



Blaze Fit

8 Week Program

 group hiit

WORKOUT
CALENDAR



8 Week Guide

Let's Get Started!

Use this guide to get started and to track your progress.

Workout videos can be found here:

www.grouphiit.com/collections/8-week-advanced-hiit-program

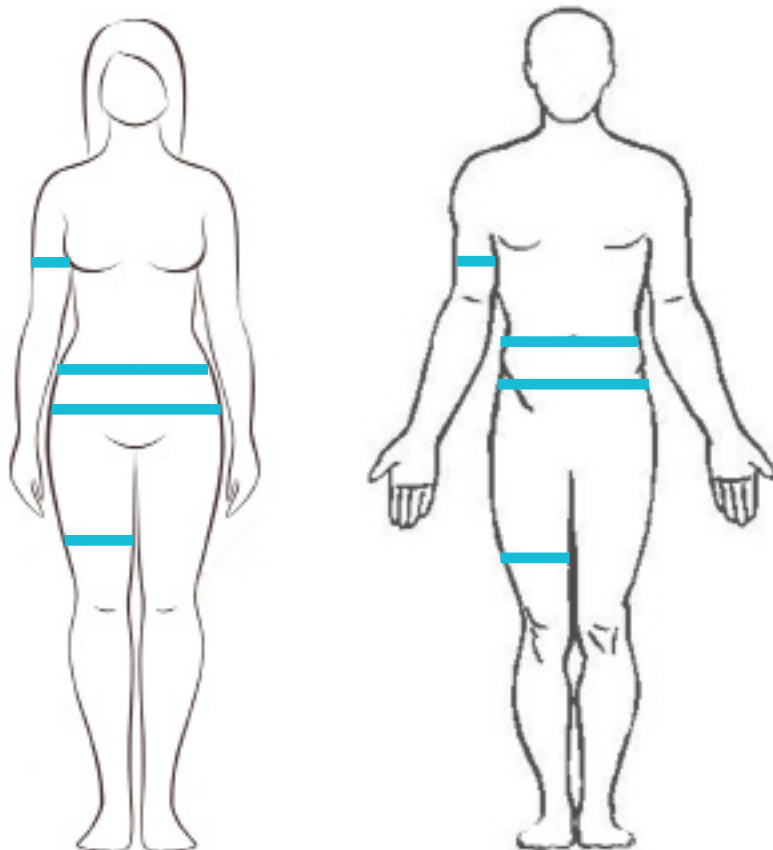
Day 1: Measurements

The most important part of taking your measurements is making sure they are in the same spot each time. Take a photo to help you remember where you measured.

Take these measurements weekly.

1. Weight: Use the same scale each time
2. Waist: Measure at navel
3. Thigh: Measure 6 inches above knee
4. Hips: Measure across hip bones
5. Bicep: Measure half way between armpit & elbow crease

Take your before photos to track your progress! Try to take a weekly picture in the same setting each week.



Week 1

Start by filling out your start date and days of the week.

Day 2: Upper Body

Date: _____

Day: _____

Notes:

Day 3: Cardio

Date: _____

Day: _____

Notes:

Day 4: Lower Body

Date: _____

Day: _____

Notes:

Day 5: Cardio & Abs

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.

Follow us:

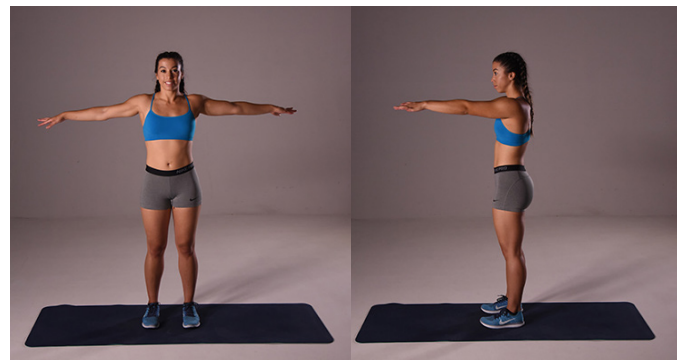
Instagram: [instagram.com/grouphiit](https://www.instagram.com/grouphiit)

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YouTube: [youtube.com/grouphiitworkouts](https://www.youtube.com/grouphiitworkouts)



Day 6: Full Body

Date: _____

Day: _____

Notes:

Day 7: Restore

Date: _____

Day: _____

Notes:

Day 8: Rest Day

Date: _____

Day: _____

Notes:

Congratulations on completing Week 1!

What's your level of motivation to meet your goal?

Low Medium High

Week 2

Perfect your form on squats, romanian deadlifts and push-ups.

Day 9: Upper Body

Date: _____

Day: _____

Notes:

Day 10: Cardio

Date: _____

Day: _____

Notes:

Day 11: Lower Body

Date: _____

Day: _____

Notes:

Day 12: Cardio & Abs

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 13: Full Body

Date: _____

Day: _____

Notes:

Day 14: Restore

Date: _____

Day: _____

Notes:

Day 15: Rest

Date: _____

Day: _____

Notes:

Congratulations on completing Week 2!

