

Sculpt LIVE 2.0

WHAT IS THE PROGRAM ABOUT?

Sculpt taught you how to move. Sculpt 2 will teach you how to perform and build unshakable strength. This phase combines strength training and Pilates to help you move better, lift stronger, and feel more connected to your body than ever before. We're building strength that's not just physical but functional, stable, and deeply rooted. Expect dynamic strength sessions, core-focused Pilates work, and flow-based conditioning that challenges your endurance and mind-muscle connection. Because this time, it's not just about how your body looks, it's about how your body moves, performs, and sustains.

WEEK 1: THE POWER PHASE 🔥 (Days 1-7)

(Heavy Lifts Week)

MON	WEEK 1	DAY 1	The Sculpt Strength Test
TUE		DAY 2	Lower Empire
WED		DAY 3	Core Bounce Burn - Part 1
THU		DAY 4	Upper Empire
FRI		DAY 5	The Grind Circuit
SAT		DAY 6	Core Bounce Burn- Part 2
SUN		DAY 7	Rest

WEEK 2: THE VOLUME REIGN ⚡ (Days 8-14)

(High Volume Week)

MON	WEEK 2	DAY 8	Quadzilla Mode: ON
TUE		DAY 9	Sculpt & Press
WED		DAY 10	Elastic Energy Part 1
THU		DAY 11	Lats Under Load
FRI		DAY 12	Glute-Ham Burnout
SAT		DAY 13	Elastic Energy - Part 2
SUN		DAY 14	Rest

WEEK 3: The Isolation Week (Days 15–21)

(Uni-lateral movements)

MON	WEEK 3	DAY 15	The Grip Game
TUE		DAY 16	Single-Leg Burn
WED		DAY 17	PowerBrick Pilates - Part 1
THU		DAY 18	Arms in Action
FRI		DAY 19	Full Body Isolate
SAT		DAY 20	PowerBrick Pilates- Part 2
SUN		DAY 21	Rest

WEEK 4: Time under Tension Week (Days 22–30)

(eccentric)

MON	WEEK 4	DAY 22	Full Body Sculpt Heist
TUE		DAY 23	Lower Body Lock-in
WED		DAY 24	Dual Dynamics - Part 1
THU		DAY 25	Upper Body Lock-in
FRI		DAY 26	The one where Strength meets Balance
SAT		DAY 27	Dual Dynamics- Part 2
SUN		DAY 28	Rest

WEEK 5: Showdown Week (Days 29–30)

MON		DAY 29	Pilates Powerhouse
TUE		DAY 30	Sculpt Season Showdown