

## The Turn and Burn 4-Week Fitness Program

	Week 1	Week 2	Week 3	Week 4
Monday	5 Blue, 5 Red, 5 Yellow	7 Blue, 7 Red, 7 Yellow	9 Blue, 9 Red, 9 Yellow	11 Blue, 11 Red, 11 Yellow, 1 Gold
Tuesday	Game Day	Game Day	Game Day X 1.5	Game Day X 1.5
Wednesday	3 Blue, 5 Orange, 5 Green, 1 Pink	3 Blue, 7 Orange, 7 Green, 1 Pink	3 Blue, 9 Orange, 9 Green, 1 Pink	3 Blue, 11 Orange, 11 Green, 1 Pink, 1 Gold
Thursday	Game Day	Game Day	Game Day X 1.5	Game Day X 1.5
Friday	5 Blue, 5 Red, 5 Yellow	7 Blue, 7 Red, 7 Yellow	9 Blue, 9 Red, 9 Yellow	11 Blue, 11 Red, 11 Yellow, 1 Gold
Saturday	Game Day	Game Day	Game Day X 2	Game Day X 2
Sunday	3 Blue, 5 Orange, 5 Green, 1 Pink	3 Blue, 7 Orange, 7 Green, 1 Pink	3 Blue, 9 Orange, 9 Green, 1 Pink	3 Blue, 11 Orange, 11 Green, 1 Pink, 1 Gold

This workout program is tough and it will improve your cardio and strength. The cards in the Strength Stack series are color coded by muscle group, see Figure 1. As you can see, there are no rest days planned. However, the program is not designed to be completed 7 days a week. I understand that people are busy and I want you to pick one day a week as a *floating rest day*. Meaning if you just don't feel like working out, or if you are too sore to work out, or if you are just too busy, simply use that as your *floating rest day*. A *floating rest day* is when you simply skip that day of working out.

For Monday, Wednesday, Friday and Sunday, simply sort the cards by color and deal the indicated number of cards in each muscle group. You can easily complete this workout program with a friend (or group of friends), in fact it is encouraged.

For Game Day, play at least 30 minutes of Strength Stack 52 [solo or multiplayer games](#). When you see Game Day X 1.5 that indicates you should play for at least 45 minutes.

**Figure 1. Color codes**

**Blue:** Cardio, **Red:** Core, **Pink:** Back, **Yellow:** Legs, **Orange:** Arms, **Green:** Chest, **Gold:** Insane

