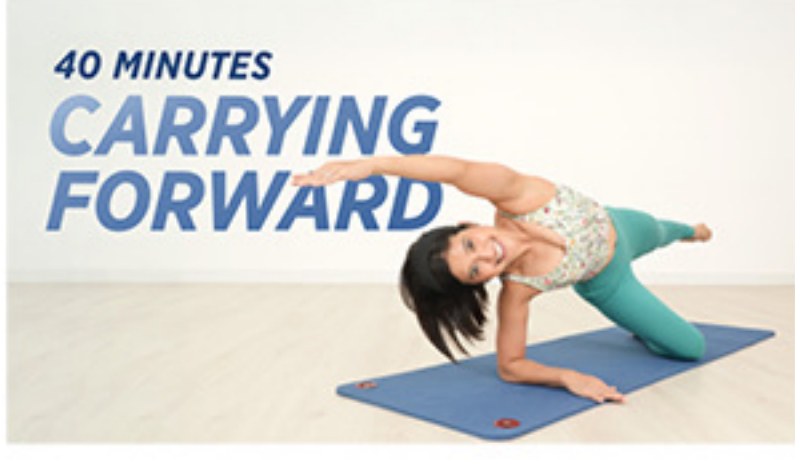


REACHING YOUR DEEP CORE INTERMEDIATE PROGRAM

You've found the supporting core. Now the work is keeping it.
Reaching Your Deep Core Intermediate Program is 28 days of trusting what you've
already built — through more complex movement, greater load, and challenges
that ask the deep system to hold when holding is genuinely hard.
This is where you own it.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 30 min The Breath Connection ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Quiet Activation ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 40 min Connected Movement ☆☆☆☆☆	 35 min Standing Strong ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 40 min Carrying This Forward ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Core Athletics ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Core Connect ☆☆☆☆☆	 30 min Core Centric ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 30 min Core Creative ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 40 min Connected Movement ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Standing Strong ☆☆☆☆☆	 00 min Carrying This Forward ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 30 min Core Connect ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Core Centric ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Core Creative ☆☆☆☆☆	 30 min Core Dynamics ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 20 min Breathing ☆☆☆☆☆	 20 min Hip Flow 1 ☆☆☆☆☆	 20 min Standing Pilates ABS ☆☆☆☆☆	 20 min Shoulder Stretch ☆☆☆☆☆	 20 min Realign Your Entire Body ☆☆☆☆☆		

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