



Hello! Welcome to the 4 Months to Fit Program! This schedule is designed to go along with my Vimeo Channel workouts which you can find [HERE!](#) Sign up for \$20 a month.

All of my workouts are less than 30 minutes, and typically closer to 15-20 minutes. You'll find a wide range of different styles from plyometrics, to circuits, to AMRAPs- all of them you'll do right along with me! This schedule may look like a lot at first glance, but Thursdays are just a quick 10-15 min HIIT, and Saturdays are a 10 minute CORE burn to go along with your walk. I basically want you moving your body in some form daily!

I've provided some cardio guidelines as well to supplement your training in between workout days. A brisk walk is SUPER effective and please don't feel like you need to force yourself to be a runner to see results. Walking is an excellent fat burner and helps to slim down immensely if that is your goal.

You can see that I've provided 2 options for everyday. In **PURPLE** you'll find workouts that require equipment. I only use the [TRX](#), [Dumbbells](#) (usually just one set 8-10lbs) and [mini bands](#). In **PINK** you have workouts that require ZERO equipment, just your body so you can do them anywhere, anytime! Choose your option everyday based on what you have available and check out the corresponding video!

Also, the BEST part about this schedule is that it never ends. I am filming new workouts almost everyday to continue adding to the schedule. CONSISTENCY is the most important thing in a workout routine. If you haven't reached your goals yet- JUST KEEP GOING. It's that simple! And when you reach goals... KEEP GOING. Fitness is a never-ending endeavour if you truly want to see those results.

If you have any questions, requests, concerns, please e-mail tara.a.brunet@gmail.com or find me on [facebook!](#)

KEY:**- TRX / DUMBBELLS / BANDS****- BODYWEIGHT/ NO EQUIPMENT****Choose pink OR purple depending on what equipment you have available to you (NOT Both).*

	MONDAY	TUES	WED	THURS	FRI	SAT	SUN
1	Full Body Dumbbell Workout #32 24 min Full Body #21	<i>Brisk Walk or Run</i> 30- 45 minutes	Weighted Optional Leg Day #24 Bodywt. Booty #31	15 min Fat Burn #30 + 20-30 min walk or Run	Lean Arms + Strong Abs #16 Angel Arms & Abs #55	<i>Brisk Walk or Run</i> 30 min 10 min 6 Pack #4	Rest/ Stretch/ Foam Roll
2	TRX Full Body #15 Frosty Full Body #55	<i>Brisk Walk or Run</i> 30- 45 minutes	Banded Booty Burn #20 Leg + Booty Hell #10	Ho Ho HIIT #48 + 20-30 min walk or Run	Upper Body AMRAP #34 Party Dress Arms + Abs #43	<i>Brisk Walk</i> 30 min or Run Weighted Advanced Abs #28 8 min Abs #23	Rest/ Stretch/ Foam Roll
3	TRX Full Body Advanced #36 Santa's Final Workout #38	<i>Brisk Walk or Run</i> 30- 45 minutes	Leg + Booty Burner #184 Leg + Booty Hell #10	Climb the Ladder Challenge #8 + 20-30 min walk or Run	Arm + Ab Pyramid #11	<i>Brisk Walk</i> 30 min or Run TRX Core Ladder #35 Angel Arms + Abs #54	Rest/ Stretch/ Foam Roll
4	30-60-90 Circuit #18 20-20-10 Full Body AMRAP #19	<i>Brisk Walk or Run</i> 30- 45 minutes	Hamstring + Glute Day #126 Booty with a Bow #41	10 min HIIT #25 + 20-30 min walk or Run	Turbo Bi's + Tri's #171 Full Body Upper Body Focus #26	<i>Brisk Walk or Run</i> 30 min 10 min 6 Pack #4	Rest/ Stretch/ Foam Roll
5	Full Body Circuits #7 400 Rep Burn #3	<i>Brisk Walk or Run</i> 30- 45 minutes	Full Body Bands #13 Blizzard Booty #52	Holiday HIIT #53 + 20-30 min walk or Run	Posture Perfect #130 Upper Body Burn #33	<i>Brisk Walk or Run</i> 30 min Killer Core + Cardio #9	Rest/ Stretch/ Foam Roll

