

POWER UP 60

Power Up 60 is here to make you strong, toned and transform in all aspects. With combination of classic strength movements and high-intensity interval training (HIIT) this program targets every muscle group with unique workouts and maximizing muscle growth and strength one workout at a time.

FIT TEST

| | SET 1 | SET 2 | SET 3 |
|-------------------|----------------|----------------|----------------|
| | Rounds/Weights | Rounds/Weights | Rounds/Weights |
| FIT TEST 1 | | | |
| FIT TEST 2 | | | |
| FIT TEST 3 | | | |

If you have missed any workouts, it is acceptable to resume from where you left off. If you have taken an extended break, you may opt to restart.

The FIT Test is scheduled thrice within the program to assess your fitness level and track your progress.

PROGRAM SCHEDULE

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------------------|----------------------------|-------------------------------|-------------------------------|-------------------------------|----------------------------|----------|----------|
| WEEK 1 | Full Body Strength Circuit | Core Circuit | Powerup Cardio | Upper Body Pure Strength | Core & Flow | Rest Day | Rest Day |
| WEEK 2 | Lower Body Pure Strength | The Ultimate Pyramid | Speed & Agility | Upper Body Strength Circuit 2 | Fit Test | Rest Day | Rest Day |
| WEEK 3 | Core Stability & Strength | Lower Body Strength Circuit 2 | Fullbody Power | Core Circuit | Full Body Strength Circuit | Rest Day | Rest Day |
| WEEK 4 | Powerup Cardio | Upper Body Pure Strength | Core & Flow | Lower Body Pure Strength | Fit Test | Rest Day | Rest Day |
| FINALE WEEK | | | | | | | |
| WEEK 5 | The Ultimate Pyramid | Speed & Agility | Upper Body Strength Circuit 2 | Lower Body Strength Circuit 2 | Core Stability & Strength | Rest Day | Rest Day |
| WEEK 6 | Fullbody Power | Fit Test | | | | | |

Please feel free to choose any mobility exercise from the FREEDOM mobility series once a week according to your comfort; it'll be helpful for injury prevention and for you to perform your workouts more efficiently.