



A PLAN

Advanced and intensive 2 week schedule that will tone your muscles, burn fat, improve your movement and co-ordination and generate a very high level of fitness.

Week 1

- Day 1 - Complete
- Day 2 - HIIT Mix
- Day 3 - High Rep HIIT
- Day 4 - Complete Burn HIIT
- Day 5 - Complete HIIT
- Day 6 - Complete Pilates

Week 2

- Day 1 - Complete 2
- Day 2 - Complete Abs
- Day 3 - Triple Complete
- Day 4 - Triple HIIT
- Day 5 - HIIT MIX 2
- Day 6 - Complete 3