

# TURBO WORKOUTS

## PURE RESISTANCE

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

### Week 1

DAY 1 - Cardio Motion  
DAY 2 - Cardio Crazy  
DAY 3 - Hardcore HIIT  
DAY 4 - H2O Ice Baby  
DAY 5 - Cardio Challenge

### Week 2

DAY 1 - Burn and Blast  
DAY 2 - Cardio Breeze  
DAY 3 - Cardio Starter 3  
DAY 4 - HIIT with Daniel  
DAY 5 - H2O Sub Zero

### Week 3

DAY 1 - AvD 'Rock and Soul' cardio  
DAY 2 - Cardio Momentum  
DAY 3 - Interval Cardio  
DAY 4 - H2O Boiling Point  
DAY 5 - DZ2 Cardio (No stretch)