

TE WERO - PHASE 1

| WEEK | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|------|--------------------------------|---|---|---|--------------------------------|---|---|
| 1 | PUMP CHALLENGE (20 minutes) | REST | PUMP CHALLENGE (20 minutes) | FLOW (20 minutes) WALK (45 minutes) | PUMP CHALLENGE (20 minutes) | HARD CORE ABS (20 minutes) WALK (45 minutes) | REST |
| 2 | PUMP & BURN (30 minutes) | WALK (30 minutes) | PUMP CHALLENGE (20 minutes) HARD CORE ABS (20 minutes) | FLOW (20 minutes) | PUMP & BURN (30 minutes) | REST | HARD CORE ABS (20 minutes) WALK (45 minutes) |
| 3 | PUMP & BURN (30 minutes) | HARD CORE ABS (20 minutes) WALK (45 minutes) | PUMP & BURN (30 minutes) | FLOW (20 minutes) HARD CORE ABS (20 minutes) | REST | PUMP & BURN (30 minutes) | HARD CORE ABS (20 minutes) WALK (45 minutes) |
| 4 | PUMP & BURN (30 minutes) | REST | PUMP & BURN (30 minutes) | HARD CORE ABS (20 minutes) WALK (45 minutes) | PUMP & BURN (30 minutes) | PUMP & BURN (30 minutes) | FLOW (20 minutes) |
| 5 | PUMP & SHRED (45 minutes) | HARD CORE ABS (20 minutes) WALK (45 minutes) | PUMP & BURN (30 minutes) | FLOW (20 minutes) HARD CORE ABS (20 minutes) | REST | PUMP & SHRED (45 minutes) | HARD CORE ABS (20 minutes) WALK (45 minutes) |

PANONI - PHASE 2

| WEEK | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|------|--|---|---------------------------------|---|---|---|----------------------|
| 6 | PUMP & SHRED (45 minutes) | HARD CORE ABS (20 minutes) WALK (45 minutes) | PUMP & SHRED (45 minutes) | FLOW (20 minutes) HARD CORE ABS (20 minutes) | WALK (45 minutes) | PUMP & SHRED (45 minutes) | REST |
| 7 | PUMP & BURN (30 minutes) HARD CORE ABS (20 minutes) | REST | PUMP REVOLUTION (55 minutes) | HARD CORE ABS (20 minutes) WALK (60 minutes) | PUMP & SHRED (45 minutes) | FLOW (20 minutes) HARD CORE ABS (20 minutes) | WALK (60 minutes) |
| 8 | PUMP EXTREME (55 minutes) | HARD CORE ABS (20 minutes) WALK (45 minutes) | PUMP & SHRED (45 minutes) | REST | FLOW (20 minutes) HARD CORE ABS (20 minutes) | PUMP EXTREME (55 minutes) | WALK (60 minutes) |
| 9 | PUMP REVOLUTION (55 minutes) | REST | PUMP EXTREME (55 minutes) | FLOW (20 minutes) HARD CORE ABS (20 minutes) | REST | PUMP REVOLUTION (55 minutes) | WALK (60 minutes) |

KIA KAHA - PHASE 3

| WEEK | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|------|---|---------------------------------|----------------------|---------------------------------|---|------------------------------|---------------------------------|
| 10 | PUMP EXTREME (55 minutes) | FLOW (20 minutes) | REST | PUMP REVOLUTION (55 minutes) | FLOW (20 minutes) HARD CORE ABS (20 minutes) | PUMP EXTREME (55 minutes) | WALK (60 minutes) |
| 11 | PUMP REVOLUTION (55 minutes) | WALK (60 minutes) | REST | PUMP EXTREME (55 minutes) | FLOW (20 minutes) | WALK (60 minutes) | PUMP REVOLUTION (55 minutes) |
| 12 | WALK (60 minutes) | PUMP EXTREME (55 minutes) | FLOW (20 minutes) | REST | PUMP REVOLUTION (55 minutes) | WALK (60 minutes) | PUMP EXTREME (55 minutes) |
| 13 | FLOW (20 minutes) HARD CORE ABS (20 minutes) | PUMP REVOLUTION (55 minutes) | REST | WALK (60 minutes) | REST | PUMP EXTREME (55 minutes) | <u>DONE!</u> |