



10 Week Advanced
Workout Plan

LIGHT

THE GRADUATE PLAN

PROGRAM

Week 1

Day 1 - PT 3
Day 2 - Avd Rock & Soul Cardio
Day 3 - Championship Boxing 2
Day 4 - Pilates Phase 6

Week 2

Day 1 - PT 4 Lower
Day 2 - Cardio Pilates
Day 3 - AvD Resistance Cardio Abs
Day 4 - Pilates Phase 7

Week 3

Day 1 - PT 4 Upper
Day 2 - Resistance Intervals
Day 3 - Boxing Challenge 2
Day 4 - Complete

Week 4

Day 1 - PT 5
Day 2 - Complete Burn HIIT
Day 3 - Danger Zone
Day 4 - Standing Pilates 4

Week 5

Day 1 - PT 6
Day 2 - Abs and Arms
Day 3 - Ultimate Tabata
Day 4 - Hips and Glutes

Week 6

Day 1 - Boxing Resistance 3
Day 2 - Tabata Cardio
Day 3 - Explosive Legs
Day 4 - HIIT Mix

Week 7

Day 1 - Ultra Resistance
Day 2 - Ultimate Hybrid 2
Day 3 - Interval Cardio
Day 4 - Hot Legs

Week 8

Day 1 - Resistance Roar
Day 2 - AvD No Rest Cardio
Day 3 - Hardcore HIIT
Day 4 - Ultimate Hybrid 3

Week 9

Day 1 - Danger Zone 2
Day 2 - Cardio Combos Boxer
Day 3 - Cardio Roar
Day 4 - Triple HIIT

Week 10

Day 1 - Ultra Resistance 2
Day 2 - AvD Still Personal
Day 3 - Complete Abs
Day 4 - Ultra Cardio

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