



4 week cardio only
workout plan - ideal for
pairing with Sculptors!

PURE CARDIO

PROGRAM

Week 1

DAY 1 - Cardio Combos Boxer
DAY 2 - Pure Cardio 1
DAY 3 - AvD No Rest Cardio
DAY 4 - HIIT with Daniel
DAY 5 - Interval Cardio
DAY 6 - H2O Ice Baby

Week 2

DAY 1 - Boxing Challenge
DAY 2 - Pure Cardio 2
DAY 3 - AvD This Time It's Personal
DAY 4 - HIIT with Alex
DAY 5 - Tabata Challenge
DAY 6 - H2O Sub Zero

Week 3

DAY 1 - Championship Boxing
DAY 2 - Cardio Sparta
DAY 3 - AvD Still Personal
DAY 4 - Hardcore HIIT
DAY 5 - Ultimate Tabata
DAY 6 - H2O Simmer

Week 4

DAY 1 - Championship Boxing 2
DAY 2 - Pure Cardio 3
DAY 3 - AvD Rock and Soul Cardio
DAY 4 - Cardio Crazy
DAY 5 - Cardio Abs
DAY 6 - H2O Boiling Point