

Fine tune your body
with this advanced
workout plan



SCULPT AND TONE

PROGRAM

Week 1

DAY 1 - PT Phase 1
DAY 2 - Superhero Light
DAY 3 - PT Phase 2
DAY 4 - Get Moving 3
DAY 5 - Rock and Soul Resistance
DAY 6 - Ulitmate Hybrid 1

Week 2

DAY 1 - PT Phase 3
DAY 2 - Superhero Intense
DAY 3 - PT Four Upper
DAY 4 - Pure Resistance
DAY 5 - PT Phase 6
DAY 6 - Ultimate Hybrid 2

Week 3

DAY 1 - PT Phase 5
DAY 2 - Ultra Resistance
DAY 3 - PT Four Lower
DAY 4 - Pure Resistance 2
DAY 5 - Danger Zone 2
DAY 6 - Ultimate Hybrid 3