

A group of people, including a young girl and an elderly woman, are performing a downward dog yoga pose in a bright, modern studio. They are on mats, with their hands and feet on the floor and their bodies forming an inverted V-shape. The background is bright and out of focus, showing other people in the class.

Spark Fit

6 Week Program

 group hiit

WORKOUT
CALENDAR



6 Week Guide

Let's Get Started!

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

Workout videos can be found here:

<http://www.grouphiit.com/collections/hiit-for-beginners>

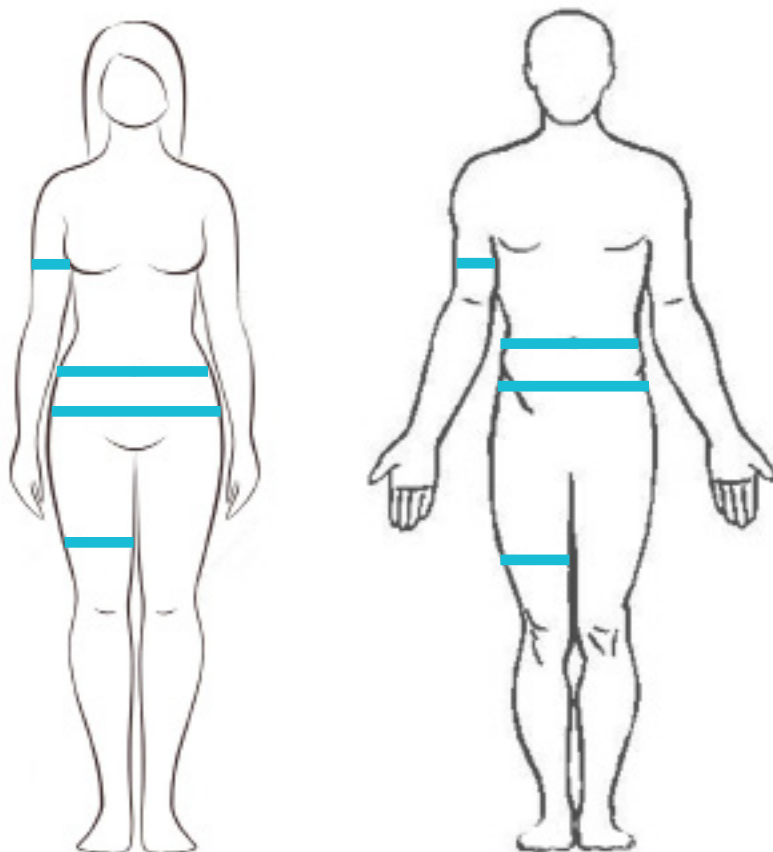
Day 1: Measurements

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: Rest/Cardio

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.

Follow us:

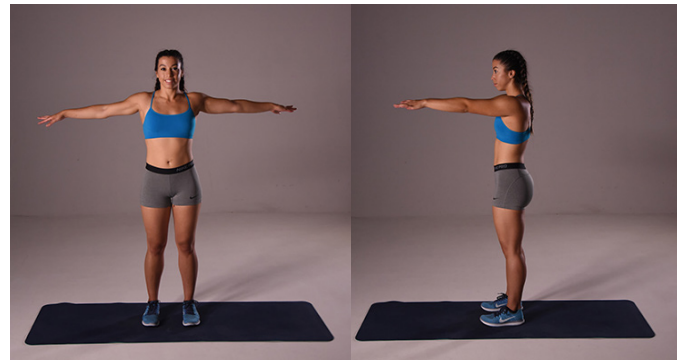
Instagram: [instagram.com/grouphiit](https://www.instagram.com/grouphiit)

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)



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

Add weights to basic movements to increase intensity.

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 intervals increase 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

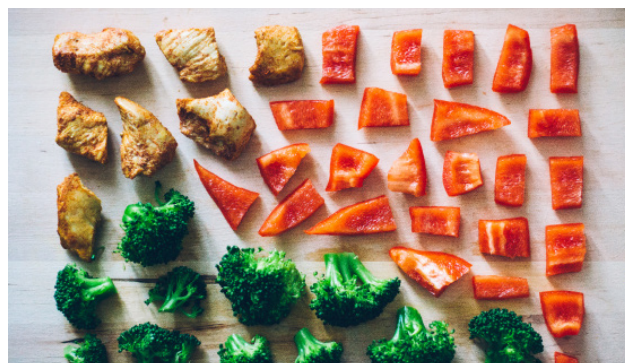
Date: _____

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

Day 44: Results

Congratulations, you finished Spark 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)

