



- Low impact
- Accelerate recovery
- Gentle on muscles
- Accelerate healing
- One week plan

7 DAYS COMPASSION

Week 1

- Day 1 - Cardio Compassion
- Day 2 - Resistance Compassion
- Day 3 - Movement Compassion
- Day 4 - Cardio Compassion 2
- Day 5 - Triple HIIT Compassion
- Day 6 - Boxing Compassion
- Day 7 - Compassion Complete