

Fit Over 50 Level 3 - 4 Week Plan

Click on a routine and it will take you right to the video



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	Relax and Restore De-Stress Routine Or Full Body Foam Roll	30 Min Low Impact Turbo 20	Strength Basics	Active Recovery and Stretch	30 Min Low Impact HIIT	ABSolutely Pilates	Catch Up or Do something FUN Day
Week 2	Relax and Restore De-Stress Routine Or Full Body Foam Roll	30 Min Low Impact Cardio	Strength Basics 2	Standing Balance	Cardio and Core Pyramid HIIT	Strength Basics 2	Catch Up or Do something FUN Day
Week 3	Relax and Restore De-Stress Routine Or Full Body Foam Roll	30 Min Low Impact Turbo 20	Strength Basics	Active Recovery and Stretch	30 Min Low Impact HIIT	ABSolutely Pilates	Catch Up or Do something FUN Day
Week 4	Relax and Restore De-Stress Routine Or Full Body Foam Roll	30 Min Low Impact Cardio	Strength Basics 2	Standing Balance	Cardio and Core Pyramid HIIT	Strength Basics 2	Catch Up or Do something FUN Day