

# 4-WEEK HOME HIIT PLAN

with Gauri Chopra



## WEEK 1

### MONDAY

HIIT:  
LOWER BODY

### TUESDAY

ACTIVE RECOVERY  
(30-MIN WALK,  
SWIM OR CYCLE)

### WEDNESDAY

HIIT:  
UPPER BODY

### THURSDAY

CARDIO (30-MIN  
JOG OR ONLINE  
DANCE CLASS)

### FRIDAY

HIIT:  
CARDIO + CORE

### SATURDAY

STRETCH (30-MIN  
ONLINE YOGA OR  
STRETCH CLASS)  
+ 10,000 STEPS

### SUNDAY

BEST DAY

## WEEK 2

### MONDAY

HIIT:  
LOWER BODY

### TUESDAY

STRETCH (30-MIN  
ONLINE YOGA OR  
STRETCH CLASS)  
+ 11,000 STEPS

### WEDNESDAY

HIIT:  
UPPER BODY

### THURSDAY

HIIT:  
CARDIO + CORE

### FRIDAY

BEST DAY

### SATURDAY

CARDIO (30-MIN  
JOG OR ONLINE  
DANCE CLASS)

### SUNDAY

ACTIVE RECOVERY  
(30-MIN WALK,  
SWIM OR CYCLE)

## WEEK 3

### MONDAY

HIIT:  
LOWER BODY

### TUESDAY

HIIT:  
UPPER BODY

### WEDNESDAY

ACTIVE RECOVERY  
(30-MIN WALK,  
SWIM OR CYCLE)

### THURSDAY

CARDIO (30-MIN  
JOG OR ONLINE  
DANCE CLASS)

### FRIDAY

STRETCH (30-MIN  
ONLINE YOGA OR  
STRETCH CLASS)  
+ 13,000 STEPS

### SATURDAY

HIIT:  
CARDIO + CORE

### SUNDAY

BEST DAY

## WEEK 4

### MONDAY

CARDIO (30-MIN  
JOG OR ONLINE  
DANCE CLASS)

### TUESDAY

HIIT:  
UPPER BODY

### WEDNESDAY

HIIT:  
LOWER BODY

### THURSDAY

STRETCH (30-MIN  
ONLINE YOGA OR  
STRETCH CLASS)  
+ 13,000 STEPS

### FRIDAY

BEST DAY

### SATURDAY

HIIT:  
CARDIO + CORE

### SUNDAY

ACTIVE RECOVERY  
(30-MIN WALK,  
SWIM OR CYCLE)

# At Home Diagnostics Workout Plan United States

**Shasha Hu**



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