



A blend of high intensity cardio
and controlled resistance
without the impact

LOW IMPACT - HIGH INTENSITY

PROGRAM

Week 1

DAY 1 - Sparta
DAY 2 - Rock and Soul Resistance
DAY 3 - Cardio Abs
DAY 4 - Rapid Resistance
DAY 5 - Cardio Crazy
DAY 6 - Pure Resistance 2 Lower

Week 2

DAY 1 - Cardio Sparta
DAY 2 - Rapid Resistance 2
DAY 3 - Cardio Burn
DAY 4 - Pure Resistance 2 Upper
DAY 5 - Pure Cardio 1
DAY 6 - 500 Reps

Week 3

DAY 1 - 80s Workout
DAY 2 - Ultra Resistance
DAY 3 - Pure Cardio 2
DAY 4 - Resistance Burn
DAY 5 - AvD Still Personal
DAY 6 - Pure Resistance 3 Upper

Week 4

DAY 1 - Ultra Cardio
DAY 2 - Ultra Resistance 2
DAY 3 - Pure Cardio 3
DAY 4 - Pure Resistance 3 Lower
DAY 5 - Burpee Tabata
DAY 6 - Super Compounder Special