



POST 1ST INTERMEDIATE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 SPECIAL P + P CORE	<input type="checkbox"/> IN 30 DEFINE	<input type="checkbox"/> IN 10 CORE BACK PAIN	<input type="checkbox"/> IN 10 ALLONGE HG BALL FOOT MASSAGE	<input type="checkbox"/> REST DAY OR ACTIVE RECOVERY 15-25MIN WALK	<input type="checkbox"/> IN 30 BASS 22.03.21
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 DEFINE IN 10 CORE SAHRMANN	<input type="checkbox"/> IN 10 UPPER BODY BARRE ARMS IN 10 LOWER BODY BARRE LEGS, GLUTES + OBS IN 10 ALLONGE FATIGUE	<input type="checkbox"/> IN 30 BASS	<input type="checkbox"/> REST DAY OR ACTIVE RECOVERY 20-30MIN SWIM	<input type="checkbox"/> IN 30 BASS	<input type="checkbox"/> IN 30 BASS 09.03.21 IN 10 ALLONGE FOR COMPUTER USERS 29.10.20
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 BASS IN 10 CORE REHABILITATION	<input type="checkbox"/> 20-30 MIN DANCE PARTY FUN + EASY 130-150BPM (KTSANTE PLAYLIST ON SPOTIFY)	<input type="checkbox"/> IN 30 DEFINE	<input type="checkbox"/> 20-30MIN BIKE RIDE X 3 30SEC SPRINTS 7-10MIN BIKE, 30SEC SPRINT, REPEAT 3X	<input type="checkbox"/> REST DAY OR ACTIVE RECOVERY IN 10 TOTAL BODY BARRE IN 10 ALLONGE HG	<input type="checkbox"/> IN 30 BASS IN 10 ALLONGE BALL MASSAGE
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 BASS	<input type="checkbox"/> IN 30 DEFINE	<input type="checkbox"/> 20-30 MIN BRISK HIKE IN 10 ALLONGE HG	<input type="checkbox"/> IN 60 P+P CORE N 10 LOWER BODY ADDUCTORS + ABDUCTORS	<input type="checkbox"/> REST DAY OR ACTIVE RECOVERY 20-30MIN PLAY ON KID JUNGLE GYM	<input type="checkbox"/> IN 30 BASS N 10 UPPER BODY MINIBAND

LISTEN TO YOUR BODY