6	TRX Full Body #22 4 x the Fun Workout #5	<i>Brisk Walk or Run</i> 30- 45 minutes	Lights + Legs #58	HIIT It Hard #14 + 20-30 min walk or Run	Full Body #3	<i>Brisk Walk or Run 30 min</i> 8 min Abs #23	Rest/ Stretch/ Foam Roll
7	Full Body "21" #2	<i>Brisk Walk or Run</i> 30- 45 minutes	Cardio/ Dumbbell Workout #12 Ninja Training #27	15 min HIIT/EMO M #17 + 20-30 min walk or Run	Dumbbell HIIT #62 13 min No Excuses #6	<i>Brisk Walk or Run 30 min</i>	Rest/ Stretch/ Foam Roll
8	Full Body Bands #13 Advanced 1000 Rep Challenge #67	<i>Brisk Walk or Run</i> 30- 45 minutes	Weighted Leg Burn #64 Same Workout- No Weights.	Dumbbell HIIT #62 15 min Bodywt. HIIT #28 + 20-30 min walk or Run	TRX Upper Body Sculpt #63 Toned Arms #66	<i>Brisk Walk or Run 30 min</i> Abs Abs Abs #65	Rest/ Stretch/ Foam Roll
9	Sleek Arms, Strong Legs Banded #69 24 min Full Body #21	<i>Brisk Walk or Run</i> 30- 45 minutes	Ballerina Booty/ Leg Burn #71	10 min HIIT IT! #68 + 20-30 min walk or Run	Weighted Strong Arms #72 Arm + Ab Pyramid #11	<i>Brisk Walk or Run 30 min</i> TRX Advanced Abs #70 10 min 6 Pack #4	Rest/ Stretch/ Foam Roll
10	Advanced Beatdown 20 min #73	<i>Brisk Walk or Run</i> 30- 45 minutes	TRX + Weighted Legs #75 Greatest Leg Day Ever #85	Skip it HIIT! #74 + 20-30 min walk or Run	Awe-some Arms #77	Ab Quickie 5 min #76 <i>Brisk Walk or Run 30 min</i>	Rest/ Stretch/ Foam Roll
11	Dumbbell Whole Body Kickstart #78 Beginner Full Body Workout #80	<i>Brisk Walk or Run</i> 30- 45 minutes	Tabata Burn Out! #82	TRX HIIT THIS! #79 10 min HIIT #25 + 20-30 min walk or Run	Lean Limbs w/ DB #81 Ab & Arm Pyramid #11	Killer Core + Cardio #9 <i>Brisk Walk or Run 30 min</i>	Rest/ Stretch/ Foam Roll

12	Full Body Dumbbell Power #98 Full Body Fun Ladder #88	<i>Brisk Walk or Run</i> 30- 45 minutes	Add On Leg Day #92	Skip This HIIT #86 + 20-30 min walk or Run	Sun's Out Gun's Out #84	10 Min EMOM HIIT #91 <i>Brisk Walk or Run 30 min</i>	Full Body Stretch #89
13	5 x 5 Dumbbell Workout #113 Tabata Triple Threat #90	<i>Brisk Walk or Run</i> 30- 45 minutes	Leg + Booty Circuit #95 TRX Leg Torture #108	Cardio Queens #109 + 20-30 min walk or Run DB Fat Burn HIIT #111	Arms Shaking Abs Burning TRX #100 Arm+ Ab Burnout #87	Count Those Abs #99 <i>Brisk Walk or Run 30 min</i>	Rest/ Stretch/ Foam Roll
14	Mini Dumbbell Full Body #128 Triple AMRAP Full Body #118	<i>Brisk Walk or Run</i> 30- 45 minutes	No Knee Pain Legs #114 AMRAP Legs #108	HIIT + RUN #117 + 20-30 min walk or Run	Arm + Ab AMRAP #93 Brutal DB Arms #112	Heart Pumping HIIT #101 DB Fat Burn HIIT#111	Rest/ Stretch/ Foam Roll
15	Add on Hell Dumbbells #119 Brunet's Bodyweight Bootcamp #121	<i>Brisk Walk or Run</i> 30- 45 minutes	Hamstring + Glute Day #126 Leg + Booty Hell #10	Crazy Abs #122 & Add on Hell #120 + 20-30 min walk or Run (optional)	Arms + Abs Dumbbell Reps #125 Full of Fun Arms/Abs #109	Cardio Sweat #123	Rest/ Stretch/ Foam Roll
16	400 Rep Full Body Challenge #182 #162 Full Length Full Body	<i>Brisk Walk or Run</i> 30- 45 minutes	Simple, Yet Brutal Leg Day #170 Leg Burn Extravaganza #160	Full Body HIIT #185 + 20-30 min walk or Run (optional)	Ultimate Arms #152 Back + Arm Burner #177	Ab HIIT! #161	Rest/ Stretch/ Foam Roll