

Men's Health DeltaFit SpeedShred Class Schedule



Weeks 1-4

Monday: Phase 1 Workout A
Tuesday: HEAT Workout A*
Wednesday: Phase 1 Workout B
Thursday: HEAT Workout B*
Friday: Phase 1 Workout C
Saturday: HEAT Workout C*
Sunday: Rest

Weeks 5-8

Monday: Phase 2 Workout A
Tuesday: HEAT Workout A*
Wednesday: Phase 2 Workout B
Thursday: HEAT Workout B*
Friday: Phase 2 Workout C
Saturday: HEAT Workout C*
Sunday: Rest

Weeks 9-12

Monday: Phase 3 Workout A
Tuesday: HEAT Workout A*
Wednesday: Phase 3 Workout B
Thursday: HEAT Workout B*
Friday: Phase 3 Workout C
Saturday: HEAT Workout C*
Sunday: Rest

* HEAT Workouts are optional and can be skipped or replaced by any Ultimate workout