



# POST 2ND INTERMEDIATE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>REST DAY</b>	IN 30 SPECIAL DEFINE	IN 30 SPECIAL P + P CORE	IN 30 BASS	IN 30 CHISEL	<b>REST DAY OR ACTIVE RECOVERY</b>  15-25MIN BRISK WALK	IN 30 SIGNATURE  NO HIIT
<b>REST DAY</b>	IN 10 UPPER BODY BARRE ARMS  IN 10 LOWER BODY BARRE LEGS  IN 10 CORE SAHRMANN	IN 30 SIGNATURE  NO HIIT  IN 10 ALLONGE FOR THE OFFICE	IN 30 CHISEL  IN 10 ALLONGE GLUTES	<b>REST DAY OR ACTIVE RECOVERY</b>  20-30MIN WALK STAIRS REPEATEDLY ; )	IN 30 BASS	IN 30 SIGNATURE  NO HIIT  IN 10 ALLONGE GLUTES, PSOAS + HG
<b>REST DAY</b>	IN 30 SPECIAL DEFINE	20-30 MIN DANCE PARTY WITH MTN GLIDERS <small>IE SWIM, DANCE, 30SEC M/TN GLIDERS, REPEAT 4-6 TIMES</small>  130-150BPM <small>(WTSANTE PLAYLIST ON SPOTIFY)</small>	IN 30 BASS  IN 10 CORE SAHRMANN	<b>REST DAY OR ACTIVE RECOVERY</b>  20-30MIN BRISK SWIM/BIKE	IN 10 TOTAL BODY BARRE  IN 10 CORE BARRE  IN 10 TOTAL BODY CIRCUIT  IN 10 ALLONGE HG	IN 30 CHISEL  IN 10 ALLONGE BALL MASSAGE
<b>REST DAY</b>	IN 30 BASS  IN 10 ALLONGE PIRIFORMIS	IN 30 SIGNATURE  NO HIIT  IN 10 ALLONGE TOTAL BODY	20-30 MIN BRISK HIKE  IN 10 ALLONGE FOR RUNNERS/SPINNERS	IN 60 BASS	<b>REST DAY OR ACTIVE RECOVERY</b>  20-30MIN PLAY ON KID JUNGLE GYM	IN 60 SIGNATURE  NO HIIT

LISTEN TO YOUR BODY