

Sculpt

STRENGTH MEETS BALANCE

Sculpt is a dynamic 6-day-a-week intermediate program designed to help you build muscle, shed fat, and tone your body with the perfect balance of power and precision.

Combining intense strength training with two days of Pilates, this program not only sculpts your physique but also enhances core stability, flexibility, and endurance for long-term, sustainable results.

Get stronger, leaner, and more defined with a mix of Strength & Pilates. It's time to transform the right way!

WEEK 1	DAY 1	Tue	Fullbody Sculpt (Chest Back Quads)
	DAY 2	Wed	Total Conditioning Circuit (Cardio)
	DAY 3	Thu	Core & Chisel -part 1
	DAY 4	Fri	Sculpted Arms (Shoulder,Bicep & Tricep)
	DAY 5	Sat	Hamstring & Glute Sculpt Session
	DAY 6	Sun	Break Day

WEEK 2	DAY 7	Mon	Core & Chisel -part 2
	DAY 8	Tue	Chest and shoulder Blend
	DAY 9	Wed	Power Quads
	DAY 10	Thu	Abs of Steel, Ball of air - part 1
	DAY 11	Fri	Back & Bicep Blend
	DAY 12	Sat	Hams & Glute Ignite
	DAY 13	Sun	Break Day

WEEK 3	DAY 14	Mon	Abs of Steel, Ball of air - part 2
	DAY 15	Tue	FullBody Sculpt Heist
	DAY 16	Wed	The Upperbody Eccentric Engine
	DAY 17	Thu	Bounce & Burn- part 1
	DAY 18	Fri	Slow Burn Legs
	DAY 19	Sat	Arms under pressure
	DAY 20	Sun	Break Day

WEEK 4	DAY 21	Mon	Bounce & Burn- part 2
	DAY 22	Tue	Upperbody Build
	DAY 23	Wed	Total Conditioning Circuit 2.0
	DAY 24	Thu	Band it like Pilates - part 1
	DAY 25	Fri	Lowerbody Build
	DAY 26	Sat	Sculpt & Build
	DAY 27	Sun	Break Day

WEEK 5	DAY 28	Mon	Band it like Pilates - part 2
	DAY 29	Tue	The Final Burn
	DAY 30	Wed	The Sculpt Showdown