

# 7 DAY WORKOUT SCHEDULE

**MONDAY: Cardio HIIT with Dumbbells**

<https://www.youtube.com/watch?v=2mAaYoFSqFc&t=706s>

**TUESDAY: Upper Body Dumbbells & ABS Workout**

<https://www.youtube.com/watch?v=f-nsyKlin7E&t=1371s>

**WEDNESDAY: 30 Min Cardio Tabata Workout**

<https://www.youtube.com/watch?v=L7XcBihyOxA&t=1274s>

**THURSDAY: 30 Minute LEGS Workouts with Dumbbells**

<https://www.youtube.com/watch?v=3iVVeHkqOj4&t=432s>

**FRIDAY: 30 Min Full Body HIIT (EMOM)**

<https://www.youtube.com/watch?v=OS1xkavonkw&t=1098s>

**SATURDAY: 30 Minute GLUTE Workout**

<https://www.youtube.com/watch?v=RSyblhJW1MA&t=352s>

**SUNDAY: 20 Minute ABS & STRETCH**

<https://www.youtube.com/watch?v=AJsrCEWcwFw&t=837s>

