

# POWER UP 60

## 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.

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

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

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

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

<b>WEEK 5</b>	<b>DAY 22</b>	Solo Surge (Lowerbody focus)
	<b>DAY 23</b>	Abs & Flow
	<b>DAY 24</b>	Solo Surge (Upperbody focus)
	<b>DAY 25</b>	Pure core shred
	<b>DAY 26</b>	Strength AMRAP
	<b>DAY 27</b>	Spine & Neck Focus mobility (freedom series)
	<b>DAY 28</b>	Rest Day

<b>WEEK 6</b>	<b>DAY 8</b>	Fullbody Power (PowerUp 60 series)
	<b>DAY 9</b>	Upperbody eccentric focused
	<b>DAY 10</b>	Upperbody Circuit (PowerUp 60 series)
	<b>DAY 11</b>	Lowerbody Eccentric focused
	<b>DAY 12</b>	Lowerbody Circuit (PowerUp 60 series)
	<b>DAY 13</b>	Strength AMRAP
	<b>DAY 14</b>	Fullbody Drill Mobility (Freedom series)