



REAL START TURBO ADVANCED

Below is a list of 'Turbo Advanced' Workouts you can add to the 'Real Start' plan to accelerate your results

Week 1

DAY 1 - Cardio Crazy
DAY 2 - Cardio Burn
DAY 3 - TWT Non Stop Cardio
DAY 4 - TWT Resistance Fire
DAY 5 - Hardcore HIIT
DAY 6 - Cardio Roar

Week 2

DAY 1 - Pure Cardio 3
DAY 2 - Cardio Starter 3
DAY 3 - Burpee Tabata
DAY 4 - Resistance Focus
DAY 5 - Burpees V Squats
DAY 6 - Ultra Cardio