



5 weeks of intense, life
changing exercise

THE INTENSIVE PLAN

PROGRAM

Week 1

DAY 1 - PT 3
DAY 2 - Boxing Challenge 2
DAY 3 - AvD Resistance Cardio Abs
DAY 4 - Pilates Tabata
DAY 5 - Resistance Intervals

Week 2

DAY 1 - AvD No Rest Cardio
DAY 2 - Boxing Resistance 2
DAY 3 - PT 4 Upper
DAY 4 - Burpee Tabata
DAY 5 - AvD Rock & Soul Cardio

Week 3

DAY 1 - RCP
DAY 2 - PT 4 Lower
DAY 3 - Cardio Combos Boxer
DAY 4 - Hardcore HIIT
DAY 5 - AvD Rock & Soul Resistance

Week 4

DAY 1 - AvD This Time It's Personal
DAY 2 - Resistance Pyramids
DAY 3 - High Rep Resistance
DAY 4 - HIIT with Daniel
DAY 5 - AvD Superhero Intense

Week 5

DAY 1 - PT 6
DAY 2 - KickBox Pilates 2
DAY 3 - Danger Zone 2
DAY 4 - Ultimate Legs
DAY 5 - Boxing Resistance 3