



EXPRESS PLAN

Week 1

Day 1 - Energy Express
Day 2 - Mat Resistance Express
Day 3 - Low Impact Energy Express
Day 4 - Express Compassion
Day 5 - Resistance Express
Day 6 - Hybrid Express

Week 2

Day 1 - Energy Express 2
Day 2 - Boxing Resistance Express
Day 3 - Standing Pilates Express
Day 4 - Express Legs
Day 5 - Boxing Express
Day 5 - Express HIIT Low

Week 3

Day 1 - Express Beats
Day 2 - Resistance Express 2
Day 3 - Express Barre
Day 4 - Blaze Express
Day 5 - High Rep Express
Day 6 - Standing Pilates Express