



SWEATSLINGER

TWT DAY 1

Intense 30 minute a day plan
that includes resistance, cardio,
mobility and balance work.

TWO WEEK TRANSFORMATION

Week 1

- Day 1 - Sweatslinger
- Day 2 - Warrior
- Day 3 - Non Stop Cardio
- Day 4 - Resistance Fire
- Day 5 - Double HIIT

Week 2

- Day 1 - Boxing Resistance
- Day 2 - Hot Legs
- Day 3 - Burpees V Squats
- Day 4 - Resistance Focus
- Day 5 - Standing Pilates Cardio