

12 week comeback program

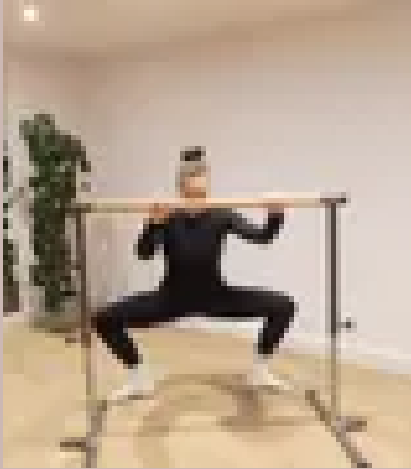


**STUDIO
BY TIERNEY®**

your weekly workout plan

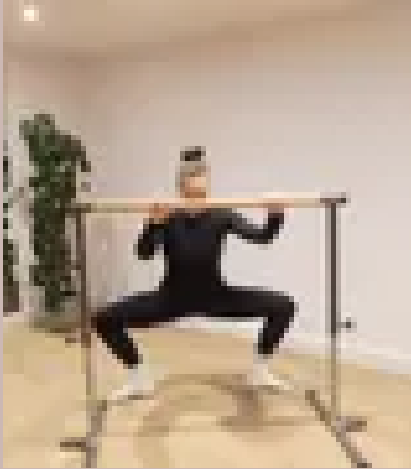
Week 1

phase 1: rebuild

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Rebuild Full Body 1	Rebuild Full Body 2	Rest or Rebuild Stretch	Rebuild Full Body 3	Rebuild Full Body 4	Rest or Rebuild Stretch	Rest
Duration : 20 mins	Duration : 23 mins	Duration : 12 mins	Duration : 21 mins	Duration : 19 mins	Duration : 12 mins	

Week 2

phase 1: rebuild

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Rebuild Full Body 1	Rebuild Full Body 2 + Rebuild Abs	Rebuild Stretch	Rebuild Full Body 3	Rebuild Full Body 4	Rebuild Ballet Legs + Rebuild Stretch	Rest
Duration : 20 mins	Duration : 32 mins	Duration : 12 mins	Duration : 21 mins	Duration : 19 mins	Duration : 22 mins	

Week 3

phase 1: rebuild

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Rebuild Full Body 1 + Rebuild Abs	Rebuild Full Body 2	Rebuild Stretch	Rebuild Full Body 3 + Rebuild Upper Body	Rebuild Full Body 4 + Rebuild Stretch	Rebuild Ballet Legs + Rebuild Abs	Rest
Duration : 29 mins	Duration : 23 minutes	Duration : 12 mins	Duration : 31 mins	Duration : 30 mins	Duration : 20 mins	

Week 4

phase 1: rebuild

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Rebuild Full Body 1 + Rebuild Abs	Rebuild Full Body 2 + Rebuild Upper Body	Rebuild Stretch	Rebuild Full Body 3 + Rebuild Abs	Rebuild Full Body 4 + Rebuild Stretch	Rebuild Ballet Legs + Rebuild Upper Body	Rest
Duration : 29 mins	Duration : 33 mins	Duration : 12 mins	Duration : 30 mins	Duration : 30 mins	Duration : 20 mins	

Week 1

phase 2: recharge

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Recharge Full Body 1	Recharge Full Body 2	Recharge Stretch	Recharge Full Body 3	Recharge Full Body 4	Recharge Stretch	Rest
Duration : 20 mins	Duration : 19 mins	Duration : 13 mins	Duration : 23 mins	Duration : 20 mins	Duration : 13 mins	

Week 2

phase 2: recharge

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Recharge Full Body 1 + Recharge Abs	Recharge Full Body 2	Recharge Cardio + Recharge Stretch	Recharge Full Body 3	Recharge Full Body 4 + Recharge Abs	Recharge Ballet Legs + Recharge Stretch	Rest
Duration : 30 mins	Duration : 19 mins	Duration : 22 mins	Duration : 23 mins	Duration : 30 mins	Duration : 26 mins	

Week 3

phase 2: recharge

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Recharge Full Body 1 + Recharge Abs	Recharge Full Body 2	Recharge Cardio + Recharge Stretch	Recharge Full Body 3 + Recharge Upper Body	Recharge Full Body 4 + Recharge Stretch	Recharge Ballet Legs + Recharge Abs	Rest
Duration : 30 mins	Duration : 19 mins	Duration : 22 mins	Duration : 33 mins	Duration : 33 mins	Duration : 23 mins	

Week 4

phase 2: recharge

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						
Recharge Full Body 1 + Recharge Abs	Recharge Full Body 2 + Recharge Ballet Legs	Recharge Cardio + Recharge Upper Body + Recharge Stretch	Recharge Full Body 3 + Recharge Abs	Recharge Full Body 4 + Recharge Stretch	Recharge Ballet Legs + Recharge Upper Body	Rest
Duration : 30 mins	Duration : 32 mins	Duration : 35 mins	Duration : 33 mins	Duration : 33 mins	Duration : 23 mins	

Week 1

phase 3: power

Mon



Power Full Body
1
+
Power Abs

Duration :
26 mins

Tue



Power Full Body
2

Duration :
21 mins

Wed



Power Cardio 1
+
Power Stretch

Duration :
27 mins

Thu



Power Full Body
3

Duration :
20 mins

Fri



Power Full
Body 4
+
Power Ballet Legs

Duration :
29 mins

Sat



Power Upper
Body
+
Power Stretch

Duration :
26 mins

Sun

Rest

Week 2

phase 3: power

Mon



Power Full Body
1
+
Power Abs

Duration :
26 mins

Tue



Power Full Body
2
+
Power Ballet
Legs

Duration :
33 mins

Wed



Power Cardio 1
+
Power Stretch

Duration :
27 mins

Thu



Power Full Body
3
+
Power Abs

Duration :
27 mins

Fri



Power Full
Body 4
+
Power Ballet Legs

Duration :
29 mins

Sat



Power Cardio 2
+
Power Stretch

Duration :
26 mins

Sun

Rest

Week 3

phase 3: power

Mon



Power Full Body
1
+
Power Abs

Duration :
26 mins

Tue



Power Full Body
2
+
Power Cardio 1

Duration :
33 mins

Wed



Power Upper Body
+
Power Ballet Legs
+
Power Stretch

Duration :
38 mins

Thu



Power Full Body
3
+
Power Upper
Body

Duration :
32 mins

Fri



Power Full
Body 4
+
Power Stretch

Duration :
31 mins

Sat



Power Cardio 2
+
Power Ballet
Legs
+
Power Abs

Duration :
34 mins

Sun

Rest

Week 4

phase 3: power

Mon



Power Full Body
1
+
Power Abs

Duration :
26 mins

Tue



Power Full Body
2
+
Power Cardio 1

Duration :
34 mins

Wed



Power Upper Body
+
Power Ballet Legs
+
Power Stretch

Duration :
38 mins

Thu



Power Full Body
3
+
Power Abs

Duration :
27 mins

Fri



Power Full Body 4
+
Power Upper Body
+
Power Stretch

Duration :
43 mins

Sat



Power Cardio 2
+
Power Ballet Legs
+
Power Upper Body

Duration :
38 mins

Sun

Rest