



POST 2ND ADVANCED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 SPECIAL P+P CORE IN 10 UPPER BODY BALLET ARMS IN 10 ALLONGE GLUTES	<input type="checkbox"/> IN 60 DEFINE	<input type="checkbox"/> 30+MIN BIKE/SWIM	<input type="checkbox"/> IN 60 CHISEL	<input type="checkbox"/> ACTIVE RECOVERY 30+MIN EASY WALK	<input type="checkbox"/> IN 60 SIGNATURE NO HIIT IN 10 ALLONGE GLUTES, PSOAS + HG
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 60 SIGNATURE NO HIIT	<input type="checkbox"/> IN 10 ALLONGE X 3 BON NUIT TOTAL BODY CLASSIQUE	<input type="checkbox"/> IN 60 CHISEL	<input type="checkbox"/> 30+MIN RUN/BIKE/SWIM with MTN CLIMBER GLIDERS 5min swim; 1min mtn climber GLIDERS; repeat 5x IN 10 ALLONGE FOR RUNNERS/SPINNERS	<input type="checkbox"/> IN 60 DEFINE	<input type="checkbox"/> IN 60 SIGNATURE NO HIIT IN 10 ALLONGE HG
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 60 CHISEL	<input type="checkbox"/> 30+ MIN STAIRS W/ HIGH KNEE LIFTS <small>(IE STAIRS UP+DN 3X; HIGH KNEE LIFTS 1MIN; REPEAT UNTIL 30+MIN :))</small> IN 10 ALLONGE WITH ROLLER 03.11.20	<input type="checkbox"/> ACTIVE RECOVERY 30+ MIN KITCHEN DANCE PARTY 130-150BPM <small>KTSANTE PLAYLIST ON SPOTIFY</small> IN 10 CORE REHABILITATION	<input type="checkbox"/> IN 30 SPECIAL BARRE CIRCUIT WATCH MAX HR	<input type="checkbox"/> IN 30 SPECIAL P+P CORE IN 10 ALLONGE FOR FATIGUE	<input type="checkbox"/> IN 60 SIGNATURE NO HIIT
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 SPECIAL BARRE CIRCUIT IN 10 CORE REHABILITATION	<input type="checkbox"/> 30+ MIN BRISK HIKE WITH 3 INCLINES/HILLS IN 10 ALLONGE MENTAL ALERTNESS	<input type="checkbox"/> IN 60 BASS	<input type="checkbox"/> IN 60 DEFINE IN 10 ALLONGE FOR COMPUTER USERS	<input type="checkbox"/> ACTIVE RECOVERY 30+ MIN PHYSICAL PLAY WITH PARTNER, CREATURE OR KIDDOS	<input type="checkbox"/> IN 60 CHISEL IN 10 ALLONGE BON NUIT

LISTEN TO YOUR BODY