

# AUGUST

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LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
45 MINS 1  MINI FLOWS BODYWEIGHT	45 MINS 2  BUILD A COMBO WEIGHTS	28 MINS 3  CARDIO PYRAMID RESI BAND	33 MINS 4  MOBILITY HAMMIE TLC	42 MINS 5  FUNC. CIRCUITS WEIGHTS	50 MINS  PILATES HIIT HAND WEIGHTS	7
41 MINS 8  BUILD A COMBO WEIGHTS	28 MINS **9  BUILD A COMBO RESI BAND	26 MINS 10  30 ON / 30 OFF SINGLE WEIGHT	11 MINS 11  MOBILITY SHOULDERS	39 MINS 12  FUNC. CIRCUITS RESI BAND	42 MINS 13  BUILD A COMBO BODYWEIGHT	14
47 MINS 15  MINI FLOWS SLIDER + CHAIR	28 MINS *16  PYRAMID WEIGHTS	27 MINS 17  HIIT SUPERSETS BODYWEIGHT	23 MINS *18  MOBILITY GENTLE WAKE UP	45 MINS *19  PILATES MAT BODYWEIGHT	30 MINS 20  PYRAMID BAND+WEIGHTS	21
30 MINS **22  PYRAMID WEIGHTS	30 MINS 23  BICEPS CIRCUIT WEIGHTS+BAND	31 MINS 24  30 ON / 30 OFF BODYWEIGHT	17 MINS **25  MOBILITY ROTATION	45 MINS 26  PILATES MAT BODYWEIGHT	36 MINS 27  CIRC. + TABATA WEIGHTS	28
33 MINS 29  QUADS CIRCUIT WEIGHTS+BAND	30 MINS 30  TRICEPS CIRCUIT WEIGHTS+BAND	27 MINS 31  HIIT SUPERSETS BODYWEIGHT				

\*BONUS CONTENT (RELEASED 8/15)  
\*\*SCHEDULED YOUTUBE VIDEO