

# PANONI—PHASE 2

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>6</b>	<b>PUMP &amp; SHRED</b> (45 minutes)	<b>HARD CORE ABS</b> (20 minutes) <b>WALK</b> (45 minutes)	<b>PUMP &amp; SHRED</b> (45 minutes)	<b>FLOW</b> (20 minutes) <b>HARD CORE ABS</b> (20 minutes)	<b>WALK</b> (45 minutes)	<b>PUMP &amp; SHRED</b> (45 minutes)	<b>REST</b>
<b>7</b>	<b>PUMP &amp; BURN</b> (30 minutes) <b>HARD CORE ABS</b> (20 minutes)	<b>REST</b>	<b>PUMP REVOLUTION</b> (55 minutes)	<b>HARD CORE ABS</b> (20 minutes) <b>WALK</b> (60 minutes)	<b>PUMP &amp; SHRED</b> (45 minutes)	<b>FLOW</b> (20 minutes) <b>HARD CORE ABS</b> (20 minutes)	<b>WALK</b> (60 minutes)
<b>8</b>	<b>PUMP EXTREME</b> (55 minutes)	<b>HARD CORE ABS</b> (20 minutes) <b>WALK</b> (45 minutes)	<b>PUMP &amp; SHRED</b> (45 minutes)	<b>REST</b>	<b>FLOW</b> (20 minutes) <b>HARD CORE ABS</b> (20 minutes)	<b>PUMP EXTREME</b> (55 minutes)	<b>WALK</b> (60 minutes)
<b>9</b>	<b>PUMP REVOLUTION</b> (55 minutes)	<b>REST</b>	<b>PUMP EXTREME</b> (55 minutes)	<b>FLOW</b> (20 minutes) <b>HARD CORE ABS</b> (20 minutes)	<b>REST</b>	<b>PUMP REVOLUTION</b> (55 minutes)	<b>WALK</b> (60 minutes)

# Instructor Program Manual For Bodypump

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