



TR TONE & TIGHTEN
real fitness for real people

SIX-WEEK FALL WORKOUT PLAN

	Day One	Day Two	Day Three
Week One	<u>30-Minute Cardio HIIT</u>	<u>15-Minute Arm Workout</u>	<u>15-Minute Fat-Burning Cardio</u>
Week Two	<u>Cardio Abs Workout</u>	<u>Thigh Blaster Workout</u>	<u>20-Minute Cardio Strength</u>
Week Three	<u>Eliminate Jiggly Arms Workout</u>	<u>Amazing Inner Thigh Workout</u>	<u>25-Minute At-Home Tabata Workout</u>
Week Four	<u>Sculpted Legs Workout</u>	<u>Total-Body Cardio Kickboxing Workout</u>	<u>5 Ab Exercises You Need To Be Doing</u>
Week Five	<u>Total-Body Fat-Blasting Workout</u>	<u>20-Minute Tank Top Arms Workout</u>	<u>Killer Leg Circuit Workout</u>
Week Six	<u>Increase Core Strength In 5 Simple Exercises</u>	<u>20-Minute Cardio Strength Workout</u>	<u>30-Minute High Intensity Workout With Dumbbells</u>