



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



ENERGISE

Week 1

Day 1 - Turbo 20's
Day 2 - Standing Resistance
Day 3 - Boxing Turbo 20's
Day 4 - Cardio Conditioning
Day 5 - Rapid 20's

Week 2

Day 1 - Turbo 20's 2
Day 2 - Short Rest Resistance
Day 3 - Cardio Conditioning 2
Day 4 - 28's UP
Day 5 - Triple Pump

Week 3

Day 1 - Triple HIIT Extra
Day 2 - No Equipment Conditioning
Day 3 - Cardio Conditioning 3
Day 4 - Turbo 30's
Day 5 - Upper Lower Cardio

Week 4

Day 1 - Energiser
Day 2 - Sparta Resistance
Day 3 - Weighted Cardio
Day 4 - Resistance Energiser
Day 5 - Pilates Conditioning