

NOVEMBER WORKOUTS!

FOR DAILY SUPPORT... JOIN THE FACEBOOK GROUP [HERE!](#)

MON	TUES	WED	THURS	FRI	SAT	SUN
			1 #83 Fitness Test	2 HIIT #123 Cardio Sweat	3 Cardio 30-60 mins	4 YOGA w/ Adrienne
5 #175 Full Body Beatdown	6 #177: Bodywt Back and Arms	7 HIIT X 10 Rounds*	8 #146 Intense Leg Day	9 #185 Full Body HIIT	10 Cardio 30-60 mins	11 YOGA w/Adrienne
12 #124 Burn Out Workout	13 #142 Arm + Ab Blitz	14 HIIT X 12 Rounds*	15 #31 Bodywt Booty	16 #25 10 minute HIIT	17 Cardio 30-60 mins	18 YOGA w/Adrienne
19 #90 Tabata Triple Threat	20 #96 Arm + Ab Tabata Duo	21 HIIT X 14 Rounds*	22 #95 Leg+ Booty Burner	23 #102 HIIT from Hell	24 Cardio 30-60 mins	25 YOGA w/Adrienne
26 #118 Triple AMRAP Full Body	27 #84 Suns out Guns Out	28 HIIT X 16 Rounds*	29 #10 Leg + Booty Hell	30 #83 Fitness Test		

*What is "Choose your own HIIT"?

HIIT Workouts for any level! Basically- it's a cardio burn that is supposed to be tough- but you can modify it to what you want to work on.

The format is 30 seconds as hard as you can, 30 seconds recovery, and repeat however many times I've put in the schedule (starting with 8 rounds, and moving up to 14).

If you are advanced: I would recommend taking it outside to a set of stairs! Sprint up, walk down

and repeat. If the stairs are decent length hopefully it takes around 20-30 seconds to sprint up. Or, find a nice hill- sprint up, walk down and repeat!

Beginner: You could use an elliptical machine, or spin bike to get your sprints in. If you prefer to do it with zero equipment- you can speed walk up a hill, and walk down. Or try 30 seconds of fast squats and then a moderate walk on the rest period.

The goal is to spike your heart rate and really push it for those 30 seconds so that you need that 30 seconds rest!

Try the “Simple Interval Timer App” for easy timing. Just set it for 30 seconds on, 30 seconds rest.

Ideas:

STAIRS

HILLS

BURPEES

JUMP SQUATS

SKIPPING

MOUNTAIN CLIMBER

HIGH KNEES

JUMP LUNGES

SPEED WALK UP HILLS

SPIN BIKE

ROWING MACHINE

ELLIPTICAL

BATTLE ROPES

PLANK JACKS

STAIRCLIMBER

KB SWINGS

JUMPING JACKS

Anything that you feel will work you hard and get that heart rate up!

Rules:

-JOIN THE FACEBOOK GROUP [HERE!](#)

Keep it simple! Just move your body everyday- whether that's a workout video (see schedule down below) a hike, a swim, a yoga session- I want everyone to feel the benefits of MOVEMENT on their mind and body.

-Post your "sweaty selfie" in the comments of that days post (I will post the night before for the next day stating the workout video I recommend)

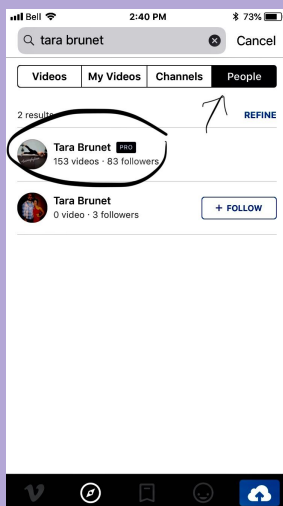
-Continue for 30 days!

How access the videos:

You can access them from your computer here:

<https://vimeo.com/ondemand/trainingbytarabrunet>

Once you've subscribed on a computer- download the VIMEO App on your phone- and search "Tara Brunet" under "People" and follow the one circled below. From the app you can pre-download videos (so you don't need to use WIFI) and airplay onto a smart TV for better sound and bigger viewing!



Extra's to Check Out:

Make sure you WARM UP before jumping in- and are you engaging your core correctly!?

#60 WARM UP VIDEO

#59 POST NATAL CORE

BEGINNER VIDEOS:

Most of the videos in the schedule I provide modifications- but if you wanted more specific beginner videos please replace any workouts with the ones down below and the substitutions video for more mods. I am working on more beginner videos for you guys as the month goes on!

#61 SUBSTITUTIONS

#124 Burnout Workout

#135 Beginner Arms + Abs

#136 Beginner Full Body

#137 Beginner Legs + Glutes

#138 Beginner HIIT

#71 Ballerina Booty Beginner

#68 10 min HIIT

#80 Beginner Full Body

#108 AMRAP Legs

#155 Beginner Bodyweight Full Body