



FIERCE 3.0

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Arm Strength	Lower Body Strength	Chest & Back Strength	Full Body Calisthenics	Abs & Mobility	Full Body MetCon	Full Body Stretch
WEEK 2	Chest & Shoulders	Glutes & Thighs	Full Body Pilates Sculpt	Total Body Dumbbell HIIT	Back & Arm Strength	Core & Mobility	Full Body Strength & Power

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.