

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# LES MILLS PUMP



**THE  
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	PUMP CHALLENGE	REST DAY	PUMP CHALLENGE	FLOW WALK 45 MIN	PUMP CHALLENGE	HARD CORE ABS WALK 45 MIN	REST DAY
WEEK 2	PUMP & BURN	WALK 30 MIN	PUMP CHALLENGE HARD CORE ABS	FLOW	PUMP & BURN	REST DAY	HARD CORE ABS WALK 45 MIN
WEEK 3	PUMP & BURN	HARD CORE ABS WALK 45 MIN	PUMP & BURN	FLOW HARD CORE ABS	REST DAY	PUMP & BURN	HARD CORE ABS WALK 45 MIN
WEEK 4	PUMP & BURN	REST DAY	PUMP & BURN	HARD CORE ABS WALK 45 MIN	PUMP & BURN	PUMP & BURN	FLOW
WEEK 5	PUMP & BURN	HARD CORE ABS WALK 45 MIN	PUMP & BURN	FLOW HARD CORE ABS	REST DAY	PUMP & SHRED	HARD CORE ABS WALK 45 MIN

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 For daily support and motivation, follow me at [www.Facebook.com/TheExerciseMovement](http://www.Facebook.com/TheExerciseMovement)

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<b>WEEK 6</b>	<b>PUMP &amp; SHRED</b>	HARD CORE ABS WALK 45 MIN	<b>PUMP &amp; SHRED</b>	FLOW HARD CORE ABS	WALK 45 MIN	<b>PUMP &amp; SHRED</b>	<b>REST DAY</b>
<b>WEEK 7</b>	<b>PUMP &amp; BURN HARD CORE ABS</b>	<b>REST DAY</b>	<b>PUMP REVOLUTION</b>	HARD CORE ABS WALK 45 MIN	<b>PUMP &amp; SHRED</b>	FLOW HARD CORE ABS	<b>WALK 60 MIN</b>
<b>WEEK 8</b>	<b>PUMP EXTREME</b>	HARD CORE ABS WALK 45 MIN	<b>PUMP &amp; SHRED</b>	<b>REST DAY</b>	FLOW HARD CORE ABS	<b>PUMP EXTREME</b>	<b>WALK 60 MIN</b>
<b>WEEK 9</b>	<b>PUMP REVOLUTION</b>	<b>REST DAY</b>	<b>PUMP EXTREME</b>	FLOW HARD CORE ABS	<b>REST DAY</b>	<b>PUMP REVOLUTION</b>	<b>WALK 60 MIN</b>

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WEEK 10	PUMP EXTREME	FLOW	REST DAY	PUMP REVOLUTION	FLOW HARD CORE ABS	PUMP EXTREME	WALK 60 MIN
WEEK 11	PUMP REVOLUTION	WALK 60 MIN	REST DAY	PUMP EXTREME	FLOW	WALK 60 MIN	PUMP REVOLUTION
WEEK 12	WALK 60 MIN	PUMP EXTREME	FLOW	REST DAY	PUMP REVOLUTION	WALK 60 MIN	PUMP EXTREME
WEEK 13	FLOW HARD CORE ABS	PUMP REVOLUTION	REST DAY	WALK 60 MIN	REST DAY	PUMP EXTREME	

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