

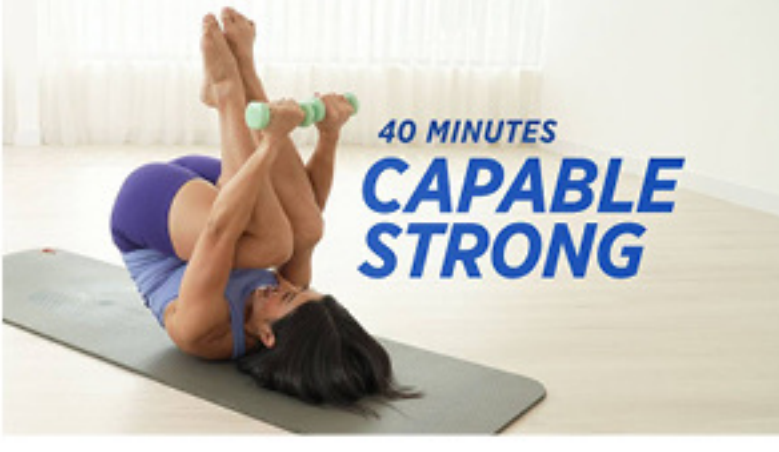
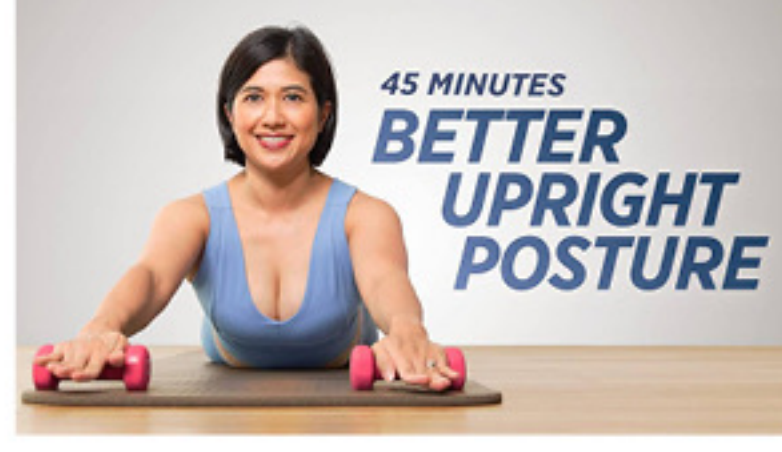
LOAD FOR LONGEVITY INTERMEDIATE PROGRAM

A 28-day intermediate strength program. Three sessions per week (30–45 min) combine dynamic flows, push/pull patterns, and dedicated bone loading — building functional strength that moves with you. Week 4 introduces new sessions all the way to Day 28. Mat and light dumbbells only.

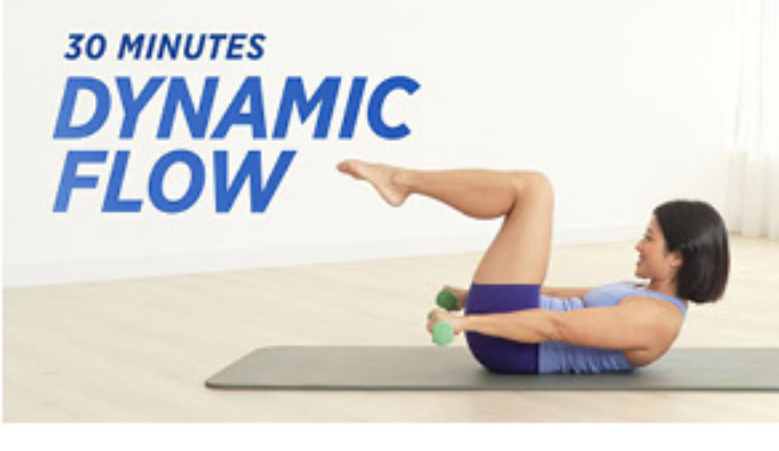
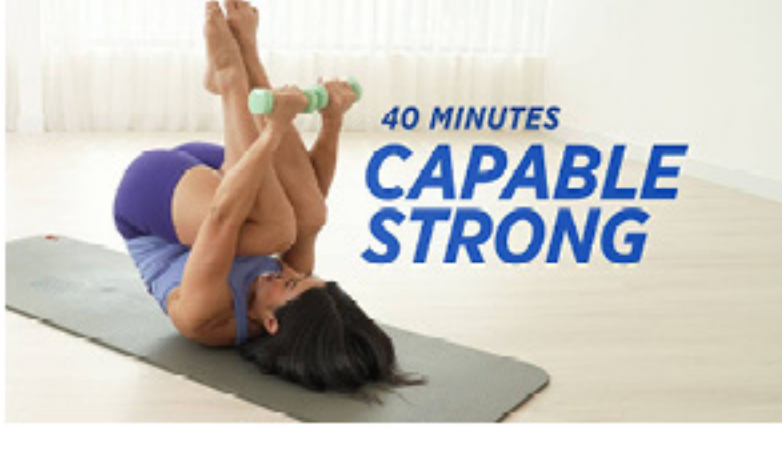
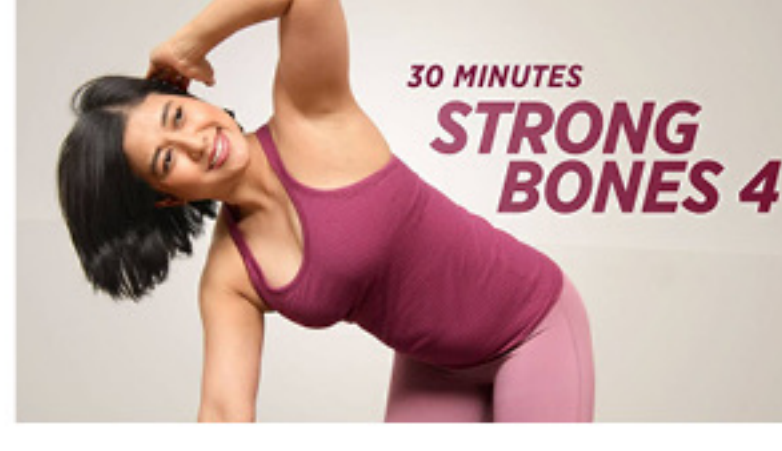
WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 25 min Everyday Reach & Carry ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Stepping Strong ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Dynamic Functional Flow ☆☆☆☆☆	 35 min Push & Pull Power ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)

