



Intense and advanced workout plan that will work your whole body - cardio, resistance and abs.

ALEX FIT

PROGRAM

Week 1

- DAY 1 - Complete
- DAY 2 - HIIT Mix
- DAY 3 - Triple HIIT
- DAY 4 - Crazy Beats
- DAY 5 - Complete Beats

Week 2

- DAY 1 - Complete 2
- DAY 2 - Complete HIIT
- DAY 3 - Cardio Roar
- DAY 4 - High Rep Beats
- DAY 5 - Cardio Beats