

# POWER UP 60

## HYBRID SCHEDULE

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
<b>FIT TEST 1</b>			
<b>FIT TEST 2</b>			
<b>FIT TEST 3</b>			

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
<b>WEEK 1</b>	Full Body Strength Circuit	Core Circuit	Powerup Cardio	Upper Body Pure Strength	Core & Flow	Fullbody Mobility <small>(FREEDOM SERIES EP4)</small>	Rest Day
<b>WEEK 2</b>	Lower Body Pure Strength	The Ultimate Pyramid	Speed & Agility	Upper Body Strength Circuit 2	<b>Fit Test</b>	All about Balance <small>(YOG SERIES EP4)</small>	Rest Day
<b>WEEK 3</b>	Core Stability & Strength	Lower Body Strength Circuit 2	Fullbody Power	Core Circuit	Full Body Strength Circuit	Shoulders & Scapular Focus <small>(FREEDOM SERIES EP6)</small>	Rest Day
<b>WEEK 4</b>	Powerup Cardio	Upper Body Pure Strength	Core & Flow	Lower Body Pure Strength	<b>Fit Test</b>	Upperbody Arm Balances <small>(YOG SERIES EP7)</small>	Rest Day
<b>FINALE WEEK</b>							
<b>WEEK 5</b>	The Ultimate Pyramid	Speed & Agility	Upper Body Strength Circuit 2	Lower Body Strength Circuit 2	Core Stability & Strength	Spine & Neck Focus <small>(FREEDOM SERIES EP6)</small>	Rest Day
<b>WEEK 6</b>	Fullbody Power	<b>Fit Test</b>					

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.