



# INTERMEDIATE

| SUNDAY                                      | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|---|---|--|--|---|
| <input type="checkbox"/><br><b>REST DAY</b> | <input type="checkbox"/><br>IN 30 SPECIAL<br>PRECISION                              | <input type="checkbox"/><br>IN 30 SPECIAL<br>DEFINE   | <input type="checkbox"/><br>IN 30<br>CHISEL   | <input type="checkbox"/><br><b>REST DAY<br/>OR<br/>ACTIVE RECOVERY</b><br><br>IN 30<br>CLASSIQUE | <input type="checkbox"/><br>20-30 MIN<br>RUN/BIKE<br>WITH<br>3 X 30 SEC SPRINTS<br><br><small>ie run 7-10min, 30sec sprint,<br/>repeat 2 more times</small>                | <input type="checkbox"/><br>IN 30<br>SIGNATURE  |
| <input type="checkbox"/><br><b>REST DAY</b> | <input type="checkbox"/><br>IN 30<br>SIGNATURE<br><br>IN 10 ALLONGE<br>WITH ROLLER  | <input type="checkbox"/><br>IN 10 UPPER BODY<br>BARRE ARMS<br><br>IN 10 LOWER BODY<br>BARRE LEGS<br><br>IN 10 CORE  | <input type="checkbox"/><br>IN 30<br>CHISEL<br><br>IN 10 ALLONGE<br>GLUTES  | <input type="checkbox"/><br>IN 30<br>CLASSIQUE   | <input type="checkbox"/><br>IN 30<br>BEAT<br>SUNDAY SKOOL<br>PT. 1   | <input type="checkbox"/><br>IN 30<br>SIGNATURE<br><br>IN 10 ALLONGE<br>BALL<br>MASSAGE                      |
| <input type="checkbox"/><br><b>REST DAY</b> | <input type="checkbox"/><br>IN 30 SPECIAL<br>DEFINE                                 | <input type="checkbox"/><br>20-30 MIN<br>DANCE PARTY<br>WITH MTN CLIMBERS<br><small>15 MIN DANCE,<br/>30SEC MTN CLIMBERS,<br/>REPEAT 4 TIMES</small><br><br>130-150BPM<br><small>(PULSE RATE PLAVLIST ON SPOTIFY)</small> | <input type="checkbox"/><br><b>REST DAY<br/>OR<br/>ACTIVE RECOVERY</b><br><br>IN 30<br>CLASSIQUE<br><br>IN 10 CORE<br>BACK PAIN | <input type="checkbox"/><br>IN 30<br>CHISEL<br><br>IN 10 ALLONGE<br>BON MATIN                    | <input type="checkbox"/><br>IN 10 TOTAL BODY<br>BARRE<br><br>IN 10 CORE<br>TRANS + POST CHAIN<br><br>IN 10 TOTAL BODY<br>CIRCUIT<br><br>IN 10 ALLONGE<br>GLUTES, PSOAS, IT | <input type="checkbox"/><br>IN 30<br>BEAT<br>SUNDAY SKOOL<br>PT 2<br><br>IN 10 ALLONGE<br>BALL FOOT MASSAGE |
| <input type="checkbox"/><br><b>REST DAY</b> | <input type="checkbox"/><br>IN 30 SPECIAL<br>CARDIO HIIT<br><br>IN 10 ALLONGE<br>HG | <input type="checkbox"/><br>IN 30<br>BASS<br><br>IN 10 UPPER BODY<br>CHISEL BIS, DELTS + TRIS<br><br>IN 10 ALLONGE<br>TOTAL BODY  | <input type="checkbox"/><br>20-30 MIN<br>BRISK HIKE/BIKE<br><br>IN 10 ALLONGE<br>FOR RUNNERS/SPINNERS                           | <input type="checkbox"/><br><b>REST DAY<br/>OR<br/>ACTIVE RECOVERY</b><br><br>IN 60<br>CLASSIQUE | <input type="checkbox"/><br>IN 60<br>BASS  | <input type="checkbox"/><br>IN 60<br>SIGNATURE  |

LISTEN TO YOUR BODY