



## ADVANCED SCHEDULE

In this track, you'll do five workouts per week, take one day of active recovery and have one day of complete rest.

For each workout, you'll do three rounds of 30/30, one round of Combinations and a three- to 10-minute Flow. Remember to begin your workouts with the warm-up and end them with the cool-down.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	Workout 1	Workout 2	Workout 3	Active Recovery	Workout 4	Workout 5	Rest
2	Workout 2	Workout 3	Workout 4	Active Recovery	Workout 5	Workout 1	Rest
3	Workout 3	Workout 4	Workout 5	Active Recovery	Workout 1	Workout 2	Rest
4	Workout 4	Workout 5	Workout 1	Active Recovery	Workout 2	Workout 3	Rest
5	Workout 5	Workout 1	Workout 2	Active Recovery	Workout 3	Workout 4	Rest
6	Workout 1	Workout 2	Workout 3	Active Recovery	Workout 4	Workout 5	Rest