



FIERCE 1.0

WWW.HEATHERROBERTSON.COM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Arm & Shoulders	Lower Body Strength	Chest & Back	Booty Builder	Active Recovery	Full Body Strength	HIIT Cardio & Abs
WEEK 2	Chest & Shoulders	Unilateral Leg Strength	Cardio AMRAP	Yoga Fusion	Back & Arm Sculpt	Core Strength	Total Body Strength & Cardio

PRINT OR SCREEN SHOT THIS CALENDAR AND PLACE A CHECK MARK/EMOJI IN EACH BOX AFTER YOU COMPLETE THE WORKOUT FOR THAT DAY.
Use this schedule as a guideline. Adjust rest days to meet your needs and take extra rest if needed.