITIONING - Build that MUSCLE that makes the ladies look LEAN and the gents look BUFF

RT24 - HIGH INTENSITY relentless training...enough said!