



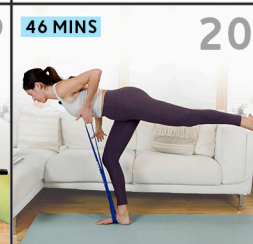


FEBRUARY

M T W TH F S SU

LOWER BODY	UPPER BODY	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
<p>48 MINS 1</p>  <p>MINI FLOWS BODYWEIGHT</p>	<p>48 MINS 2</p>  <p>CORE CIRCUITS WEIGHTS</p>	<p>36 MINS 3</p>  <p>HIIT CIRCUITS BODYWEIGHT</p>	<p>4</p>	<p>42 MINS **5</p>  <p>BUILD A COMBO RESI BAND</p>	<p>42 MINS 6</p>  <p>CIRC. + TABATA WEIGHTS</p>	<p>7</p>
<p>52 MINS 8</p>  <p>BUILD A COMBO BODYWEIGHT</p>	<p>33 MINS 9</p>  <p>RESI MINI FLOWS SHOULDERS</p>	<p>35 MINS *10</p>  <p>HIIT CIRCUITS BODYWEIGHT</p>	<p>11</p>	<p>46 MINS **12</p>  <p>MINI FLOWS RESI BAND</p>	<p>48 MINS 13</p>  <p>BUILD A COMBO WEIGHTS</p>	<p>14</p>
<p>43 MINS 15</p>  <p>RESI MINI FLOW HIPS+GLUTES</p>	<p>21 MINS *16</p>  <p>B.A.C. BACK RESI+WEIGHTS</p>	<p>36 MINS *17</p>  <p>HIIT CIRCUITS WEIGHTS</p>	<p>27 MINS **18</p>  <p>MOBILITY GENERAL</p>	<p>53 MINS *19</p>  <p>PILATES SLIDE HAND WEIGHTS</p>	<p>46 MINS 20</p>  <p>BUILD A COMBO RESI BAND</p>	<p>21</p>
<p>45 MINS 22</p>  <p>BUILD A COMBO WEIGHTS</p>	<p>25 MINS **23</p>  <p>STRENGTH CIRC. CHEST/WEIGHTS</p>	<p>35 MINS 24</p>  <p>HIIT SUPERSET WEIGHTS</p>	<p>25</p>	<p>45 MINS 26</p>  <p>MINI FLOWS BODYWEIGHT</p>	<p>36 MINS 27</p>  <p>BUILD A COMBO BODYWEIGHT</p>	<p>28</p>

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