

6 week starter  
workout plan



# THE *Classic* TRAINEE PLAN

## PROGRAM

### Week 1

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

### Week 2

DAY 1 - Boxing Resistance Light  
DAY 2 - Cardio Momentum  
DAY 3 - Starter HIIT  
DAY 4 - Cardio Motion  
DAY 5 - Get Moving 2  
DAY 6 - Standing Pilates

### Week 3

DAY 1 - Cardio Starter Abs  
DAY 2 - Casual Movement  
DAY 3 - Classic Pilates  
DAY 4 - Cardio Resistance GO!  
DAY 5 - Walking Cardio  
DAY 6 - Get Moving Cardio

### Week 4

DAY 1 - Get Moving 3  
DAY 2 - Starter Boxer  
DAY 3 - Standing Pilates 2  
DAY 4 - Ultimate Hybrid  
DAY 5 - Cardio Starter 3  
DAY 6 - Burn and Blast

### Week 5

DAY 1 - Get Moving 4  
DAY 2 - Cardio Pilates Starter  
DAY 3 - Movement Compassion  
DAY 4 - Triple HIIT Complete  
DAY 5 - Low Impact Intervals 2  
DAY 6 - Cardio Starter 4

### Week 6

DAY 1 - Boxing Resistance  
DAY 2 - Activation Cardio  
DAY 3 - Standing Pilates 3  
DAY 4 - Resistance Compassion  
DAY 5 - Activation Cardio 2  
DAY 6 - Boxing Abs