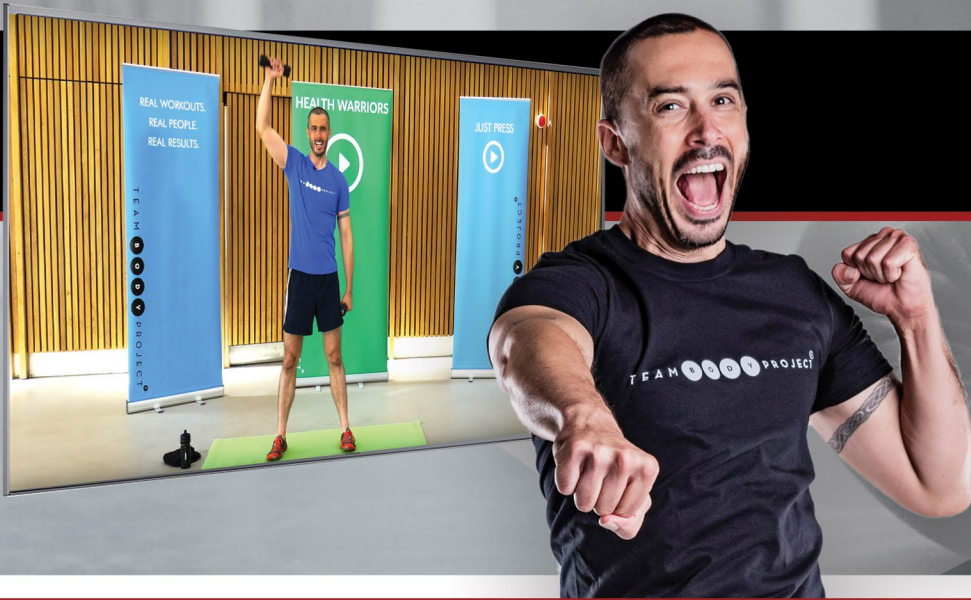


# TURBO WORKOUTS



## BOXING RESISTANCE

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

### Week 1

DAY 1 - Burn and Blast  
DAY 2 - Cardio Motion  
DAY 3 - Cardio Burn  
DAY 4 - HIIT with Daniel  
DAY 5 - Rapid Resistance  
DAY 6 - Cardio Sparta

### Week 2

DAY 1 - Rapid Resistance 2  
DAY 2 - Cardio Crazy  
DAY 3 - Swinging Sixties  
DAY 4 - Danger Zone 2 Cardio  
DAY 5 - Resistance Intervals  
DAY 6 - Danger Zone 2 Core

### Week 3

DAY 1 - Super Compounder Special  
DAY 2 - Starter Boxer  
DAY 3 - Rapid Resistance 2  
DAY 4 - Cardio Abs  
DAY 5 - 500 Reps  
DAY 6 - Burpee Tabata