



# CS INTERMEDIATE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>REST DAY</b></p>	<p>IN 30 CLASSIQUE YIN</p>	<p>IN 30 CLASSIQUE YIN</p>	<p>IN 30 CLASSIQUE</p> <p>IN 10 ALLONGE BALL FOOT MASSAGE</p>	<p><b>REST DAY OR ACTIVE RECOVERY</b></p> <p>15 MIN WALK/ SWIM</p> <p>IN 10 ALLONGE BON MATIN</p>	<p>IN 30 BEAT</p> <p>IN 10 CORE CORE BARRE</p>	<p><b>REST DAY OR ACTIVE RECOVERY</b></p> <p>15-20 MIN WALK</p>
<p><b>MENSTRUAL</b></p> <p>IN 30 SPECIAL BARRE CIRCUIT</p>	<p><b>REST DAY</b></p>	<p>20-30 MIN RUN/BIKE WITH 3 X 30 SEC SPRINTS</p> <p>run 7-10min, 30sec sprint, repeat 2 more times</p>	<p><b>ACTIVE RECOVERY</b></p> <p>IN 10 ALLONGE GLUTES, PSOAS, IT</p> <p>IN 10 ALLONGE HG</p>	<p>IN 30 SIGNATURE</p>	<p><b>ACTIVE RECOVERY</b></p> <p>20-30 MIN EASY WALK OF STAIRS OR HILLS</p> <p>IN 10 CORE</p>	<p>IN 30 SPECIAL CARDIO HIIT</p> <p>IN 10 ALLONGE BALL MASSAGE</p>
<p><b>REST DAY OR ACTIVE RECOVERY</b></p> <p>20 MIN FUN + EASY DANCE PARTY</p> <p>IN 10 ALLONGE FOR COMPUTER USERS</p>	<p>IN 30 BEAT</p> <p>IN 10 UPPER BODY CHISEL CIRCUIT</p>	<p>IN 30 CHISEL</p>	<p>IN 30 CLASSIQUE</p> <p>IN 10 CORE BACK PAIN</p>	<p><b>REST DAY</b></p>	<p><b>OVULATION</b></p> <p>IN 10 TOTALBODY CHISEL HAMS + DELTS</p> <p>IN 10 TOTAL BODY QUADS + TRIS</p> <p>IN 10 TOTAL BODY BIS + GLUTES</p>	<p>IN 10 CORE</p> <p>IN 10 ALLONGE GLUTES</p>
<p>IN 30 CHISEL</p> <p>IN 10 ALLONGE BALL FOOT MASSAGE</p>	<p><b>LUTEAL 1ST HALF</b></p> <p>IN 30 CLASSIQUE</p>	<p>IN 60 DEFINE</p>	<p><b>REST DAY</b></p>	<p>20-30 MIN EASY HIKE</p>	<p>IN 30 SPECIAL PRECISION</p>	<p>IN 60 CLASSIQUE</p>
	<p><b>LUTEAL 2ND HALF</b></p>					

LISTEN TO YOUR BODY