



## Program built for diagnosis:

Maintanance - General health and wellness

## Lenth Level 1

4-6 weeks

## Purpose/Goal

Use the strength and skill you maintain and improve your function for day to day life.

### Part 1

#### Day 1

Active  
Recovery

#### Day 2

Live Class

#### Day 3

Your Choice

#### Day 4

Live Class

#### Day 5

Live Class

#### Day 6

Any Class

#### Day 7

Full recovery

## Program Recommendations

Your choice day: any level, live class, outside work, recovery

## Live Classes

Yes!!

## Recovery

Yes: 2 week break before leveling up or repeating the cycle. Use lower level classes or other low impact movement

## Tips

You can also use lower level class to continue to fine tune you body awarens and strength, great for your active recovery days