

A smiling woman with blonde hair, wearing a purple tank top and dark leggings, stands in a gym setting. She has her hands on her hips. The background shows a blurred gym environment with a wooden floor and a window with blinds.

TIGHT CORE DAILY

THE 8-WEEK CALENDAR

[FITNESSRELOADED.COM](https://www.fitnessreloaded.com)

Weeks 1-4



Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 <i>Mini Habit</i>	2 <i>Mini Habit</i>	3 <i>Mini Habit</i>	4 <i>Mini Habit</i>	5 <i>Mini Habit</i>	6	7
8 <i>The 5-min one</i>	9 <i>The 5-min one</i>	10 <i>The 5-min one</i>	11 <i>The 5-min one</i>	12 <i>The 5-min one</i>	13	14
15 <i>The 5-min one (repeat twice)</i>	16 <i>The 5-min one (repeat twice)</i>	17 <i>The 5-min one (repeat twice)</i>	18 <i>The 5-min one (repeat twice)</i>	19 <i>The 5-min one (repeat twice)</i>	20	21
22 <i>The 5-min + the obliques one</i>	23 <i>The 5-min + the obliques one</i>	24 <i>The 5-min + the obliques one</i>	25 <i>The 5-min + the obliques one</i>	26 <i>The 5-min + the obliques one</i>	27	28

Weeks 5-8



Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 <i>15-min intermediate one</i>	2 <i>15-min intermediate one</i>	3 <i>15-min intermediate one</i>	4 <i>15-min intermediate one</i>	5 <i>15-min intermediate one</i>	6	7
8 <i>The obliques + the lower abs one</i>	9 <i>The obliques + the lower abs one</i>	10 <i>The obliques + the lower abs one</i>	11 <i>The obliques + the lower abs one</i>	12 <i>The obliques + the lower abs one</i>	13	14
15 <i>The obliques + the cardio one</i>	16 <i>The obliques + the cardio one</i>	17 <i>The obliques + the cardio one</i>	18 <i>The obliques + the cardio one</i>	19 <i>The obliques + the cardio one</i>	20	21
22 <i>The lower abs + the cardio one</i>	23 <i>The lower abs + the cardio one</i>	24 <i>The lower abs + the cardio one</i>	25 <i>The lower abs + the cardio one</i>	26 <i>The lower abs + the cardio one</i>	27	28

