

CLICK A WORKOUT TO VIEW THE FULL LENGTH VIDEO



YOUTUBE PLAYLIST

FIRE IT UP 4 WEEK PROGRAM



WEEK 1

WEEK 2

WEEK 3

WEEK 4

SUN	MON	TUE	WED	THU	FRI	SAT
REST  COOL DOWN WEEKS 1 2 3 4	UPPER BODY WORKOUT 1 	LOWER BODY WORKOUT 2 	CARDIO WORKOUT 3 	UPPER BODY WORKOUT 1 	LOWER BODY WORKOUT 2 	REST
REST	UPPER BODY WORKOUT 1 	LOWER BODY WORKOUT 2 	CARDIO WORKOUT 3 	UPPER BODY WORKOUT 1 	LOWER BODY WORKOUT 2 	REST
REST	UPPER BODY WORKOUT 4 	LOWER BODY WORKOUT 5 	CARDIO WORKOUT 6 	UPPER BODY WORKOUT 4 	LOWER BODY WORKOUT 5 	REST
REST	UPPER BODY WORKOUT 4 	LOWER BODY WORKOUT 5 	CARDIO WORKOUT 6 	UPPER BODY WORKOUT 4 	LOWER BODY WORKOUT 5 	REST

TAG @KAMOYAFARRAY WHEN SHARING YOUR PROGRESS

