

WEEK 1

S	DAY OFF
M	DAY OFF
T	WEEK 1 GUIDE
W	D.D. STAND STRONG
T	DAY OFF
F	D.D. STAND STRONG
S	DAY OFF

WEEK 2

S	STAND STRONG I
M	DAY OFF
T	WEEK 2 GUIDE
W	D.D. STAND STRONG
T	DAY OFF
F	STAND STRONG I
S	DAY OFF

WEEK 3

S	STAND STRONG I
M	DAY OFF
T	WEEK 3 GUIDE
W	STAND STRONG II
T	DAY OFF
F	STAND STRONG II
S	DAY OFF

WEEK 4

S	STAND STRONG II
M	DAY OFF
T	WEEK 4 GUIDE
W	STAND STRONG II
T	DAY OFF
F	STAND STRONG I
S	DAY OFF

WEEK 5

S	STAND STRONG II
M	DAY OFF
T	WEEK 5 GUIDE
W	STAND STRONG I
T	DAY OFF
F	STAND STRONG III
S	DAY OFF

WEEK 6

S	STAND STRONG II
M	DAY OFF
T	WEEK 6 GUIDE
W	STAND STRONG II
T	DAY OFF
F	STAND STRONG III
S	DAY OFF

WEEK 7

S	STAND STRONG III
M	DAY OFF
T	WEEK 7 GUIDE
W	STAND STRONG III
T	DAY OFF
F	STAND STRONG II
S	DAY OFF

WEEK 8

S	STAND STRONG IV
M	DAY OFF
T	WEEK 8 GUIDE
W	CHAIR WARRIOR WITH JAKE
W	STAND STRONG I
T	DAY OFF
F	STAND STRONG III
S	DAY OFF

WEEK 9

S	STAND STRONG IV
M	CHAIR WARRIOR WITH JAKE
T	WEEK 9 GUIDE
W	SYNERGY 40
W	STAND STRONG I
T	DAY OFF
F	STAND STRONG III
S	DAY OFF

WEEK 10

S	STAND STRONG IV
M	SYNERGY 40
T	WEEK 10 GUIDE
W	CHAIR WARRIOR WITH JAKE
W	STAND STRONG III
T	DAY OFF
F	STAND STRONG II
S	DAY OFF

WEEK 11

S	STAND STRONG IV
M	DAY OFF
T	WEEK 11 GUIDE
W	SYNERGY 40
W	STAND STRONG IV
T	DAY OFF
F	CHAIR WARRIOR WITH JAKE
S	DAY OFF

WEEK 12

S	STAND STRONG III
M	SYNERGY 40
T	WEEK 12 GUIDE
W	SYNERGY 40
W	STAND STRONG II
T	DAY OFF
F	STAND STRONG IV
S	DAY OFF

WEEK 13

S	SYNERGY 40
M	SYNERGY 40
T	WEEK 13 GUIDE
W	SYNERGY 40
W	STAND STRONG IV
T	DAY OFF
F	CHAIR WARRIOR WITH JAKE
S	DAY OFF

WEEK 14

S	ENERGY 2.0
M	SYNERGY 40
T	DAY OFF
W	DAY OFF
T	DAY OFF
F	DAY OFF
S	DAY OFF

STAND STRONG

Stand Strong focuses on your balance using a chair, while standing, for added stability. These workouts will strengthen your body and increase flexibility, so you can stand on your own.

