



Ideal for pairing with shorter  
cardio workouts for a complete  
exercise experience

# PURE RESISTANCE

## PROGRAM

### Week 1

DAY 1 - Pure Resistance  
DAY 2 - PT 4 Lower Body  
DAY 3 - Resistance Burn  
DAY 4 - Ultra Resistance  
DAY 5 - Rapid Resistance

### Week 2

DAY 1 - Pure Resistance 2 Upper  
DAY 2 - Pure Resistance 2 Lower  
DAY 3 - The Pyramids  
DAY 4 - Ultra Resistance 2  
DAY 5 - Rapid Resistance 2

### Week 3

DAY 1 - Pure Resistance 3 Upper  
DAY 2 - Pure Resistance 3 Lower  
DAY 3 - Super Compounder Special  
DAY 4 - High Rep Resistance  
DAY 5 - 500 Reps