

## HIIT Progression System Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week 1</b>	Fire Starter Stretch 10	Fire 40 Stretch 10	Fire Starter Stretch 10	Fire 40 Stretch 10	Fire Starter Stretch 10	Abs 10 Stretch 10	REST
<b>Week 2</b>	Low Hiit 20 Stretch 10	Fire 40 Stretch 10	Low Hiit 20 Stretch 10	Fire Starter Stretch 10	Low Hiit 20 Stretch 10	Fire Starter Stretch 10	REST
<b>Week 3</b>	Low Hiit 20 Stretch 10	Fire 40 Stretch 10	Low Hiit 25 Stretch 10	Fire 40 Stretch 10	Low Hiit 25 Stretch 10	Fire Starter Stretch 10	REST
<b>Week 4</b>	Low Hiit 25 Stretch 10	Fire 30 Stretch 10	Low Hiit 20 Stretch 10	Fire 40 Stretch 10	Low Hiit 25 Stretch 10	Fire 40 Stretch 10	REST
<b>Week 5</b>	Fire 30 Stretch 10	Fire 40 Stretch 10	Fire 30 Stretch 10	Abs 10 Stretch 10	Fire 30 Stretch 10	Fire 40 Stretch 10	REST
<b>Week 6</b>	Hiit 15 Stretch 10	Fire 40 Stretch 10	Low Hiit 20 Stretch 10	Fire 40 Stretch 10	Hiit 15 Abs 10 Stretch 10	Fire 40 Stretch 10	REST
<b>Week 7</b>	Hiit 15 Abs 10 Stretch 10	Fire 40 Stretch 10	Low Hiit 25 Stretch 10	Fire 40 Stretch 10	Hiit 20 Abs 10 Stretch 10	Fire 40 Stretch 10	REST
<b>Week 8</b>	Hiit 20 Abs 10 Stretch 10	Fire 30 Stretch 10	Low Hiit 25 Abs 10 Stretch 10	Fire 40 Stretch 10	Hiit 20 Abs 10 Stretch 10	Fire 40 Stretch 10	REST
<b>Week 9</b>	Fire 40 Stretch 10	Fire 55 Stretch 10	Fire 30 Stretch 10	Abs 10 Stretch 10	Fire 55 Stretch 10	Fire 40 Stretch 10	REST
<b>Week 10</b>	Hiit 20 Abs 10 Stretch 10	Fire 45 Stretch 10	Hiit 15 Abs 10 Stretch 10	Fire 40 Stretch 10	Hiit 15 Abs 10 Stretch 10	Fire 55 Stretch 10	REST
<b>Week 11</b>	Hiit 20 Abs 10 Stretch 10	Fire 45 Stretch 10	Hiit 25 Stretch 10	Fire 40 Stretch 10	Hiit 20 Abs 10 Stretch 10	Fire 55 Stretch 10	REST
<b>Week 12</b>	Hiit 25 Abs 10 Stretch 10	Fire 45 Stretch 10	Hiit 25 Abs 10 Stretch 10	Fire 40 Stretch 10	Hiit 25 Abs 10 Stretch 10	Fire 45 Stretch 10	REST

### ABOUT THIS SCHEDULE:

TurboFire® is the intense cardio conditioning program from fitness innovator Chalene Johnson. She'll help you get leaner with exercises that burn up to 9x more fat than regular cardio does. And with more than 20 smoking-hot music remixes, TurboFire will pick you up and push you past your limits. So forget the excuses. Forget the gym. Now the hottest classes in Southern California come to you.

## Prep Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week 1</b>	Fire Starter Stretch 10	Stretch 40	Tone 30	Fire Starter Stretch 10	Core 20	Stretch 40	REST
<b>Week 2</b>	Fire Starter Stretch 10	Stretch 40	Sculpt 30	Core 20 Stretch 10	Fire Starter Stretch 10	Stretch 40	REST
<b>Week 3</b>	Low Hiit 20 Stretch 10	Tone 30 Stretch 10	Low Hiit 20 Stretch 10	Stretch 40	Core 20 Stretch 10	Stretch 40	REST
<b>Week 4</b>	Low Hiit 25 Stretch 10	Tone 30 Stretch 10	Fire 30 Stretch 10	Core 20 Stretch 10	Low Hiit 20 Stretch 10	Core 20 Stretch 10	REST
<b>Week 5</b>	Fire 30 Stretch 10	Low Hiit 20 Stretch 10	Sculpt 30 Stretch 10	Core 20 Stretch 10	Low Hiit 25 Stretch 10	Core 20 Stretch 10	REST
<b>Week 6</b>	Fire 30 Stretch 10	Fire 45	Sculpt 30 Stretch 10	Low Hiit 20 Stretch 10	Core 20 Stretch 10	Stretch 40	REST
<b>Week 7</b>	Fire 30 Stretch 10	Fire 45	Hiit 15 Stretch 10	Sculpt 30 Core 20	Fire 40 Stretch 10	Core 20 Stretch 40	REST
<b>Week 8</b>	Fire 30 Stretch 10	Fire 55	Hiit 15 Stretch 10	Sculpt 30 Core 20	Fire 40 Stretch 10	Core 20 Stretch 40	REST
<b>Week 9</b>	Stretch 40	Low Hiit 20 Stretch 10	Core 20 Stretch 10	Fire 40 Stretch 10	Low Hiit 20 Stretch 10	Stretch 40	REST

