

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)

Instructor Program Manual For Bodypump

RM Cervero



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