



# POST 3RD INTERMEDIATE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> <b>REST DAY</b>	<input type="checkbox"/> IN 30 SPECIAL P + P CORE	<input type="checkbox"/> IN 30 SPECIAL DEFINE	<input type="checkbox"/> IN 30 CLASSIQUE	<input type="checkbox"/> IN 30 CHISEL	<input type="checkbox"/> <b>REST DAY OR ACTIVE RECOVERY</b>  15-25MIN BRISK WALK OR RUN IF CLEARED BY PFPT	<input type="checkbox"/> IN 30 SIGNATURE  NO HIIT WATCH MAX HR
<input type="checkbox"/> <b>REST DAY</b>	<input type="checkbox"/> IN 30 SIGNATURE  IN 10 ALLONGE FOR THE OFFICE	<input type="checkbox"/> IN 10 UPPER BODY BARRE ARMS  IN 10 LOWER BODY BARRE LEGS  IN 10 CORE SAHRMANN	<input type="checkbox"/> IN 30 CHISEL  IN 10 ALLONGE GLUTES	<input type="checkbox"/> IN 30 CLASSIQUE	<input type="checkbox"/> <b>REST DAY OR ACTIVE RECOVERY</b>  20-30MIN WALK STAIRS OR 20MIN RUN STAIRS IF PFPT CLEARED	<input type="checkbox"/> IN 30 SIGNATURE  IN 10 ALLONGE GLUTES, PSOAS + HG
<input type="checkbox"/> <b>REST DAY</b>	<input type="checkbox"/> IN 30 SPECIAL DEFINE	<input type="checkbox"/> 20-30 MIN DANCE PARTY WITH MTN GLIDERS <small>IE SWIN DANCE 20SEC M/T, GLIDERS, REPEAT 4-6 TIMES</small>  130-150BPM <small>(KTS)ATE PLAYLIST ON SPOTIFY</small>	<input type="checkbox"/> IN 30 CLASSIQUE  IN 10 CORE STANDING	<input type="checkbox"/> <b>REST DAY OR ACTIVE RECOVERY</b>  20-30MIN BRISK SWIM/BIKE	<input type="checkbox"/> IN 30 CHISEL  IN 10 ALLONGE BALL MASSAGE	<input type="checkbox"/> <small>IN 10 TOTAL BODY</small> BARRE  IN 10 CORE TRANS + POST CHAIN  IN 10 TOTAL BODY CIRCUIT  IN 10 ALLONGE HG
<input type="checkbox"/> <b>REST DAY</b>	<input type="checkbox"/> IN 30 SIGNATURE  IN 10 ALLONGE PIRIFORMIS	<input type="checkbox"/> IN 30 BASS  IN 10 ALLONGE TOTAL BODY	<input type="checkbox"/> 20-30 MIN BRISK HIKE  IN 10 ALLONGE FOR RUNNERS/SPINNERS	<input type="checkbox"/> IN 60 CLASSIQUE	<input type="checkbox"/> <b>REST DAY OR ACTIVE RECOVERY</b>  20-30MIN PLAY ON KID JUNGLE GYM	<input type="checkbox"/> IN 60 P+P SIGNATURE

LISTEN TO YOUR BODY