### ABOUT THIS SCHEDULE:

Because TurboFire's HIIT classes are so intense, it's something you might not be able to jump into right away. But you can work up to it. Ease into Chalene's Fire Drills by using the Prep Schedule. Gradually build up your intensity levels and soon you'll be conditioned and ready for HIIT. If you are a beginner, this is the workout for you.

## Advanced HIIT Progression System Schedule

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week 1</b>	<b>Fire 40 Stretch 10</b>	<b>Fire 55 Stretch 10</b>	<b>Fire 30 Stretch 10</b>	<b>Core 20 Stretch 10</b>	<b>Fire 55 Stretch 10</b>	<b>Fire 40 Stretch 10</b>	<b>REST</b>
<b>Week 2</b>	<b>Hiit 15 Sculpt 30 Stretch 10</b>	<b>Fire 45 Stretch 10</b>	<b>Hiit 15 Core 20 Stretch 10</b>	<b>Fire 30 Stretch 10</b>	<b>Hiit 15 Tone 30 Stretch 10</b>	<b>Fire 40 Stretch 10</b>	<b>REST</b>
<b>Week 3</b>	<b>Hiit 20 Sculpt 30 Stretch 10</b>	<b>Fire 45 Stretch 10</b>	<b>Hiit 20 Core 20 Stretch 10</b>	<b>Fire 30 Stretch 10</b>	<b>Hiit 20 Tone 30 Stretch 10</b>	<b>Fire 40 Stretch 10</b>	<b>REST</b>
<b>Week 4</b>	<b>Hiit 25 Sculpt 30 Stretch 10</b>	<b>Fire 45 Stretch 10</b>	<b>Hiit 20 Core 20 Stretch 10</b>	<b>Fire 30 Stretch 10</b>	<b>Hiit 20 Tone 30 Stretch 10</b>	<b>Fire 40 Stretch 10</b>	<b>REST</b>
<b>Week 5</b>	<b>Fire 40 Stretch 10</b>	<b>Fire 60 Stretch 10</b>	<b>Fire 30 Stretch 10</b>	<b>Core 20 Stretch 10</b>	<b>Fire 55 Stretch 10</b>	<b>Fire 40 Stretch 10</b>	<b>REST</b>
<b>Week 6</b>	<b>Hiit 25 Sculpt 30 Stretch 10</b>	<b>Fire 60 Stretch 10</b>	<b>Hiit 30 Core 20 Stretch 10</b>	<b>Fire 55 Stretch 10</b>	<b>Hiit 25 Tone 30 Stretch 10</b>	<b>Fire 40 Stretch 10</b>	<b>REST</b>
<b>Week 7</b>	<b>Hiit 30 Sculpt 30 Stretch 10</b>	<b>Fire 60 Stretch 10</b>	<b>Hiit 25 Core 20 Stretch 10</b>	<b>Fire 55 Stretch 10</b>	<b>Hiit 30 Tone 30 Stretch 10</b>	<b>Fire 40 Stretch 10</b>	<b>REST</b>
<b>Week 8</b>	<b>Hiit 30 Sculpt 30 Stretch 10</b>	<b>Fire 60 Stretch 10</b>	<b>Hiit 30 Core 20 Stretch 10</b>	<b>Fire 55 Stretch 10</b>	<b>Hiit 30 Tone 30 Stretch 10</b>	<b>Fire 40 Stretch 10</b>	<b>REST</b>

### **ABOUT THIS SCHEDULE:**

TurboFire was designed as a 12-week program with classes scheduled for 6 days a week. If you choose to move up to the next level, you have the option to extend the TurboFire program to 20 weeks with Advanced Classes. This schedule includes weeks 13-20, including the advanced workouts: Fire 60 Class, HIIT 30 Class, Upper 20 Class, Lower 20 Class, Abs 10 Class and Stretch 10 Class. If you are an advanced exerciser, this is the workout for you.