



PRE 3RD ADVANCED

THIS IS TO BEGIN 4 WEEKS PRIOR TO DUE DATE; HR WILL SPIKE QUICKLY NOW - WATCH IT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 SPECIAL PRECISION IN 10 UPPER BODY BALLET ARMS IN 10 ALLONGE GLUTES	<input type="checkbox"/> IN 60 DEFINE	<input type="checkbox"/> IN 60 CHISEL	<input type="checkbox"/> 30+MIN BIKE/SWIM *WATCH MAX HR	<input type="checkbox"/> ACTIVE RECOVERY 30+MIN EASY CURB WALKING IN 10 ALLONGE DELIVERY PREP	<input type="checkbox"/> IN 60 SIGNATURE NO HIIT WATCH MAX HR
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 60 SIGNATURE NO HIIT WATCH MAX HR IN 10 ALLONGE GLUTES, PSOAS + HG	<input type="checkbox"/> 30-MIN BRISK WALK/BIKE/SWIM *WATCH MAX HR IN 10 ALLONGE FOR RUNNERS/SPINNERS	<input type="checkbox"/> IN 60 CHISEL	<input type="checkbox"/> ACTIVE RECOVERY 30 MIN EASY CURB WALKING IN 10 ALLONGE DELIVERY PREP	<input type="checkbox"/> IN 60 DEFINE	<input type="checkbox"/> IN 60 SIGNATURE NO HIIT WATCH MAX HR IN 10 ALLONGE WITH ROLLER
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 30 SPECIAL BARRE CIRCUIT WATCH MAX HR	<input type="checkbox"/> 35+ MIN STAIRS W/ HIGH KNEE LIFTS <small>IF WALK STAIRS UP TO 5X HIGH KNEE LIFTS 1MIN. REPEAT UNTIL 30-MIN. J *NO RUNNING: WATCH MAX HR</small> IN 10 ALLONGE HG	<input type="checkbox"/> ACTIVE RECOVERY 30+MIN EASY CURB WALKING IN 10 ALLONGE DELIVERY PREP	<input type="checkbox"/> IN 60 CHISEL	<input type="checkbox"/> IN 30 SPECIAL P+P CORE IN 10 ALLONGE MENTAL ALERTNESS	<input type="checkbox"/> IN 60 SIGNATURE NO HIIT WATCH MAX HR
<input type="checkbox"/> REST DAY	<input type="checkbox"/> IN 60 BASS	<input type="checkbox"/> 30+ MIN HIKE WITH 3 INCLINES/HILLS *WATCH MAX HR	<input type="checkbox"/> IN 30 SPECIAL BARRE CIRCUIT 12.04.21 WATCH MAX HR IN 10 CORE IN 10 ALLONGE FOR FATIGUE	<input type="checkbox"/> IN 60 DEFINE IN 10 ALLONGE FOR COMPUTER USERS	<input type="checkbox"/> ACTIVE RECOVERY 30+MIN EASY CURB WALKING IN 10 ALLONGE DELIVERY PREP	<input type="checkbox"/> IN 10 ALLONGE X2 BON NUIT BON NUIT

LISTEN TO YOUR BODY