

6 week intermediate
workout plan

THE *Classic* APPRENTICE PLAN

PROGRAM

Week 1

DAY 1 - AvD Superhero Light
DAY 2 - Cardio Starter 3
DAY 3 - Get Moving 4
DAY 4 - Cardio Starter 4
DAY 5 - Cardio Combos
DAY 6 - Pilates Phase 1

Week 2

DAY 1 - PT 1
DAY 2 - Activation Cardio
DAY 3 - Championship Boxing
DAY 4 - Cardio Resistance GO!
DAY 5 - Complete Cardio
DAY 6 - Pilates Phase 2

Week 3

DAY 1 - AvD Resistance
DAY 2 - Burn and Blast
DAY 3 - Cardio Resistance Mash Up
DAY 4 - AvD Resistance Cardio Abs
DAY 5 - Spit and Sawdust
DAY 6 - Pilates Phase 3

Week 4

DAY 1 - PT 2
DAY 2 - Interval Cardio
DAY 3 - Boxing Abs
DAY 4 - Ultimate Hybrid 2
DAY 5 - Resistance Cardio HIIT
DAY 6 - Standing Pilates 4

Week 5

DAY 1 - AvD Anything Goes
DAY 2 - Boxing Challenge
DAY 3 - Resistance Burn
DAY 4 - Hips and Glutes
DAY 5 - Danger Zone
DAY 6 - Standing Pilates 5

Week 6

DAY 1 - Ultra Resistance
DAY 2 - Tabata Cardio
DAY 3 - Resistance Intervals
DAY 4 - Cardio Burn
DAY 5 - Ultimate Tabata
DAY 6 - Cardio Pilates 3