

TE WERO - PHASE 1

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	PUMP CHALLENGE (20 minutes)	<u>FIT TEST</u>	PUMP CHALLENGE (20 minutes)	FLOW (20 minutes) <u>PLYOMETRIC CARDIO CIRCUIT</u>	PUMP CHALLENGE (20 minutes)	HARD CORE ABS (20 minutes) <u>CARDIO POWER & RESISTANCE</u>	REST
2	PUMP & BURN (30 minutes)	<u>CARDIO RECOVERY</u>	PUMP CHALLENGE (20 minutes) HARD CORE ABS (20 minutes)	FLOW (20 minutes) <u>PURE CARDIO</u>	PUMP & BURN (30 minutes)	HARD CORE ABS (20 minutes) <u>PLYOMETRIC CARDIO CIRCUIT</u>	REST
3	PUMP & BURN (30 minutes)	HARD CORE ABS (20 minutes) <u>CARDIO POWER & RESISTANCE</u>	PUMP & BURN (30 minutes)	FLOW (20 minutes) HARD CORE ABS (20 minutes) <u>PURE CARDIO</u>	PUMP & BURN (30 minutes)	HARD CORE ABS (20 minutes) <u>CARDIO CIRCUIT</u>	REST
4	PUMP & BURN (30 minutes)	PUMP & BURN (30 minutes)	HARD CORE ABS (20 minutes) <u>CARDIO RECOVERY</u>	PUMP & BURN (30 minutes)	PUMP & BURN (30 minutes)	FLOW (20 minutes) <u>CARDIO POWER & RESISTANCE</u>	REST
5	PUMP & SHRED (45 minutes)	HARD CORE ABS (20 minutes) <u>PURE CARDIO & CARDIO ABS</u>	PUMP & BURN (30 minutes)	<u>FIT TEST</u> FLOW (20 minutes) HARD CORE ABS (20 minutes)	PUMP & SHRED (45 minutes)	HARD CORE ABS (20 minutes) <u>CARDIO CIRCUIT</u>	REST

PANONI - PHASE 2

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
6	PUMP & SHRED (45 minutes)	HARD CORE ABS (20 minutes) <u>PURE CARDIO & CARDIO ABS</u>	PUMP & SHRED (45 minutes)	FLOW (20 minutes) HARD CORE ABS (20 minutes) <u>CARDIO RECOVERY</u>	<u>CARDIO POWER & RESISTANCE</u>	PUMP & SHRED (45 minutes)	REST
7	PUMP & BURN (30 minutes) HARD CORE ABS (20 minutes)	PUMP REVOLUTION (55 minutes)	HARD CORE ABS (20 minutes) <u>PLYOMETRIC CARDIO CIRCUIT</u>	PUMP & SHRED (45 minutes)	HARD CORE ABS (20 minutes) <u>PURE CARDIO & CARDIO ABS</u>	CARDIO CIRCUIT	REST
8	PUMP EXTREME (55 minutes)	HARD CORE ABS (20 minutes) <u>CARDIO POWER & RESISTANCE</u>	PUMP & SHRED (45 minutes)	HARD CORE ABS (20 minutes) <u>PLYOMETRIC CARDIO CIRCUIT</u>	PUMP EXTREME (55 minutes)	<u>CARDIO RECOVERY</u>	REST
9	PUMP REVOLUTION (55 minutes)	<u>PURE CARDIO & CARDIO ABS</u>	PUMP EXTREME (55 minutes)	HARD CORE ABS (20 minutes) <u>PLYOMETRIC CARDIO CIRCUIT</u>	PUMP REVOLUTION (55 minutes)	<u>CORE CARDIO & BALANCE</u>	REST

KIA KAHA - PHASE 3

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
10	PUMP EXTREME (55 minutes)	<u>CORE CARDIO & BALANCE</u>	PUMP REVOLUTION (55 minutes)	HARD CORE ABS (20 minutes) <u>CORE CARDIO & BALANCE</u>	PUMP EXTREME (55 minutes)	<u>CORE CARDIO & BALANCE</u>	REST
11	PUMP REVOLUTION (55 minutes)	<u>CORE CARDIO & BALANCE</u>	PUMP EXTREME (55 minutes)	<u>CORE CARDIO & BALANCE</u>	<u>FIT TEST & MAX INTERVAL CIRCUIT</u>	PUMP REVOLUTION (55 minutes)	REST
12	<u>MAX INTERVAL PLYO</u>	PUMP EXTREME (55 minutes)	FLOW (20 minutes) <u>MAX CARDIO CONDITIONING</u>	PUMP REVOLUTION (55 minutes)	<u>MAX RECOVERY</u>	PUMP EXTREME (55 minutes)	REST
13	HARD CORE ABS (20 minutes) <u>MAX INTERVAL CIRCUIT</u>	PUMP REVOLUTION (55 minutes)	<u>MAX INTERVAL PLYO</u>	<u>MAX CARDIO CONDITIONING</u>	<u>MAX INTERVAL CIRCUIT</u>	PUMP EXTREME (55 minutes)	<u>DONE!</u>

CROSS TRAINING HYBRID

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	STEP (30 minutes) <u>MAX INTERVAL</u> <u>PLYO</u>	FLOW (20 minutes) <u>MAX RECOVERY</u>	PUMP & SHRED (45 minutes)	SPORTS ATTACK (30 minutes) <u>MAX CARDIO</u> <u>CONDITIONING &</u> <u>CARDIO ABS</u>	COMBAT (45 minutes)	PUMP REVOLUTION (55 minutes)	REST
2	SPORTS ATTACK (30 minutes) <u>CORE CARDIO &</u> <u>BALANCE</u>	STEP (30 minutes) <u>FIT TEST & MAX</u> <u>INTERVAL CIRCUIT</u>	FLOW (20 minutes) <u>MAX INTERVAL</u> <u>PLYO</u>	PUMP & SHRED (45 minutes)	COMBAT (45 minutes)	PUMP EXTREME (55 minutes)	REST
3	SPORTS ATTACK (30 minutes) <u>MAX CARDIO</u> <u>CONDITIONING &</u> <u>CARDIO ABS</u>	COMBAT (45 minutes)	STEP (30 minutes) <u>MAX RECOVERY</u>	FLOW (20 minutes) <u>MAX INTERVAL</u> <u>CIRCUIT</u>	PUMP REVOLUTION (55 minutes)	STEP (30 minutes) <u>CORE CARDIO &</u> <u>BALANCE</u>	REST
4	STEP (30 minutes) <u>MAX INTERVAL</u> <u>PLYO</u>	SPORTS ATTACK (30 minutes) <u>MAX CARDIO</u> <u>CONDITIONING &</u> <u>CARDIO ABS</u>	PUMP & SHRED (45 minutes)	STEP (30 minutes) <u>MAX INTERVAL</u> <u>CIRCUIT</u>	FLOW (20 minutes) <u>CORE CARDIO &</u> <u>BALANCE</u>	COMBAT (45 minutes)	REST
5	PUMP EXTREME (55 minutes)	STEP (30 minutes) <u>MAX INTERVAL</u> <u>PLYO</u>	<u>MAX CARDIO</u> <u>CONDITIONING &</u> <u>CARDIO ABS</u>	<u>FIT TEST</u>	DONE! LIGHT EXERCISE	LIGHT EXERCISE	REST LIGHT EXERCISE