



The perfect blend of resistance and cardio for those developing their fitness.



RESISTANCE CARDIO — STARTERS —

PROGRAM

Week 1

- DAY 1 - Activation Cardio
- DAY 2 - Get Moving 1
- DAY 3 - Cardio Move
- DAY 4 - Boxing Resistance Light
- DAY 5 - Cardio Starter
- DAY 6 - Standing Pilates

Week 2

- DAY 1 - Low impact Intervals
- DAY 2 - Get Moving 2
- DAY 3 - Just Combo
- DAY 4 - Cardio Resistance Go!
- DAY 5 - Cardio Momentum
- DAY 6 - Standing Pilates 2

Week 3

- DAY 1 - Activation Cardio 2
- DAY 2 - Get Moving 3
- DAY 3 - Cardio Starter Abs
- DAY 4 - Superhero Light
- DAY 5 - Cardio Motion
- DAY 6 - Standing Pilates 3

Week 4

- DAY 1 - Low Impact Intervals 2
- DAY 2 - Get Moving 4
- DAY 3 - Burn and Blast
- DAY 4 - Cardio Resistance Starter
- DAY 5 - Cardio Starter 3
- DAY 6 - Standing Pilates 4