VIYA Fit

STRONG

MONDAY	6:30 AM	HYROX
	7:30 AM	LOAD
	8:30 AM	CHISEL (UPPER BODY)
	9:30 AM	SHAPE (LOWER BODY)
	5:00 PM	HYROX
TUESDAY	7:30 AM	HYROX
	8:30 AM	LOAD
	5:00 PM	SHAPE (LOWER BODY)
	7:00 PM	LOAD
WEDNESDAY	6:30 AM	HYROX
	7:30 AM	LOAD
	8:30 AM	CHISEL (UPPER BODY)
	9:30 AM	SHAPE (LOWER BODY)
	5:00 PM	HYROX

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viya Fit

STRONG

THURSDAY	7:30 AM	HYROX
	8:30 AM	LOAD
	5:00 PM	SHAPE (LOWER BODY)
	7:00 PM	LOAD
FRIDAY	7:30 AM	LOAD
	8:30 AM	HYROX
	4:00 PM	LOAD
SATURDAY	8:00 AM	HYROX+
SUNDAY	9:00 AM	HYROX

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