



10 week starter
workout plan

THE TRAINEE PLAN

LIGHT

PROGRAM

Week 1

DAY 1 - PT Pre Phase
DAY 2 - Cardio Breeze
DAY 3 - Cardio Starter
DAY 4 - Pilates Pre-Phase

Week 2

DAY 1 - Get Moving 1
DAY 2 - Cardio Compassion
DAY 3 - Cardio Momentum
DAY 4 - Standing Pilates

Week 3

DAY 1 - Get Moving 2
DAY 2 - Cardio Motion
DAY 3 - Cardio Combos
DAY 4 - Movement Compassion

Week 4

DAY 1 - Low Impact Intervals 2
DAY 2 - Cardio Abs
DAY 3 - Cardio Resistance GO!
DAY 4 - Pilates Phase 1

Week 5

DAY 1 - Cardio Starter 3
DAY 2 - Casual Movement
DAY 3 - Starter Boxer
DAY 4 - Ultimate Hybrid

Week 6

DAY 1 - Get Moving 3
DAY 2 - Resistance Cardio HIIT
DAY 3 - Boxing Resistance Light
DAY 4 - Pilates Phase 2

Week 7

DAY 1 - Get Moving 4
DAY 2 - Cardio Pilates Starter
DAY 3 - Walking Cardio
DAY 4 - Standing Pilates 2

Week 8

DAY 1 - Complete Cardio
DAY 2 - Boxing Resistance
DAY 3 - Activation Cardio
DAY 4 - Ultimate Hybrid 2

Week 9

DAY 1 - AvD Superhero Light
DAY 2 - Standing Pilates 3
DAY 3 - Activation Cardio 2
DAY 4 - Pilates Phase 3

Week 10

DAY 1 - Starter HIIT
DAY 2 - Low Impact Intervals
DAY 3 - Sparta
DAY 4 - Standing Pilates 4

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