

POWER  
UP60

2.0

Introducing the **POWERUP 60 2.0**  
- Your 6-Week Workout journey!

Welcome to the **PowerUp 60 2.0**. A dynamic, structured **6-week** workout program designed with you in mind. Inspired by your feedback on the PowerUp 60, we've fine-tuned and given more every to this program to ensure it's both effective and enjoyable.

What's New in PowerUp 60 2.0?

- 1. **Structured Schedule:** Over the course of six weeks, you'll follow a clear and adaptive path that ensures you stay on track, disciplined & committed.
- 2. **Active Recovery Days:** We've incorporated active recovery days to help you avoid burnout, allowing your muscles to recuperate with lighter activities that keep you engaged. You can also choose the walk/run or play a sport during your rest days.
- 3. **Versatility and Variations:** Sprinkled throughout the program are different workout variations that keep things exciting and fresh, preventing monotony and enhancing your experience.
- 4. **Real Talks and Inspiration:** Your fitness journey is both physical and mental. Our real talks aim to educate, motivate, and inspire, turning each day into a learning adventure to progress with the right intention.
- 5. **Grand finale week:** In the final week, the intensity is increased by blending workouts from both programs, challenging you to finish as the strongest version of yourself.

WEEK 1	DAY 1	Strength Powerhouse
	DAY 2	Crisp Cardio
	DAY 3	Upperbody Eccentric focused
	DAY 4	Pure Core Shred
	DAY 5	Lowerbody Eccentric focused
	DAY 6	Active Recovery
	DAY 7	Rest day / 30mins walk

WEEK 2	DAY 8	The ultimate pyramid
	DAY 9	Upperbody gold basics
	DAY 10	Abs & Flow
	DAY 11	Lowerbody Gold basics
	DAY 12	Turbo Tempo
	DAY 13	Active Recovery 2
	DAY 14	Rest day / Play any sport or Run 30mins

WEEK 3	DAY 15	Strength Powerhouse
	DAY 16	Crisp Cardio
	DAY 17	Upperbody eccentric focused
	DAY 18	Pure core shred
	DAY 19	Lowerbody eccentric focused
	DAY 20	Recovery day
	DAY 21	Hip Focus Mobility (Freedom program)

WEEK 4	DAY 22	The Ultimate pyramid
	DAY 23	Upperbody gold basics
	DAY 24	Abs & Flow
	DAY 25	Lowerbody Gold basics
	DAY 26	Turbo Tempo
	DAY 27	Active Recovery 2
	DAY 28	Knee & Ankle focus mobility (Freedom series)

WEEK 5	DAY 29	Solo Surge (Lowerbody focus)
	DAY 30	Abs & Flow
	DAY 31	Solo Surge (Upperbody focus)
	DAY 32	Pure core shred
	DAY 33	Strength AMRAP
	DAY 34	Spine & Neck Focus mobility (freedom series)
	DAY 35	Rest Day

WEEK 6	DAY 36	Fullbody Power (PowerUp 60 series)
	DAY 37	Upperbody eccentric focused
	DAY 38	Upperbody Circuit (PowerUp 60 series)
	DAY 39	Lowerbody Eccentric focused
	DAY 40	Lowerbody Circuit (PowerUp 60 series)
	DAY 41	Strength AMRAP
	DAY 42	Fullbody Drill Mobility (Freedom series)