



# CS ADVANCED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>REST DAY</b> IN 30 SPECIAL BARRE CIRCUIT IN 10 TOTAL BODY BEAT IN 10 CORE STANDING	IN 60 CLASSIQUE YIN REST DAY OR ACTIVE RECOVERY IN 10 CORE TRANS + POST CHAIN IN 10 ALLONGE X2 BON MATIN GLUTES, PSOAS + IT	IN 60 CLASSIQUE YIN 30+MIN RUN/BIKE/SWIM W/ 5+ 1MIN SPRINTS 5MIN RUN; 1MIN SPRINT; REPEAT 5+ TIMES	IN 60 CLASSIQUE IN 10 A LONGER X2 FOR RUNNERS/SPINNERS BALL MASSAGE	IN 30 CLASSIQUE IN 10 ALLONGE X2 WITH ROLLER SHOULDER + HEART OPENER	IN 60 BEAT SUNDAY SKOOL PT 1 ACTIVE RECOVERY IN 60 CLASSIQUE	<b>ACTIVE RECOVERY</b> 30+MIN WALK IN 10 ALLONGE GLUTES
<b>MENSTRUAL</b> IN 30 SPECIAL PILATES TOTAL BODY	<b>LUTEAL 1ST HALF</b> IN 60 X	<b>ACTIVE RECOVERY</b> 20-30 MIN DANCE PARTY FUN + EASY 130-150BPM <small>INTENSIVE PLAYLIST ON SPOTIFY</small>	IN 60 CHISEL	<b>REST DAY OR ACTIVE RECOVERY</b> 20-30MIN EASY BIKE RIDE	<b>FOLLICULAR</b> IN 30 BASS IN 10 UPPER BODY CHISEL CIRCUIT IN 10 CORE MAGIC CIRCLE	<b>ACTIVE RECOVERY</b> IN 60 X IN 60 CLASSIQUE
<b>ACTIVE RECOVERY</b> IN 60 CHISEL	<b>LUTEAL 2ND HALF</b> IN 60 DEFINE	30+ MIN EASY HIKE IN 10 ALLONGE HG	IN 30 SPECIAL PRECISION IN 30 SPECIAL DEFINE	<b>REST DAY</b>	IN 60 BASS	IN 60 CLASSIQUE

LISTEN TO YOUR BODY