

MOVEMENT CALENDAR₄

M LOWER BODY

BUILD A COMBO



BUILD A COMBO
WEIGHTS
45 MINS



MINI FLOWS
RESI BAND
50 MINS

LOWER BODY



PYRAMID
WEIGHTS
30 MINS

LOWER BODY



BUILD A COMBO
BODYWEIGHT
40 MINS

T UP BODY/CORE

CIRCUIT PULSE



CIRCUIT PULSE
RESI BAND
45 MINS



BUILD A COMBO
WEIGHTS
35 MINS

UPPER BODY



BUILD A COMBO
WEIGHTS
28 MINS

UPPER BODY + CORE



PILATES MAT
HAND WEIGHTS
29 MINS

W HIIT/CARDIO

HIIT SUPERSET



HIIT SUPERSETS
BODYWEIGHT
40 MINS



TABATA SUPSET
WEIGHTS
40 MINS

HIIT CIRCUITS



HIIT CIRCUITS
BODYWEIGHT
36 MINS

HIIT SUPERSET



HIIT SUPERSETS
WEIGHTS
45 MINS

T MOBILITY

MOBILITY



MOBILITY
NO PROPS
26 MINS



MOBILITY
NO PROPS
25 MINS

MOBILITY



MOBILITY
NO PROPS
31 MINS

MOBILITY FLOW



MOBILITY
CHAIR
27 MINS

F LOW IMPACT

PILATES MAT



PILATES MAT
SMALL BALL
45 MINS



FUNC. CIRCS
BODYWEIGHT
45 MINS

PILATES MAT



PILATES MAT
YOGA BLOCK
45 MINS

PILATES SLIDE



PILATES SLIDE
BAND + SLIDER
45 MINS

S TOTAL BODY

FUNCTIONAL CIRCUITS



FUNC. CIRCS
WEIGHTS
43 MINS



CIRC.+TABATA
SINGLE WEIGHT
55 MINS

CIRCUIT + TABATA



CIRC.+TABATA
WEIGHTS + BAND
55 MINS

PYRAMID WORKOUT



PYRAMID
WEIGHTS
45 MINS

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