

# THE DEN

## A GYM WORKOUT SERIES

### HYBRID SCHEDULE

Your virtual gym coach is here! This program will enable you to workout at any gym, anywhere in the world. It will teach you how to make your gym membership 10x more effective without the need of any fancy equipment.

### PROGRAM SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	Upperbody Circuit + Core Shred	Lowerbody Circuit + Core Circuit	Total Body Strength + Endurance + Core shred	Upperbody Circuit 2 + Core circuit 2	Lowerbody Circuit 2 + Core circuit 3	Fullbody Mobility <small>(FREEDOM SERIES EP4)</small>	Break Day
<b>WEEK 2</b>	Upperbody upgrade + Core Shred	Lowerbody upgrade + Core circuit	Total body Power + Core circuit 2	Upperbody Upgrade 2 + Core circuit 3	Lowerbody Upgrade 2 + Core Shred	Hip Focus <small>(FREEDOM SERIES EP5)</small>	Break Day
<b>WEEK 3</b>	Upperbody Circuit + Core Shred	Lowerbody Circuit + Core Circuit	Total Body Strength + Endurance + Core shred	Upperbody Circuit 2 + Core circuit 2	Lowerbody Circuit 2 + Core circuit 3	Knee & Ankle Focus <small>(FREEDOM SERIES EP2)</small>	Break Day
<b>WEEK 4</b>	Upperbody upgrade + Core Shred	Lowerbody upgrade + Core circuit	Total body Power + Core circuit 2	Upperbody Upgrade 2 + Core circuit 3	Lowerbody Upgrade 2 + Core Shred	Spine & Neck Focus <small>(FREEDOM SERIES EP6)</small>	Break Day
<b>FINALE WEEK</b>							
<b>WEEK 5</b>	Speed & Agility <small>(Powerup 60)</small>	Core & Flow <small>(Powerup 60)</small>					

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.