

TURBO WORKOUTS (WITH DANIEL)



ALEX FIT

Below is a list of 'DANIEL TURBO' workouts you can add to your current plan to accelerate results.

Week 1

- Day 1 - Resistance Focus
- Day 2 - 500 Reps
- Day 3 - Pyramids
- Day 4 - Rapid Resistance
- Day 5 - Compounder Special

Week 2

- Day 1 - Pure Resistance 2 Upper
- Day 2 - Resistance Fire
- Day 3 - Rapid Resistance 2
- Day 4 - Warrior
- Day 5 - Pure Resistance 3 Upper