

SCULPTAFIT-Club Sample Schedule - Volume 1

The 5-Day Schedule

This 5-day rotation condenses the number of days to cover total-body training and also has a dedicated cardio & stretch day.

Here's the summary view (and below is full view with specific training session link suggestions):

Day 1 - Lower-Body

Day 2 - Upper-Body

Day 3 - Abs/Core

Day 4 - Total-Body

Day 5 - Cardio & Stretch

After Day 5 - you start over again at Day 1

Day 1 - Lower-Body

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-lower-body-session-1>

Intermediate - Combining 2 segments

1 -

<https://www.sculptafitclub.com/programs/basic-lower-body-session-1>

2 -

<https://www.sculptafitclub.com/programs/liit-lower-body-personal-training-session-intermediate-1>

Day 2 - Upper-Body

Basic/Beginner - Combining 2 segments

1 -

<https://www.sculptafitclub.com/programs/liit-chest-and-back-personal-training-session-basic-1>

2 -

<https://www.sculptafitclub.com/programs/liit-arm-personal-training-session-basic-intermediate-1>

Intermediate - Combining 2 segments

1 -

<https://www.sculptafitclub.com/programs/liit-chest-and-back-personal-training-session-intermediate-1>

2 -

<https://www.sculptafitclub.com/programs/liit-arm-personal-training-session-basic-intermediate-1>

Day 3 - Abs/Core

Basic/Beginner

<https://www.sculptafitclub.com/programs/basic-abs-and-core-session-1>

Intermediate - Combining 2 segments

1 - <https://www.sculptafitclub.com/programs/basic-abs-and-core-session-1>

2 - <https://www.sculptafitclub.com/programs/liit-abs-and-core-intermediate-1>

Day 4 - Total-Body

Basic/Beginner - Combining 2 segments

1 -

<https://www.sculptafitclub.com/programs/the-notorious-9>

2 -

<https://www.sculptafitclub.com/programs/basic-total-body-foundational-fitness-session-1>

Intermediate - Combining 2 segments

1 -

<https://www.sculptafitclub.com/programs/the-notorious-9>

2 -

<https://www.sculptafitclub.com/programs/liit-total-body-training-session-intermediate-1>

Day 5 - Cardio & Stretch - Combining 2 segments

1 - Primer Warm-Up

<https://www.sculptafitclub.com/programs/pre-training-session-primer-warm-up>

2 - Bodyweight Cardio Basic/Intermediate

<https://www.sculptafitclub.com/programs/bodyweight-cardio-session-basic-1>

⇒ After Day 5 - you start over again at Day 1

NOTES: