



POST 1ST ADVANCED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 DEFINE IN 10 UPPER BODY BALLET ARMS IN 10 ALLONGE HG	<input type="checkbox"/> IN 60 DEFINE	<input type="checkbox"/> IN 30 BASS IN 10 UPPER BODY WEIGHTLESS IN 10 CORE SAHRMANN	<input type="checkbox"/> 30+MIN BIKE/SWIM 5X 1MIN SPRINTS IE BIKE/SWIM 5MIN; SPRINT 1MIN; REPEAT 5X	<input type="checkbox"/> ACTIVE RECOVERY 30+MIN EASY WALK IN 10 ALLONGE BALL MASSAGE	<input type="checkbox"/> IN 30 BASS IN 30 SPECIAL P+P CORE
<input type="checkbox"/> REST DAY	<input type="checkbox"/> 30+MIN BRISK WALK/BIKE/SWIM WITH MTN GLIDERS 5MIN WALK; 1MIN MTN GLIDERS	<input type="checkbox"/> IN 30 DEFINE IN 10 UPPER BODY MINIBAND IN 10 ALLONGE FOR COMPUTER USERS	<input type="checkbox"/> IN 10 UPPER BODY BARRE ARMS IN 10 LOWER BODY X3 BOOTY ADDUCTORS + ABDUCTORS BARRE WORK LEGS IN 10 CORE REHABILITATION	<input type="checkbox"/> 30+ MIN NO JUMP BURPEE WALK WALK 4MIN; WALKING BURPEE 1MIN; REPEAT 6X ;	<input type="checkbox"/> IN 30 x2 BASS	<input type="checkbox"/> IN 60 DEFINE IN 10 ALLONGE WITH ROLLER 03.11.20
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 10 UPPER BODY X 2 BARRE ARMS BALLET ARMS IN 10 LOWER BODY X2 GLUTE MED, MIN + PIRI ADDUCTORS + ABDUCTORS	<input type="checkbox"/> 30+ MIN STAIRS OR HILLS W/ HIGH KNEE LIFTS IE WALK STAIRS/HILL UP+DN 3X; HIGH KNEE LIFTS 1MIN; REPEAT UNTIL 30+MIN ; *NO RUNNING;	<input type="checkbox"/> ACTIVE RECOVERY 30+MIN EASY STROLLER WALK IN 10 ALLONGE FATIGUE	<input type="checkbox"/> IN 60 DEFINE 05.04.21	<input type="checkbox"/> IN 30 SPECIAL P+P CORE IN 10 CORE REHABILITATION	<input type="checkbox"/> IN 30 x 2 BASS DEFINE
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 x2 BASS	<input type="checkbox"/> 30+ MIN HIKE WITH 3 INCLINES/HILLS	<input type="checkbox"/> IN 10 TOTAL BODY x 3 BARRE BARRE W/ WEIGHTS GLUTES, PECS, BIS, TRIS IN 10 CORE BACK PAIN	<input type="checkbox"/> IN 60 DEFINE IN 10 ALLONGE FOR COMPUTER USERS	<input type="checkbox"/> ACTIVE RECOVERY 30+ MIN PLAY TIME WITH PARTNER, KIDDO +/OR CREATURE IN 10 CORE REHABILITATION	<input type="checkbox"/> IN 10 TOTAL BODY X 3 BARRE FOR OFFICE CHISEL BIS +GLUTES CHISEL QUADS + TRIS IN 10 CORE BACK PAIN IN 10 ALLONGE BALL MASSAGE

LISTEN TO YOUR BODY