



- 100% low impact
- All standing
- Fun and intense



AvD PLAN

Week 1

Day 1 - AvD No Rest Cardio
Day 2 - AvD This Time It's Personal
Day 3 - AvD Resistance
Day 4 - AvD Resistance Cardio Abs
Day 5 - AvD Still Personal
Day 6 - AvD Anything Goes...And Goes

Week 2

Day 1 - Sweatslinger - AvD TWT Day 1
Day 2 - No Rest Cardio - AvD TWT Day 2
Day 3 - Warrior - AvD TWT Day 3
Day 4 - Single Sides - AvD TWT Day 4
Day 5 - Double HIIT - AvD TWT Day 5