
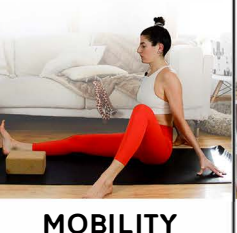


APRIL

M	T	W	TH	F	S	SU
LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
				27 MINS 1 	43 MINS 2 	3
				BUILD A COMBO BODYWEIGHT	PYRAMID BAND+WEIGHTS	
30 MINS 4 	32 MINS 5 	29 MINS 6 	23 MINS 7 	38 MINS 8 	30 MINS 9 	10
PILATES HIIT BODYWEIGHT	BUILD A COMBO WEIGHTS	TABATA SUPSET RESI BAND	MOBILITY + STRETCH	PILATES MAT BODYWEIGHT	PYRAMID WEIGHTS	
45 MINS 11 	25 MINS 12 	36 MINS 13 	30 MINS 14 	50 MINS 15 	35 MINS 16 	17
MINI FLOWS BODYWEIGHT	BUILD A COMBO WEIGHTS	30 ON / 30 OFF WEIGHTS	MOBILITY WITH A CHAIR	FUNC. CIRCUITS RESI BAND	CIRC. + TABATA WEIGHTS	
30 MINS 18 	26 MINS *19 	33 MINS **20 	30 MINS 21 	41 MINS *22 	50 MINS 23 	24
PYRAMID WEIGHTS	PILATES MAT TOWEL	HIIT CIRCUITS BODYWEIGHT	MOBILITY GENTLE	BUILD A COMBO WEIGHTS	FUNC. CIRCUITS BODYWEIGHT	
32 MINS *25 	47 MINS 26 	30 MINS 27 	28 MINS 28 	43 MINS 29 	25 MINS *30 	
PILATES SLIDE CHAIR/STOOL	CIRCUIT PULSE WEIGHTS	30 ON / 30 OFF BODYWEIGHT	MOBILITY HIPS/BALANCE	BUILD A COMBO WEIGHT+SLIDER	MULTI-SONGS HAND WEIGHTS	

*BONUS CONTENT (RELEASED 4/15)
**SCHEDULED YOUTUBE VIDEO