

# DECEMBER

M T W TH F S SU

LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
			23 MINS 1  HIP MOBILITY YOGA BLOCK	40 MINS 2  PILATES MAT DISH TOWEL	58 MINS 3  CIRC. + TABATA WEIGHTS+BAND	4
48 MINS 5  MINI FLOWS YOGA BLOCK	38 MINS 6  FLOW+STRNGTH WEIGHTS	32 MINS 7  TABATA SUPSET HAND WEIGHTS	25 MINS 8  MOBILITY + DEEP CORE	30 MINS 9  BUILD A COMBO WEIGHTS	41 MINS 10  FUNC. CIRCUITS BODYWEIGHT	11
42 MINS 12  FLOW+STRNGTH WEIGHT+SLIDER	33 MINS 13  STRENGTH CIRC WEIGHTS	37 MINS 14  SLIDER HIIT SLIDERS	20 MINS **15  MOBILITY AGAINST WALL	45 MINS **16  STAND PILATES LONG BAND	38 MINS **17  CIRC. + TABATA WEIGHTS+SLIDER	18
35 MINS 19  STRENGTH CIRC. WEIGHT+BAND	30 MINS 20  PILATES CORE BODYWEIGHT	35 MINS *21  TABATA SUPSET WEIGHTS	20 MINS 22  MOBILITY GENERAL	42 MINS 23  BUILD A COMBO WEIGHT+SLIDER	55 MINS 24  PILATES HIIT RESI BAND	25
40 MINS *26  FLOW+STRNGTH WEIGHT+BAND	33 MINS 27  MINI FLOWS RESI BAND	35 MINS 28  HIIT SUPERSETS SINGLE WEIGHT	30 MINS *29  MOBILITY YOGA BLOCK	35 MINS *30  PILATES MAT BODYWEIGHT	45 MINS **31  PYRAMID WEIGHTS	

\*BONUS CONTENT (RELEASED 12/15)  
\*\*SCHEDULED YOUTUBE VIDEO