

14-DAY HIGH-PERFORMANCE CHALLENGE WORKOUT PLAN

INSTRUCTIONS

To access the workout of the day + guided video, **click the bold text** on each day. Be sure to tag @lisagfit on social!

WEEK ONE

Day 01

**Upper Body
Workout - No
Weights**

10 minutes

Day 02

**Standing Core
Cardio
Workout**

10 minutes

Day 03

**Yoga and
Cardio Fusion
Workout**

10 minutes

Day 04

**Rest Day or 5-
min Full Body
HIIT Workout**

Day 05

**Quick HIIT
Workout**

5-7 minutes

Day 06

**Malibu Buns
and Thighs
Workout**

5-7 minutes

Day 07

Rest Day

WEEK TWO

Day 08

**30-min Full
Body HIIT
Workout**

30 minutes

Day 09

**Quick HIIT
Workout**

5-7 minutes

Day 10

**Upper Body
Workout - No
Weights**

10 minutes

Day 11

**Rest Day or
Yoga & Cardio
Fusion
Workout**

10 minutes

Day 12

**45-min Full
Body HIIT
Workout**

45 minutes

Day 13

**Standing Core
Cardio
Workout**

10 minutes

Day 14

Rest Day