

FEBRUARY

M T W TH F S SU

LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
	35 MINS 1  STRENGTH CIRC WEIGHTS + BAND	30 MINS **2  CARDIO PYRAMID WEIGHTS	32 MINS 3  MOBILITY LOWER BODY	46 MINS 4  PILATES MAT BODYWEIGHT	45 MINS 5  PYRAMID RESI BAND	6
45 MINS 7  BUILD A COMBO WEIGHTS	28 MINS 8  PILATES CORE BODYWEIGHT	36 MINS 9  HIIT CIRCUITS WEIGHTS	27 MINS 10  MOBILITY GENERAL FLOW	53 MINS 11  PILATES SLIDE HAND WEIGHTS	45 MINS 12  BUILD A COMBO BODYWEIGHT	13
27 MINS **14  PILATES MAT BODYWEIGHT	25 MINS 15  STRENGTH CIRC WEIGHTS	30 MINS 16  CARDIO PYRAMID WEIGHTS	19 MINS *17  MOBILITY UPPER BODY	35 MINS *18  PILATES MAT BODYWEIGHT	48 MINS 19  CIRC. + TABATA WEIGHTS	20
33 MINS *21  PYRAMID WEIGHT	30 MINS **22  MINI FLOWS RESI BAND	36 MINS 23  HIIT CIRCUITS BODYWEIGHT	25 MINS **24  MOBILITY GENERAL	48 MINS 25  BUILD A COMBO WEIGHTS	42 MINS 26  PYRAMID BODYWEIGHT	27
48 MINS 28  MINI FLOWS BODYWEIGHT						

*BONUS CONTENT (RELEASED 2/15)
**SCHEDULED YOUTUBE VIDEO