



10 week intermediate  
workout plan

LIGHT

# THE APPRENTICE PLAN

## PROGRAM

### Week 1

DAY 1 - AvD Superhero Light  
DAY 2 - Ultimate Tabata  
DAY 3 - Starter Boxer  
DAY 4 - Pilates Phase 1

### Week 2

DAY 1 - PT 1  
DAY 2 - Cardio Combos  
DAY 3 - Cardio Burn  
DAY 4 - Standing Pilates

### Week 3

DAY 1 - Championship Boxing  
DAY 2 - Activation Cardio  
DAY 3 - Resistance Cardio Go!  
DAY 4 - Complete Cardio

### Week 4

DAY 1 - PT 2  
DAY 2 - AvD Resistance Cardio Abs  
DAY 3 - Cardio Express  
DAY 4 - Ultimate Hybrid

## Week 5

DAY 1 - Spit and Sawdust  
DAY 2 - Cardio Starter  
DAY 3 - Boxing Abs  
DAY 4 - Pilates Phase 2

## Week 6

DAY 1 - AvD Resistance  
DAY 2 - Boxing Challenge  
DAY 3 - Burn and Blast  
DAY 4 - Ultimate Hybrid 2

## Week 7

DAY 1 - Danger Zone  
DAY 2 - Interval Cardio  
DAY 3 - Hips and Glutes  
DAY 4 - Pilates Phase 3

## Week 8

DAY 1 - AvD Anything Goes  
DAY 2 - Tabata Cardio  
DAY 3 - Resistance Intervals  
DAY 4 - Pilates Phase 4

## Week 9

DAY 1 - AvD Super Hero Intense  
DAY 2 - Resistance Cardio HIIT  
DAY 3 - Cardio Resistance MashUp  
DAY 4 - Resistance Burn

## Week 10

DAY 1 - Sparta  
DAY 2 - Cardio Starter 4  
DAY 3 - Cardio Starter 3  
DAY 4 - Pilates Phase 5

**LIGHT**

THE  
APPRENTICE PLAN