



PRE 2ND 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 SPECIAL DEFINE	<input type="checkbox"/> IN 30 CHISEL	<input type="checkbox"/> IN 30 CLASSIQUE	<input type="checkbox"/> REST DAY OR ACTIVE RECOVERY 15-25MIN BRISK WALK <small>*WATCH MAX HEART RATE</small>	<input type="checkbox"/> IN 30 SIGNATURE NO HIT WATCH MAX HR
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 SIGNATURE IN 10 ALLONGE FOR THE OFFICE	<input type="checkbox"/> IN 10 UPPER BODY BARRE ARMS <small>01.03.21</small> IN 10 LOWER BODY BARRE LEGS <small>05.04.21</small> IN 10 CORE SAHRMANN	<input type="checkbox"/> IN 30 CHISEL IN 10 ALLONGE GLUTES	<input type="checkbox"/> IN 30 CLASSIQUE	<input type="checkbox"/> REST DAY OR ACTIVE RECOVERY 20-30MIN WALK STAIRS <small>*WATCH MAX HR</small>	<input type="checkbox"/> IN 30 SIGNATURE IN 10 ALLONGE GLUTES, PSOAS + HG
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 SPECIAL DEFINE	<input type="checkbox"/> 20-30 MIN DANCE PARTY WITH SQUATS <small>15 MIN DANCE 30SEC SQUATS 10E*SAT+6TIMES</small> 130-150BPM <small>IKTSANTE PLAYLIST ON SPOTIFY</small> <small>*WATCH MAX HR</small>	<input type="checkbox"/> IN 30 CLASSIQUE IN 10 CORE STANDING	<input type="checkbox"/> REST DAY OR ACTIVE RECOVERY 20-30MIN SWIM/BIKE <small>*WATCH MAX HR</small>	<input type="checkbox"/> IN 30 CHISEL IN 10 ALLONGE BALL MASSAGE	<input type="checkbox"/> IN 10 TOTAL BODY BARRE IN 10 CORE TRANS + POST CHAIN IN 10 TOTAL BODY CIRCUIT IN 10 ALLONGE HG
<input type="checkbox"/> REST DAY	<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 HIKE <small>*WATCH MAX HR</small> IN 10 ALLONGE FOR RUNNERS/SPINNERS	<input type="checkbox"/> IN 60 CLASSIQUE	<input type="checkbox"/> REST DAY OR ACTIVE RECOVERY 20-30MIN PLAY ON KID JUNGLE GYM	<input type="checkbox"/> IN 60 P+P SIGNATURE

LISTEN TO YOUR BODY