

A group of people in a gym performing a plank exercise with dumbbells. The image shows a man and a woman in the foreground, both leaning forward with their forearms on dumbbells on the floor. They are looking towards the right. In the background, other people are also performing the same exercise. The gym has a concrete floor and large windows in the background.

Flash Fit

12 Week Program

 group hiit

WORKOUT
CALENDAR



12 Week Guide

Let's Get Started!

We're so glad you joined Flash Fit! Use this guide to get started and to track your progress.

Workout videos can be found here:

www.grouphiit.com/collections/12-week-hiit-workout-program

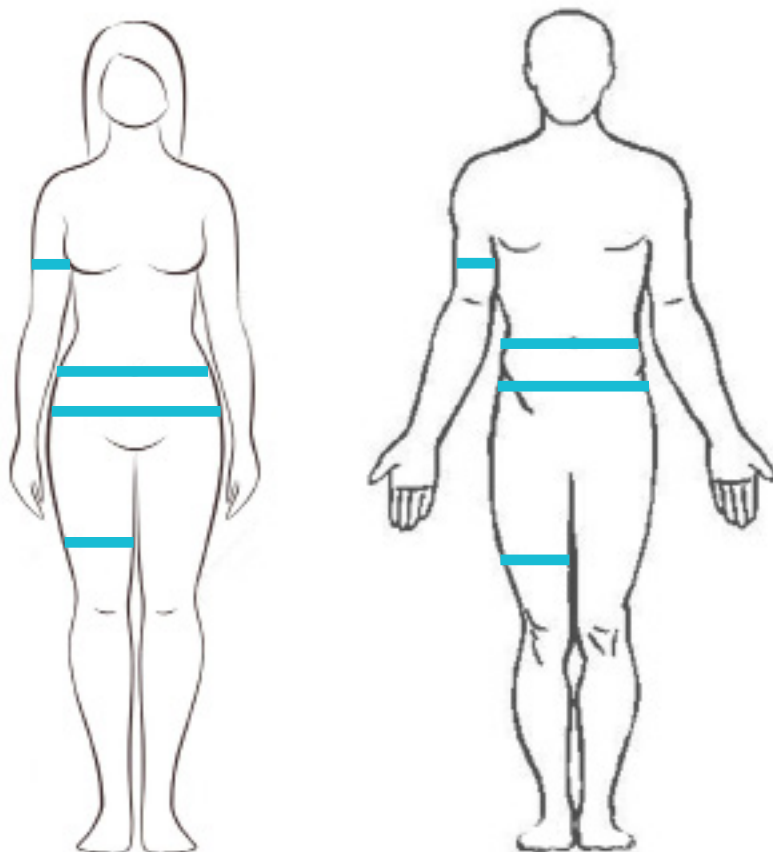
Day 1: Measurements

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 before photos to track your progress! Try to take a weekly picture in the same setting and time of day each week.



Week 1

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

Note: We recommend your first workout (Day 02: Upper Body) be on a Monday.

Day 2: Upper Body

Date: _____

Day: (Monday)

Notes:

Day 3: Cardio

Date: _____

Day: _____

Notes:

Day 4: Lower Body

Date: _____

Day: _____

Notes:

Day 5: Rest/Cardio

Date: _____

Day: _____

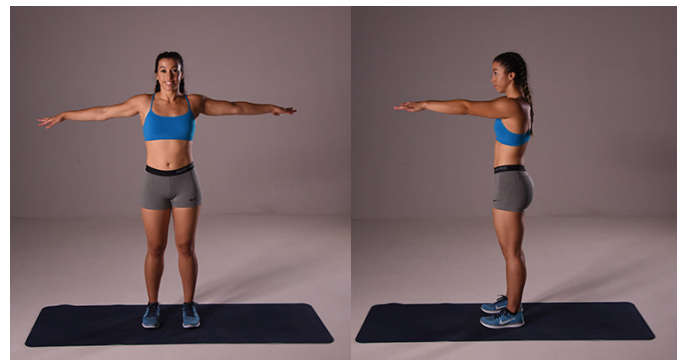
Notes:

Photos

Take a progress photo at the end of each week.

Follow us:

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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

The intensity picks up this week.

Day 9: Upper Body

Date: _____

Day: _____

Notes:

Day 10: Cardio

Date: _____

Day: _____

Notes:

Day 11: Lower Body

Date: _____

Day: _____

Notes:

Day 12: Rest/Cardio

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: Rest/Cardio

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

Welcome to Phase 2. The intensity is picking up this week.

Day 23: Upper Body

Date: _____

Day: _____

Notes:

Day 24: Cardio

Date: _____

Day: _____

Notes:

Day 25: Lower Body

Date: _____

Day: _____

Notes:

Day 26: Rest/Cardio

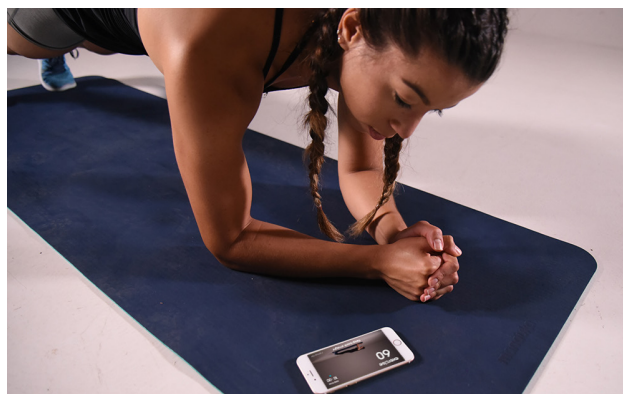
Date: _____

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

Make sure you are stretching before and after workouts.

