

GO HYBRID

WHAT IS THE PROGRAM ABOUT?

GO HYBRID is an intermediate level program built to challenge limits and to burn fats and build muscle with a right structure, it blends the best of strength, endurance, and conditioning to unlock your full potential.

If what you've just read is your goal, this program is your all-in-one solution. It's time to **GO HYBRID**.

This program is going to be a pure holistic approach towards your fitness journey.

Week 1: Strength Week

Build raw power and muscle with focused strength training. We'll be taking you through basic strength movements gradually progressing towards complex dumbbell strength movements.

MON	Week 1	DAY 1	FullBody Strength
TUE		DAY 2	Lowerbody Strength
WED		DAY 3	Full Body Mobility (from the Freedom series)
THU		DAY 4	Upperbody Strength
FRI		DAY 5	Core Strength and Stability
SAT		DAY 6	Break Day
SUN		DAY 7	Break Day

Week 2: Endurance Week

You'll be entering this week with a mindset of boosting your stamina and energy through endurance-driven workouts.

MON	WEEK 2	DAY 8	AMRAP
TUE		DAY 9	EMOM
WED		DAY 10	Core Strength and Stability
THU		DAY 11	Tabata Thrill
FRI		DAY 12	Metcon Madness
SAT		DAY 13	Break Day
SUN		DAY 14	Break Day

Week 3: Strength + Endurance

Here's where you take a big step towards your transformation with combining the power of Week 1 and 2 for a balanced blend of strength and endurance training to test and improve your overall performance.

MON	WEEK 3	DAY 15	FullBody strength
TUE		DAY 16	EMOM
WED		DAY 17	Core Strength and Stability
THU		DAY 18	Lowerbody Strength
FRI		DAY 19	Tabata thrill
SAT		DAY 20	Break Day
SUN		DAY 21	Break Day

Week 4: Hybrid Week

This week is an ultimate challenge where your mind and body will be tested to its limits where you'll notice your real transformation

MON	WEEK 4	DAY 22	FullBody Strength and Endurance(Eccentric Focus)
TUE		DAY 23	Lowerbody Drop Sets
WED		DAY 24	AMRAP
THU		DAY 25	Upperbody Drop Sets
FRI		DAY 26	CrossFit, Flow and Core
SAT		DAY 27	Rest Day
SUN		DAY 28	Rest Day

MON	DAY 29	Fit test
TUE	DAY 30	FullBody Strength Circuit (PowerUp 60 series)

Only if you were not able to complete the given workouts upto 60% then we will highly recommend you to repeat the program from Week 1 for you to proceed towards the advance workouts