



**TIFFANY'S
TRAINING**

4-WEEK 4-2-1 SERIES CALENDAR

Your Formula for Real Results!

4 STRENGTH • 2 CARDIO • 1 MOBILITY

REPETITION +
PROGRESSIVE OVERLOAD
= REAL STRENGTH GAINS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	 Push Strength Upper Body 30 min	 MIXED Cardio HIIT 30 min	 Total Body Strength 45 min	 Cardio (Jumping) 45 min	 Pull Strength Upper Body 30 min	 Lower Body Strength 30 min	 Stretch & Mobility 25 min
Week 2	 Lower Body Strength 30 min	 Cardio (Jumping) 45 min	 Pull Strength Upper Body 30 min	 MIXED Cardio HIIT 30 min	 Push Strength Upper Body 30 min	 Total Body Strength 45 min	 Stretch & Mobility 25 min
Week 3	 Lower Body Strength 30 min	 MIXED Cardio HIIT 30 min	 Total Body Strength 45 min	 Cardio (Jumping) 45 min	 Push Strength Upper Body 30 min	 Pull Strength Upper Body 30 min	 Stretch & Mobility 25 min
Week 4	 Total Body Strength 45 min	 Cardio (Jumping) 45 min	 Lower Body Strength 30 min	 MIXED Cardio HIIT 30 min	 Push Strength Upper Body 30 min	 Pull Strength Upper Body 30 min	 Stretch & Mobility 25 min



DON'T JUST WORK OUT.
TRACK YOUR PROGRESS.
CALENDAR + PROGRESSIVE OVERLOAD
TRACKER INCLUDED!



TRACKING = IMPROVEMENT = RESULTS
Each week is a chance to progress.
DON'T JUST REPEAT! IMPROVE!



FOLLOW THE PLAN.
TRACK YOUR PROGRESS.
SEE YOUR RESULTS.



BUILD STRENGTH. BUILD CONFIDENCE. BUILD A STRONGER YOU.



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