

INTERMEDIATE PROGRAM

WEEK 1

MONDAY

VIDEO CATEGORY

1 - 2 - 3

Stretch

TUESDAY

VIDEO CATEGORY

1 - 3

Stretch

WEDNESDAY

Rest Day

THURSDAY

VIDEO CATEGORY

1 - 2 - 3

Stretch

FRIDAY

VIDEO CATEGORY

1 - 2 - 3

Stretch

SATURDAY

Rest Day

SUNDAY

**Stretch or
Rest day**

NOTES

**How does your
body feel?
Do you feel ready
for week 2
or repeat week 1?**

INTERMEDIATE PROGRAM

WEEK 2

MONDAY

VIDEO CATEGORY

1 - 2 - 1 - 3

Stretch

TUESDAY

VIDEO CATEGORY

1 - 2 - 3

Stretch

WEDNESDAY

Rest day

THURSDAY

VIDEO CATEGORY

1 - 2 - 3

Stretch

FRIDAY

VIDEO CATEGORY

1 - 2 - 1 - 3

Stretch

SATURDAY

Rest day

SUNDAY

VIDEO CATEGORY

3

Stretch

NOTES

How does your
body feel?
Do you feel ready
for week 3
or repeat week 2?

INTERMEDIATE PROGRAM

WEEK 3

MONDAY

VIDEO CATEGORY

1 - 2 - 1 - 2 - 3

Stretch

TUESDAY

VIDEO CATEGORY

1 - 2 - 3

Stretch

WEDNESDAY

Rest day

THURSDAY

VIDEO CATEGORY

1 - 2 - 1 - 3

Stretch

FRIDAY

VIDEO CATEGORY

1 - 2 - 3

Stretch

SATURDAY

Rest day

SUNDAY

VIDEO CATEGORY

3

Stretch

NOTES

**How does your
body feel?
Do you feel ready
for week 4
or repeat week 3?**

INTERMEDIATE PROGRAM

WEEK 4

MONDAY

VIDEO CATEGORY

1 - 2 - 1 - 2 - 1 - 3

Stretch

TUESDAY

VIDEO CATEGORY

1 - 2 - 3

Stretch

WEDNESDAY

Rest day

THURSDAY

VIDEO CATEGORY

1 - 2 - 1 - 2 - 1 - 3

Stretch

FRIDAY

Rest Day

SATURDAY

VIDEO CATEGORY

1 - 2 - 1 - 3

Stretch

SUNDAY

VIDEO CATEGORY

1 - 3

Stretch

NOTES

**How does your
body feel?
Are you ready
to move on to the
intermediate calender?**