What is your level of motivation to meet your goal?

Low Medium High

Week 3

You should start feeling your strength increase!

Day 16: Upper Body

Date: _____

Day: _____

Notes:

Day 17: Cardio

Date: _____

Day: _____

Notes:

Day 18: Lower Body

Date: _____

Day: _____

Notes:

Day 19: Cardio & Abs

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 20: Full Body

Date: _____

Day: _____

Notes:

Day 21: Restore

Date: _____

Day: _____

Notes:

Day 22: Rest

Date: _____

Day: _____

Notes:

Congratulations on completing Week 3!

What is your level of motivation to meet your goal?

Low Medium High

Week 4

These workouts are intense but keep pushing!

Day 23: Upper Body

Date: _____

Day: _____

Notes:

Day 24: Cardio

Date: _____

Day: _____

Notes:

Day 25: Lower Body

Date: _____

Day: _____

Notes:

Day 26: Cardio & Abs

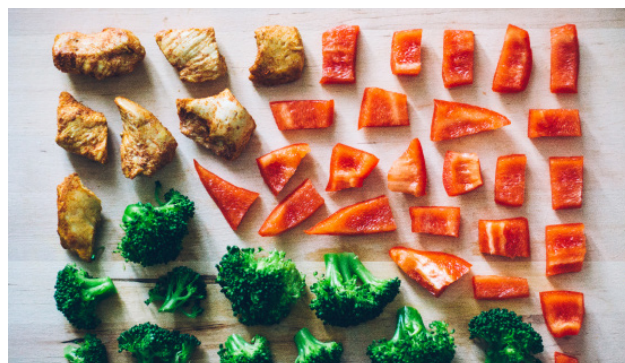
Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 27: Full Body

Date: _____

Day: _____

Notes:

Day 28: Restore

Date: _____

Day: _____

Notes:

Day 29: Rest

Date: _____

Day: _____

Notes:

Congratulations on completing Week 4!

What is your level of motivation to meet your goal?

Low Medium High

Week 5

You should feel your endurance increasing.

Day 30: Upper Body

Date: _____

Day: _____

Notes:

Day 31: Cardio

Date: _____

Day: _____

Notes:

Day 32: Lower Body

Date: _____

Day: _____

Notes:

Day 33: Cardio & Abs

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 34: Full Body

Date: _____

Day: _____

Notes:

Day 35: Restore

Date: _____

Day: _____

Notes:

Day 36: Rest

Date: _____

Day: _____

Notes:

Congratulations on completing Week 5!

What's your level of motivation to meet your goal?

Low Medium High

Week 6

You should be noticing results.

Day 37: Upper Body

Date: _____

Day: _____

Notes:

Day 38: Cardio

Date: _____

Day: _____

Notes:

Day 39: Lower Body

Date: _____

Day: _____

Notes:

Day 40: Cardio & Abs

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 41: Full Body

Date: _____

Day: _____

Notes:

Day 42: Restore

Date: _____

Day: _____

Notes:

Day 43: Rest

Date: _____

Day: _____

Notes:

Congratulations on completing Week 6!

What is your level of motivation to meet your goal?

Low Medium High

Week 7

Keep up the good work. Only two weeks left!

Day 44: Upper Body

Date: _____

Day: _____

Notes:

Day 45: Cardio

Date: _____

Day: _____

Notes:

Day 46: Lower Body

Date: _____

Day: _____

Notes:

Day 47: Cardio & Abs

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 48: Full Body

Date: _____

Day: _____

Notes:

Day 49: Restore

Date: _____

Day: _____

Notes:

Day 50: Rest Day

Date: _____

Day: _____

Notes:

Congratulations on completing Week 7!

What is your level of motivation to meet your goal?

Low Medium High

Week 8

Finish strong and pace yourself through every interval.

Day 51: Upper Body

Date: _____

Day: _____

Notes:

Day 52: Cardio

Date: _____

Day: _____

Notes:

Day 53: Lower Body

Date: _____

Day: _____

Notes:

Day 54: Cardio & Abs

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 55: Full Body

Date: _____

Day: _____

Notes:

Day 56: Restore

Date: _____

Day: _____

Notes:

Day 57: Rest Day

Date: _____

Day: _____

Notes:

Congratulations on completing Week 8!

What is your level of motivation to meet your goal?

Low Medium High

Day 58: Results

Congratulations, you finished Blaze Fit!

Take your measurements and see your results.

Proud of your results? Send them to us or tag us on social media.

Instagram: [instagram.com/grouphiit](https://www.instagram.com/grouphiit)

Pinterest: [pinterest.com/grouphiit](https://www.pinterest.com/grouphiit)

Facebook: [facebook.com/grouphiit](https://www.facebook.com/grouphiit)

Twitter: twitter.com/grouphiit

YouTube: [youtube.com/grouphiitworkouts](https://www.youtube.com/grouphiitworkouts)

Tag a friend on social media and challenge them to complete another challenge!

