

## 4-week Elliptical Belly Fat Burn Program for HOLOFIT

Week	Day 1	Day 2	Day 3
<b>1</b>	<p style="text-align: center;">Explore: Warm up for 10 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/Fat burn: Easy level, 15 minutes</p>	<p style="text-align: center;">Explore: Warm up for 10 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/HIIT: Easy level, 15 minutes</p>	<p style="text-align: center;">Explore: Warm up for 10 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/Fat burn: Easy level, 15 minutes</p>
<b>2</b>	<p style="text-align: center;">Explore: Warm up for 10 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/Fat burn: Medium level, 20 minutes</p>	<p style="text-align: center;">Explore: Warm up for 10 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/HIIT: Medium level, 15 minutes</p>	<p style="text-align: center;">Explore: Warm up for 10 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/Fat burn: Hard level, 20 minutes</p>
<b>3</b>	<p style="text-align: center;">Explore: Warm up for 15 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/Fat burn: Hard level, 30 minutes</p>	<p style="text-align: center;">Explore: Warm up for 15 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/HIIT: Hard level, 15 minutes</p>	<p style="text-align: center;">Explore: Warm up for 15 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/Fat burn: Hard level, 30 minutes</p>
<b>4</b>	<p style="text-align: center;">Explore: Warm up for 15 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/Fat burn: Very Hard level, 30 minutes</p>	<p style="text-align: center;">Explore: Warm up for 15 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/HIIT: Very Hard level, 15 minutes</p>	<p style="text-align: center;">Explore: Warm up for 15 minutes at your own pace</p> <p style="text-align: center;">CardioGoals/Fat burn: Very Hard level, 30 minutes</p>