



LONGEVITY PLAN

Week 1

[Day 1 - Longevity Resistance](#)
[Day 2 - Longevity Walking Cardio](#)
[Day 3 - Longevity Flexibility](#)
[Day 4 - Longevity Metabolic Boost](#)
[Day 5 - Longevity Pilates and Strength](#)

Week 2

[Day 1 - Longevity Metabolic Conditioning](#)
[Day 2 - Longevity Fusion Flow](#)
[Day 3 - Longevity Walking Cardio 2](#)
[Day 4 - Longevity Yogalates](#)
[Day 5 - Longevity Power](#)

Week 3

[Day 1 - Longevity Total Body](#)
[Day 2 - Longevity Power Glow](#)
[Day 3 - Longevity Total Body Resistance](#)
[Day 4 - Longevity Standing Abs](#)
[Day 5 - Longevity HIIT Mix](#)