

## 10 Week Workout Programme

### WEEK 1

DAY	WORKOUT
Monday	PT Pre Phase
Tuesday	Cardio Starter
Wednesday	Pilates Pre Phase
Thursday	PT Phase one
Friday	Introduction to Yoga
Saturday	Cardio Pilates Starter
Sunday	Rest Day

### WEEK 2

DAY	WORKOUT
Monday	PT Phase one
Tuesday	Complete Cardio
Wednesday	Pilates Phase one
Thursday	PT Phase one
Friday	Introduction to Yoga
Saturday	Cardio Combos
Sunday	Rest Day

### WEEK 3

DAY	WORKOUT
Monday	PT Phase Two
Tuesday	Cardio Express
Wednesday	Pilates Phase One
Thursday	PT Phase Two
Friday	Progressive Yoga
Saturday	Tabata Cardio
Sunday	Rest Day

### WEEK 4

DAY	WORKOUT
Monday	PT Phase Two
Tuesday	Interval Cardio
Wednesday	Pilates Phase Two
Thursday	PT Phase Two
Friday	Progressive Yoga
Saturday	Cardio Pilates
Sunday	Rest Day

### WEEK 5

DAY	WORKOUT
Monday	PT Phase Three
Tuesday	Boxing Challenge
Wednesday	Pilates Phase two
Thursday	PT Challenge
Friday	Restorative Yoga
Saturday	Cardio Pilates Starter
Sunday	Rest Day

### WEEK 6

DAY	WORKOUT
Monday	PT Phase Three
Tuesday	Tabata Cardio
Wednesday	Pilates Phase Three
Thursday	PT Phase Three
Friday	Yoga Flow
Saturday	Complete Cardio
Sunday	Rest Day

### WEEK 7

DAY	WORKOUT
Monday	PT Four Upper
Tuesday	Cardio Pilates
Wednesday	Pilates Phase 4
Thursday	PT Four Lower
Friday	Yoga Flow
Saturday	Boxing Challenge
Sunday	Rest Day

### WEEK 8

DAY	WORKOUT
Monday	PT Four Upper body
Tuesday	Cardio combos
Wednesday	Pilates Phase 4
Thursday	PT Lower body
Friday	Yoga Shower
Saturday	Interval Cardio
Sunday	Rest Day

### WEEK 9

DAY	WORKOUT
Monday	PT Phase 5
Tuesday	Cardio Express
Wednesday	Pilates Phase Five
Thursday	PT Phase 5
Friday	Yoga Shower
Saturday	Cardio Pilates
Sunday	Rest Day

### WEEK 10

DAY	WORKOUT
Monday	Boxing Challenge
Tuesday	Pilates Phase Five
Wednesday	Tabata Challenge
Thursday	PT Phase Five
Friday	Restorative Yoga
Saturday	Cardio Pilates
Sunday	Rest Day