



PRE 2ND ADVANCED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>REST DAY</p>	<p>IN 30 SPECIAL PRECISION</p> <p>IN 10 UPPER BODY BALLET ARMS</p> <p>IN 10 A.LONGE GLUTES</p>	<p>IN 60 DEFINE</p>	<p>IN 60 CHISEL</p>	<p>30+MIN BIKE/SWIM</p> <p>*WATCH MAX HR</p>	<p>ACTIVE RECOVERY</p> <p>IN 60 CLASSIQUE</p>	<p>IN 60 SIGNATURE</p> <p>NO HIIT WATCH MAX HR</p>
<p>REST DAY</p>	<p>IN 60 SIGNATURE</p> <p>NO HIIT WATCH MAX HR</p> <p>IN 10 ALLONGE GLUTES, PSOAS + HG</p>	<p>30+MIN BRISK WALK/BIKE/SWIM</p> <p>*WATCH MAX HR</p> <p>IN 10 ALLONGE FOR RUNNERS/SPINNERS</p>	<p>IN 60 CHISEL</p>	<p>ACTIVE RECOVERY</p> <p>IN 60 CLASSIQUE</p>	<p>IN 60 DEFINE</p>	<p>IN 60 SIGNATURE</p> <p>NO HIIT WATCH MAX HR</p> <p>IN 10 ALLONGE WITH ROLLER</p>
<p>REST DAY</p>	<p>IN 30 SPECIAL BARRE CIRCUIT</p> <p>WATCH MAX HR</p>	<p>30+ MIN STAIRS W/ HIGH KNEE LIFTS</p> <p><small>IF MAX 4 STAIRS UP IN 30 SEC HIGH KNEE LIFT'S 1MIN. REPEAT UNTIL 30+ MIN. 3</small></p> <p>*NO RUNNING; WATCH MAX HR</p> <p>IN 10 ALLONGE HG</p>	<p>ACTIVE RECOVERY</p> <p>IN 30 CLASSIQUE</p> <p>IN 10 CORE</p>	<p>IN 60 CHISEL</p>	<p>IN 30 SPECIAL P+P CORE</p> <p>IN 10 ALLONGE MENTAL ALERTNESS</p>	<p>IN 60 SIGNATURE</p> <p>NO HIIT WATCH MAX HR</p>
<p>REST DAY</p>	<p>IN 60 BASS</p>	<p>30+ MIN HIKE WITH 3 INCLINES/HILLS</p> <p>*WATCH MAX HR</p>	<p>IN 30 SPECIAL BARRE CIRCUIT 12.04.21 WATCH MAX HR</p> <p>IN 10 CORE</p> <p>IN 10 ALLONGE FOR FATIGUE</p>	<p>IN 60 DEFINE</p> <p>IN 10 ALLONGE FOR COMPUTER USERS</p>	<p>ACTIVE RECOVERY</p> <p>IN 60 CLASSIQUE</p>	<p>IN 60 CHISEL</p> <p>IN 10 ALLONGE BON NUIT</p>

LISTEN TO YOUR BODY