

JULY

M	T	W	TH	F	S	SU
LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
			13 MINS 1	58 MINS 2	35 MINS 3	4
						
			MOBILITY BREAK HIPS	PILATES SLIDE SLIDER ONLY	CIRC + TABATA ONE WEIGHT	
52 MINS 5	27 MINS 6	30 MINS **7	31 MINS 8	57 MINS 9	50 MINS 10	11
						
MINI FLOWS RESI BAND	UP BOD/CORE POSTURE	CARDIO PYRAMID	MOBILITY + STRETCHING	FUNC CIRCUITS WEIGHTS	CIRC + TABATA RESI BAND	
45 MINS 12	42 MINS **13	38 MINS 14	10 MINS *15	40 MINS 16	45 MINS 17	18
						
PYRAMID WEIGHTS	MINI FLOWS SHOULDER/BACK	HIIT CIRCUITS BODYWEIGHT	MOBILITY BREAK	BUILD A COMBO BODYWEIGHT	PYRAMID WEIGHTS	
45 MINS 19	48 MINS 20	35 MINS 21	27 MINS 22	45 MINS 23	40 MINS *24	25
						
MINI FLOWS GLUTES/HIPS	CIRC + TABATA CORE	HIIT CIRCUITS MED WEIGHT	MOBILITY WITH A CHAIR	FUNC CIRCUITS RESI BAND	BUILD A COMBO SLIDER	
57 MINS *26	26 MINS *27	40 MINS 28	22 MINS 29	57 MINS 30	30 MINS 31	
						
FUNC CIRCUITS WEIGHTS/BAND	PILATES SLIDE CORE	TABATA SUPSET BODYWEIGHT	MOBILITY SHOULDERS	PILATES SLIDE RESI BAND	PYRAMID WEIGHTS	

*BONUS CONTENT (RELEASED 7/15)
**SCHEDULED YOUTUBE VIDEO