

WEEKS 1–4

2–3 sessions of resistance training

2–3 sessions of LISS cardio training

1 rehabilitation (stretch) session

WEEKS 1–4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance	✓		✓		✓		
LISS		✓		✓		✓	
HIIT							
Stretch						✓	

WEEKS 5–8

2–3 sessions of resistance training

4–5 sessions of LISS cardio training

1 rehabilitation (stretch) session

WEEKS 5–8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance	✓		✓		✓		
LISS		✓	✓	✓	✓	✓	
HIIT							
Stretch						✓	

WEEKS 9–12

3–4 sessions of resistance training

2–3 units LISS cardio training

1–2 units HIIT cardio training

1–2 rehabilitation (stretch) session(s)

WEEKS 9–12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance	✓		✓		✓	✓	
LISS		✓		✓		✓	
HIIT		✓		✓			
Stretch	✓					✓	

Kayla Itsines Weekly Exercise Timetable

Chao Zhang



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