



6 week advanced
workout plan

THE *Classic* GRADUATE PLAN

PROGRAM

Week 1

DAY 1 - PT 3
DAY 2 - HIIT with Alex
DAY 3 - Championship Boxing
DAY 4 - Body Blitz
DAY 5 - Cardio Pilates
DAY 6 - Pilates Phase 4

Week 2

DAY 1 - PT 4 Upper
DAY 2 - AvD No Rest Cardio
DAY 3 - PT 4 Lower
DAY 4 - Boxing Abs
DAY 5 - Resistance Intervals
DAY 6 - Pilates Phase 5

Week 3

DAY 1 - Ultra Resistance 2
DAY 2 - Boxing Resistance 3
DAY 3 - Danger Zone
DAY 4 - Abs and Arms
DAY 5 - Ultimate Tabata
DAY 6 - Pilates Phase 6

Week 4

DAY 1 - PT 5
DAY 2 - Championship Boxing 2
DAY 3 - Tabata Cardio
DAY 4 - Explosive Legs
DAY 5 - Spit and Sawdust
DAY 6 - Hips and Glutes

Week 5

DAY 1 - PT 6
DAY 2 - Non Stop Boxing Resistance
DAY 3 - Cardio Roar
DAY 4 - Cardio Pilates Tabata
DAY 5 - The 28's
DAY 6 - Ultimate Hybrid 3

Week 6

DAY 1 - Resistance Roar
DAY 2 - Ultimate Hybrid 2
DAY 3 - Interval Cardio
DAY 4 - Ultimate Legs
DAY 5 - Ultra Resistance
DAY 6 - Pilates Phase 7