

TURBO WORKOUTS



PURE CARDIO

Below is a list of 'TURBO' workouts you can add to your current plan to accelerate results.

Week 1

Day 1 - Total Body Sculptor A1
Day 2 - Chest Sculptor A1
Day 3 - Leg Sculptor A1
Day 4 - Shoulder Sculptor A1
Day 5 - Back Sculptor A1
Day 6 - Pure Resistance

Week 2

Day 1 - Total Body Sculptor B1
Day 2 - Chest Sculptor B1
Day 3 - Leg Sculptor B1
Day 4 - Shoulder Sculptor B1
Day 5 - Back Sculptor B1
Day 6 - Pure Resistance 2

Week 3

Day 1 - Total Body Sculptor A2
Day 2 - Back Sculptor A2
Day 3 - Legs Sculptor A2
Day 4 - Shoulder Sculptor
Day 5 - Chest Sculptor B2
Day 6 - Pure Resistance 2 Lower

Week 4

Day 1 - Total Body Sculptor B2
Day 2 - Chest Sculptor A2
Day 3 - Leg Sculptor B2
Day 4 - Shoulder Sculptor B2
Day 5 - Back Sculptor B2
Day 6 - Rapid Resistance