

DAY 34—ACTIVE REST AND RECOVERY

EXERCISE	SETS/REPS	COMMENT
Cardio	25 + 10 minutes <input type="checkbox"/>	Upon waking perform 25 minutes of steady-state cardio followed immediately by 10 minutes of HIIT for 60 seconds on/60 seconds off
Cardio	25 + 15 minutes <input type="checkbox"/>	Perform 25 minutes of steady-state cardio followed by 15 minutes of HIIT cardio sessions of 60 seconds on/60 seconds off. Make sure to split your 2 cardio sessions.

DAY 35—ACTIVE REST AND REEVALUATE

EXERCISE	SETS/REPS	COMMENT
Cardio	25 + 10 minutes <input type="checkbox"/>	Upon waking perform 25 minutes of steady-state cardio followed immediately by 10 minutes of HIIT for 60 seconds on/60 seconds off
Cardio	25 + 15 minutes <input type="checkbox"/>	Perform 25 minutes of steady-state cardio followed by 15 minutes of HIIT cardio sessions of 60 seconds on/60 seconds off. Make sure to split your 2 cardio sessions.

WEEKLY CHECK-IN

- Weigh yourself upon rising
- Take photos of yourself
- Make sure your journal is up to date

NOTES