Day 30: Upper Body

Date: _____

Day: _____

Notes:

Day 31: Cardio

Date: _____

Day: _____

Notes:

Day 32: Lower Body

Date: _____

Day: _____

Notes:

Day 33: Rest/Cardio

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 feel your endurance increasing.

Day 37: Upper Body

Date: _____

Day: _____

Notes:

Day 38: Cardio

Date: _____

Day: _____

Notes:

Day 39: Lower Body

Date: _____

Day: _____

Notes:

Day 40: Rest/Cardio

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

Welcome to Phase 3. The intervals are getting longer. Push yourself!

Day 44: Upper Body

Date: _____

Day: _____

Notes:

Day 45: Cardio

Date: _____

Day: _____

Notes:

Day 46: Lower Body

Date: _____

Day: _____

Notes:

Day 47: Rest/Cardio

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

Great job making it this far! Keep it up.

Day 51: Upper Body

Date: _____

Day: _____

Notes:

Day 52: Cardio

Date: _____

Day: _____

Notes:

Day 53: Lower Body

Date: _____

Day: _____

Notes:

Day 54: Rest/Cardio

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

Week 9

Work hard to the last second of each interval!

Day 59: Upper Body

Date: _____

Day: _____

Notes:

Day 60: Cardio

Date: _____

Day: _____

Notes:

Day 61: Lower Body

Date: _____

Day: _____

Notes:

Day 62: Rest/Cardio

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 63: Full Body

Date: _____

Day: _____

Notes:

Day 64: Restore

Date: _____

Day: _____

Notes:

Day 65: Rest Day

Date: _____

Day: _____

Notes:

Congratulations on completing Week 9!

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

Low Medium High

Week 10

Welcome to Phase 4. The intervals are very challenging. Get ready to see final results!

Day 66: Upper Body

Date: _____

Day: _____

Notes:

Day 67: Cardio

Date: _____

Day: _____

Notes:

Day 68: Lower Body

Date: _____

Day: _____

Notes:

Day 69: Rest/Cardio

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 70: Full Body

Date: _____

Day: _____

Notes:

Day 71: Restore

Date: _____

Day: _____

Notes:

Day 72: Rest

Date: _____

Day: _____

Notes:

Congratulations on completing Week 10!

What is your level of motivation to meet your goal?

Low Medium High

Week 11

Burn calories with these intense cardio intervals!

Day 73: Upper Body

Date: _____

Day: _____

Notes:

Day 74: Cardio

Date: _____

Day: _____

Notes:

Day 75: Lower Body

Date: _____

Day: _____

Notes:

Day 76: Rest/Cardio

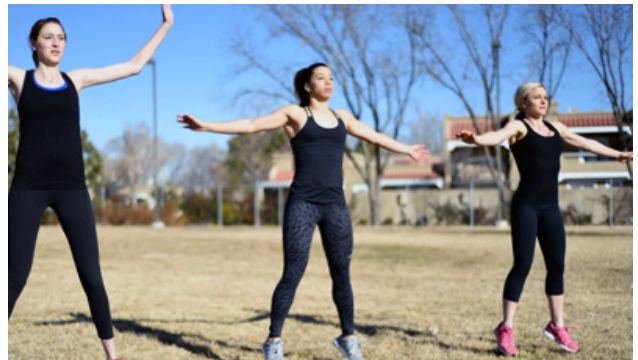
Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 77: Full Body

Date: _____

Day: _____

Notes:

Day 78: Restore

Date: _____

Day: _____

Notes:

Day 79: Rest Day

Date: _____

Day: _____

Notes:

Congratulations on completing Week 11!

What is your level of motivation to meet your goal?

Low Medium High

Week 12

You're almost done with the challenge!

Day 80: Upper Body

Date: _____

Day: _____

Notes:

Day 81: Cardio

Date: _____

Day: _____

Notes:

Day 82: Lower Body

Date: _____

Day: _____

Notes:

Day 83: Rest/Cardio

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 84: Full Body

Date: _____

Day: _____

Notes:

Day 85: Restore

Date: _____

Day: _____

Notes:

Day 86: Rest

Date: _____

Day: _____

Notes:

Congratulations on completing Week 12!

What is your level of motivation to meet your goal?

Low Medium High

Day 87: Results

Congratulations, you finished Flast Fit!

Take your measurements and see your results. If you love Group HIIT workouts, go to grouphiit.com to find more workout videos.

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)

Go to www.grouphiit.com and choose your next challenge.

Tag a friend on social media and challenge them to complete a program with you!

