

## 10 Week Workout Programme

### WEEK 1

DAY	WORKOUT
Monday	PT Pre Phase
Tuesday	Get Moving Cardio
Wednesday	Pilates Pre Phase
Thursday	Get Moving one
Friday	Introduction to Yoga
Saturday	Cardio Starter
Sunday	Rest Day

### WEEK 2

DAY	WORKOUT
Monday	Get Moving one
Tuesday	Get Moving Cardio
Wednesday	Pilates Phase one
Thursday	Get Moving Two
Friday	Introduction to Yoga
Saturday	Cardio Starter
Sunday	Rest Day

### WEEK 3

DAY	WORKOUT
Monday	Get Moving Two
Tuesday	Cardio Express
Wednesday	Pilates Phase one
Thursday	PT Phase one
Friday	Progressive Yoga
Saturday	Complete Cardio
Sunday	Rest Day

### WEEK 4

DAY	WORKOUT
Monday	PT Phase one
Tuesday	Interval Cardio
Wednesday	Pilates Phase Two
Thursday	PT Phase one
Friday	Progressive Yoga
Saturday	Complete Cardio
Sunday	Rest Day

### WEEK 5

DAY	WORKOUT
Monday	PT Phase Two
Tuesday	Boxing Challenge
Wednesday	Pilates Phase two
Thursday	PT Phase Two
Friday	Restorative Yoga
Saturday	Cardio Pilates Starter
Sunday	Rest Day

### WEEK 6

DAY	WORKOUT
Monday	PT Two
Tuesday	Tabata Cardio
Wednesday	Pilates Phase Three
Thursday	PT Three
Friday	Yoga Flow
Saturday	Cardio Pilates Starter
Sunday	Rest Day

### WEEK 7

DAY	WORKOUT
Monday	PT Three
Tuesday	Cardio Combos
Wednesday	Pilates Phase 3
Thursday	PT Three
Friday	Yoga Flow
Saturday	Boxing Challenge
Sunday	Rest Day

### WEEK 8

DAY	WORKOUT
Monday	PT Four Upper body
Tuesday	Cardio combos
Wednesday	Pilates Phase four
Thursday	PT Lower body
Friday	Yoga Shower
Saturday	Cardio Pilates
Sunday	Rest Day

### WEEK 9

DAY	WORKOUT
Monday	PT Four Upper Body
Tuesday	Cardio Express
Wednesday	Pilates Phase Four
Thursday	PT Four Lower Body
Friday	Yoga Shower
Saturday	Cardio Pilates
Sunday	Rest Day

### WEEK 10

DAY	WORKOUT
Monday	PT Phase Five
Tuesday	Boxing Challenge
Wednesday	Pilates Phase Five
Thursday	PT Phase Five
Friday	Restorative Yoga
Saturday	Tabata Cardio
Sunday	Rest Day