

E35

HIIT, CORE AND CARDIO

The E35 workout is a high-intensity, 35-minute fitness routine designed to maximize calorie burn and improve overall strength and endurance in a short period of time. It combines elements of cardio, strength training, and functional movements to target different muscle groups, ensuring a full-body workout. The routine is structured in quick bursts of exercises with minimal rest in between to keep the heart rate elevated and promote fat burning.

E35 is ideal for those who want to achieve a challenging and effective workout in a shorter duration. It can be tailored for different fitness levels by adjusting the intensity, weights, or exercise modifications.

PROGRAM SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	5000 Step HIIT	Strength & Endurance	Core & Flow	The Pulse	8000 Step HIIT	Rest Day	Rest Day
WEEK 2	Strength & Endurance 2	Power Cardio & Core	The Pyramid	LIIT	Energy 35	Rest Day	Rest Day
WEEK 3	5000 Step HIIT	Strength & Endurance	Core & Flow	The Pulse	8000 Step HIIT	Rest Day	Rest Day
FINALE WEEK							
WEEK 4	Strength & Endurance 2	Power Cardio & Core	The Pyramid	LIIT	Energy 35	Rest Day	Rest Day