

BEST OF 2023 PLAN



Week 1

- [Day 1 2023 Members Workout](#)
- [Day 2 Ultimate Plan 3](#)
- [Day 3 Tabata Pure Cardio](#)
- [Day 4 Alex's Power Session 4](#)
- [Day 5 6 Round Boxing](#)

Week 2

- [Day 1 Tabata Mix](#)
- [Day 2 Tabata Movement](#)
- [Day 3 Car-ab-dio 2](#)
- [Day 4 Tabata Mobility Strength](#)
- [Day 5 AvD A workout](#)