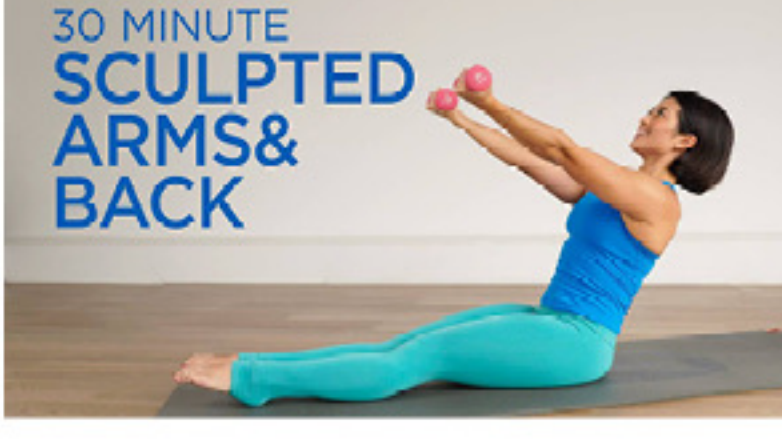
WEEK 2

 40 min Integrated Daily Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strong Bones 4 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strong Bones 5 ☆☆☆☆☆	 45 min Better Upright Posture ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
--	---	---	---	---	---	---

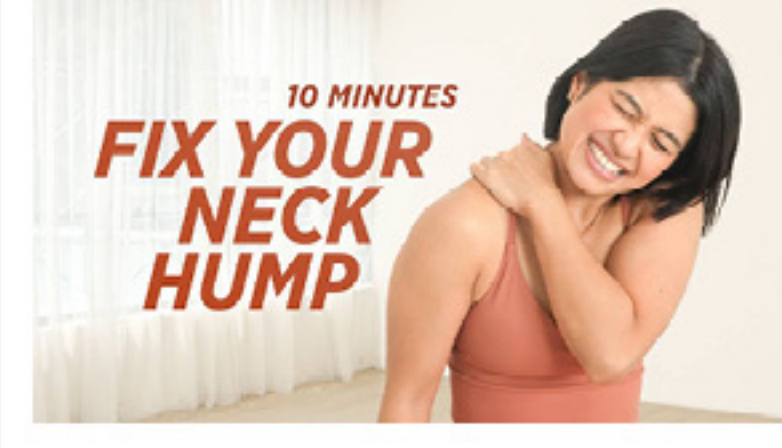
WEEK 3

 30 min Dynamic Functional Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Push & Pull Power ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 40 min Integrated Daily Strength ☆☆☆☆☆	 30 min Strong Bones 4 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
--	---	--	---	--	---	---

WEEK 4

 30 min Strong Bones 5 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Sculpted Arms & Back With Weights ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Standing Pilates With Weights ☆☆☆☆☆	 45 min Better Upright Posture ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
---	---	--	---	--	---	---

BONUS

 20 min Breathing ☆☆☆☆☆	 10 min Abdominal Strength ☆☆☆☆☆	 20 min Hip Flow 1 ☆☆☆☆☆	 15 min Realign Your Body ☆☆☆☆☆	 10 min Fix Your Neck Hump ☆☆☆☆☆
--	---	--	--	---

You are welcome to add bonus classes
anywhere your body needs them.