



# UNLEASHED

## WEIGHT LOSS PROGRAM

### Workout Plan

**EQUIPMENT NEEDED\*:** Hand Weights  
Jump Rope  
Step or Box  
Yoga Mat  
Towel

**SUPPORT:** Share questions and feedback on our private [Coaches Corner](#) Group. Our coaches are available 24/7 to support you!

\* If you do not have weights you can use body weight. If you do not have a Jump Rope pretend. If you do not have a step or box use a stair or a curb

- **ADDITIONAL WORKOUTS:** The workout videos below are specifically designed to maximize your results. There is no need to substitute these workouts with other training protocols, but you can add additional workouts.
- **WARMUP AND COOLDOWN:** Feel free to add an additional warm up for your body and remember to cool Down and stretch at the end of every workout.

### WEEK 1

<b>Day 1:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 2:</b>	UNLEASH the Beast - 20 min	Equipment: Hand Weights, Jump Rope, Small Weight Plate w/Frisbee & Step/Box
<b>Day 3:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 4:</b>	Core Concepts - 25 min	Equipment: Hand Weights, Jump Rope, and Step or Box
<b>Day 5:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 6:</b>	Functional Training Basics - 20 min	Equipment: Hand Weights, Jump Rope, and Step/Box
<b>Day 7:</b>	Off Day - Recommended: Active Recovery, Mobility, Meditation or Yoga	

## WEEK 2

<b>Day 1:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 2:</b>	The Plyo Playhouse - 35 min	Equipment: Hand Weights and Jump Rope
<b>Day 3:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 4:</b>	Plyos and Platforms - 30 min	Equipment: Bench, Box or Step
<b>Day 5:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 6:</b>	Bootcamp Basics - 20 min	Equipment: Jump Rope
<b>Day 7:</b>	Off Day - Recommended: Active Recovery, Mobility, Meditation or Yoga	

## WEEK 3

<b>Day 1:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 2:</b>	Boxes, Boxes & More Boxes Part 1 - 20 min	Equipment: Hand Weights, Jump Rope, Step or Boxes
<b>Day 3:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 4:</b>	Boxes, Boxes & More Boxes Part 2 - 15 min	Equipment: Hand Weights, Jump Rope, Step or Boxes
<b>Day 5:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 6:</b>	Any Video of Choice	Equipment: TBD
<b>Day 7:</b>	Off Day - Recommended: Active Recovery, Mobility, Meditation or Yoga	

## WEEK 4

<b>Day 1:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 2:</b>	Any Video of Choice	Equipment: TBD
<b>Day 3:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 4:</b>	Combine Boxes, Boxes & More Boxes Part 1 and Part 2 - 40 min	Equipment: Hand Weights, Jump Rope, Step or Box
<b>Day 5:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 6:</b>	Any Video of Choice	Equipment: TBD
<b>Day 7:</b>	Off Day - Recommended: Active Recovery, Mobility, Meditation or Yoga	

## WEEK 5

<b>Day 1:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 2:</b>	Any Video of Choice You may also combine 2 videos	Equipment: TBD
<b>Day 3:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 4:</b>	Any Video of Choice You may also combine 2 videos	Equipment: TBD
<b>Day 5:</b>	There is no video: Cardio Exercise of Choice - 35 min	Equipment: You choose or walk/jog/run
<b>Day 6:</b>	Any Video of Choice You may also combine 2 videos	Equipment: TBD
<b>Day 7:</b>	Off Day - Recommended: Active Recovery, Mobility, Meditation or Yoga	

## WEEK 6

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| <b>Day 1:</b> | There is no video:<br>Cardio Exercise of Choice - 35 min             | Equipment: You choose or walk/jog/run |
| <b>Day 2:</b> | Any Video of Choice<br>You may also combine 2 videos                 | Equipment: TBD                        |
| <b>Day 3:</b> | There is no video:<br>Cardio Exercise of Choice - 35 min             | Equipment: You choose or walk/jog/run |
| <b>Day 4:</b> | Any Video of Choice<br>You may also combine 2 videos                 | Equipment: TBD                        |
| <b>Day 5:</b> | There is no video:<br>Cardio Exercise of Choice - 35 min             | Equipment: You choose or walk/jog/run |
| <b>Day 6:</b> | Any Video of Choice<br>You may also combine 2 videos                 | Equipment: TBD                        |
| <b>Day 7:</b> | Off Day - Recommended: Active Recovery, Mobility, Meditation or Yoga |                                       |