



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