

Develop your movement  
and strength for total  
beginners

# THE DEVELOPMENT PLAN

## PROGRAM

### Week 1

DAY 1 - Develop  
DAY 2 - Cardio Breeze  
DAY 3 - Cardio Compassion  
DAY 4 - Movement Compassion  
DAY 5 - Get Moving 1  
DAY 6 - Pilates Pre Phase

### Week 2

DAY 1 - Resistance Cardio Starter  
DAY 2 - Get Moving Cardio  
DAY 3 - Cardio Compassion 2  
DAY 4 - Starter Boxer  
DAY 5 - Get Moving 2  
DAY 6 - Standing Pilates