

	PHASE	1: Esta	blishir WEEKS		found	datior	n					
**ELIO 1-0												
		Week 1 2 sets of 45 secs back to back		Week 2 3 sets x 30 secs back to back			Week 3 Complete each move once and then repeat all of them one more time x 45 secs each					
	Love Them Legs											
	Warmup Video											
	Workouts	Set 1	Set 2	Set 1	Set 2	Set 3	Round 1	Round 2				
1	Lateral Lunge Pop											
2	Walking ATG lunge											
3	Hip flexion w/ weights (weight on an infinity band)											
4	Monster walks											
5	Hamstring foam roll											
6	in/out squat											
7	ladder in out pattern											
8	Single Leg Squat with elevated leg											
	Cool Down Video	L	_					_				
		Week 1					1					
ļ	Roxina them Arms	We	ek 1		Week 2		Wee					
E	Boxing them Arms		ek 1 / 15 sec rest	20sec or	Week 2 1/5sec rest/2	20sec on	30sec on/8se	c rest/30sec				
E				20sec or		20sec on		c rest/30sec				
Ė	Boxing them Arms Warmup Video			20sec or		20sec on	30sec on/8se	c rest/30sec				
E	Warmup Video			20sec or		20sec on Set 3	30sec on/8se	c rest/30sec				
1	Warmup Video Workouts	45 secs on	/ 15 sec rest		n/5sec rest/ 2		30sec on/8se	c rest/30sec n				
1	Warmup Video Workouts Speed Punches	45 secs on	/ 15 sec rest	Set 1	n/5sec rest/ 2	Set 3	30sec on/8se	c rest/30sec n				
	Workouts Speed Punches kneeling Overhead hold	45 secs on/	/ 15 sec rest Set 2	Set 1	Set 2	Set 3	30sec on/8se	c rest/30sec n				
1 2	Workouts Speed Punches kneeling Overhead hold step and punch	45 secs on/	Set 2	Set 1	Set 2	Set 3	30sec on/8se	c rest/30sec n				
1 2 3	Warmup Video Workouts Speed Punches kneeling Overhead hold step and punch forearm plank	45 secs on/	Set 2	Set 1	Set 2	Set 3	30sec on/8se	c rest/30sec n				
1 2 3 4	Workouts Speed Punches kneeling Overhead hold step and punch forearm plank Forward Speed Punches	45 secs on/	Set 2	Set 1	Set 2	Set 3	30sec on/8se	c rest/30sec n				
1 2 3 4 5	Warmup Video Workouts Speed Punches kneeling Overhead hold step and punch forearm plank	45 secs on/	Set 2	Set 1	Set 2	Set 3	30sec on/8se	c rest/30sec n				
1 2 3 4 5 6	Workouts Speed Punches kneeling Overhead hold step and punch forearm plank Forward Speed Punches stepper OH hold	45 secs on/	Set 2	Set 1	Set 2	Set 3	30sec on/8se	c rest/30sec n				
1 2 3 4 5 6 7	Workouts Speed Punches kneeling Overhead hold step and punch forearm plank Forward Speed Punches stepper OH hold cross-punching	45 secs on/	Set 2	Set 1	Set 2	Set 3	Round 1	c rest/30sec n				
1 2 3 4 5 6 7 8	Workouts Speed Punches kneeling Overhead hold step and punch forearm plank Forward Speed Punches stepper OH hold cross-punching split stance reverse punches	45 secs on/	Set 2	Set 1	Set 2	Set 3	Round 1	c rest/30sec n				
1 2 3 4 5 6 7 8 9	Workouts Speed Punches kneeling Overhead hold step and punch forearm plank Forward Speed Punches stepper OH hold cross-punching split stance reverse punches walking tricep crusher	45 secs on/	Set 2	Set 1	Set 2	Set 3	Round 1	c rest/30sec n				
1 2 3 4 5 6 7 8 9	Workouts Speed Punches kneeling Overhead hold step and punch forearm plank Forward Speed Punches stepper OH hold cross-punching split stance reverse punches walking tricep crusher pulsing superwomen	45 secs on/	Set 2	Set 1	Set 2	Set 3	Round 1	c rest/30sec n				
1 2 3 4 5 6 7 8 9	Workouts Speed Punches kneeling Overhead hold step and punch forearm plank Forward Speed Punches stepper OH hold cross-punching split stance reverse punches walking tricep crusher pulsing superwomen lat pull down step ups	45 secs on/	Set 2	Set 1	Set 2	Set 3	Round 1	c rest/30sec n				
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Full Body Core		2 sets of 45 secs back to back		3 sets x 30 secs back to back			Complete each move once and then repeat all of them one more time x 45 secs each				
Warmup Video											
	Workouts	Set 1	Set 2	Set 1	Set 2	Set 3	Round 1	Round 2			
1	Elbow to knee and side shuffle										
2	Split stance oblique KB swing										
3	Weighted Bicycle Crunch with infinity band										
4	Quarter Burpee										
5	Side shuffle w/ 6 Russian twists										
6	Knee to pad crunch										
7	Inchworm										
8	Spiderman crawl										
Cool Down Video		[]			
Congratulations Gorgeous!											
Coriginations Dongeous:											
You completed Phase 1											