

E35

HIIT, CORE AND CARDIO

HYBRID SCHEDULE

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	Strength & Endurance	Speed & Agility <small>(POWER UP 60)</small>	Upperbody Circuit <small>(POWER UP 60)</small>	5000 Step HIIT	Core & Flow	Spine & Neck Focus <small>(FREEDOM SERIES)</small>	Rest Day
WEEK 2	Strength & Endurance 2	8000 Step HIIT	Lowerbody Circuit <small>(POWER UP 60)</small>	Core Stability & Strength <small>(POWER UP 60)</small>	The Pyramid	Hip Focus <small>(FREEDOM SERIES)</small>	Rest Day
WEEK 3	Full body Strength Circuit <small>(POWER UP 60)</small>	The Pulse	Power Cardio & Core	The Ultimate Pyramid <small>(POWER UP 60)</small>	Core & Flow <small>(POWER UP 60)</small>	Shoulder & Scapula Focus <small>(FREEDOM SERIES)</small>	Rest Day
WEEK 4	Energy 35	Core Circuit <small>(POWER UP 60)</small>	Lowerbody Circuit <small>(POWER UP 60)</small>	Upperbody Pure Strength <small>(POWER UP 60)</small>	5000 Step HIIT	Fullbody Mobility Drill <small>(FREEDOM SERIES)</small>	Rest Day
FINALE WEEK							
WEEK 5	Full body Power <small>(POWER UP 60)</small>	Power Cardio & Core	Strength & Endurance 2	Core Stability & Strength <small>(POWER UP 60)</small>	8000 Step HIIT	Knee & Ankle Focus <small>(FREEDOM SERIES)</small>	Rest Day