

AUGUST

M T W TH F S SU

LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
47 MINS 2  MINI FLOWS SLIDERS	30 MINS 3  STRENGTH CIRC. WEIGHTS+BAND	31 MINS 4  30 ON / 30 OFF BODYWEIGHT	12 MINS 5  MOBILITY BREAK HIPS	45 MINS **6  PILATES MAT BODYWEIGHT	30 MINS 7  PYRAMID WEIGHTS+BAND	8
50 MINS 9  CIRC. PULSE WEIGHTS	20 MINS 10  PILATES SLIDE UP BODY+CORE	26 MINS **11  30 ON / 30 OFF WEIGHT	38 MINS 12  MOBILITY HIPS + FEET	55 MINS 13  PILATES SLIDE LIGHT WEIGHTS	36 MINS 14  CIRC + TABATA RESI BAND	15
45 MINS **16  MINI FLOWS HAND WEIGHT	30 MINS *17  STRENGTH CIRC. WEIGHTS+BAND	36 MINS 18  HIIT CIRCUITS RESI BAND	11 MINS 19  MOBILITY BREAK SHOULDERS	45 MINS 20  PILATES MAT BODYWEIGHT	36 MINS *21  CIRC + TABATA WEIGHTS	22
33 MINS **23  STRENGTH CIRC. WEIGHTS+BAND	47 MINS 24  MINI FLOWS BODYWEIGHT	21 MINS 25  TABATA SUPSET BODYWEIGHT	30 MINS 26  MOBILITY WITH A CHAIR	35 MINS *27  PILATES MAT BODYWEIGHT	45 MINS 28  PYRAMID WEIGHTS	29
30 MINS **30  PYRAMID WEIGHTS	40 MINS 31  STRENGTH CIRC WEIGHTS					

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