

Monthly workout plan: A 15-minute morning routine

Week 1

1 HIIT

2 Strength

3 Rest

4 Strength

5 HIIT

6 Rest

7 HIIT

Week 2

8 Strength

9 15 minutes cardio
of choice

10 Rest

11 Strength

12 HIIT

13 15 minutes cardio
of choice

14 Rest

Week 3

15 HIIT

16 Strength

17 HIIT

18 Rest

19 Strength

20 HIIT

21 Rest

Week 4

22 15 minutes cardio
of choice

23 Strength

24 HIIT

25 Strength

26 Rest

27 Strength

28 HIIT

Week 5

29 Rest

30 Strength

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