

DAY 41—ACTIVE REST AND RECOVERY

EXERCISE	SETS/REPS	COMMENT
Cardio	40 + 10 minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals
Cardio	40 + 10 minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals

DAY 42—ACTIVE REST AND REEVALUATE

EXERCISE	SETS/REPS	COMMENT
Cardio	40 + 10 minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals
Cardio	40 + 15 minutes	Perform 40 minutes of steady-state cardio followed immediately by 10 minutes of HIIT cardio with 30 seconds on/30 seconds off intervals

WEEKLY CHECK-IN

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