

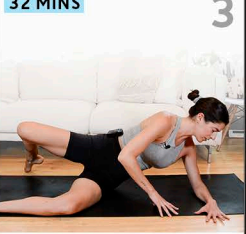

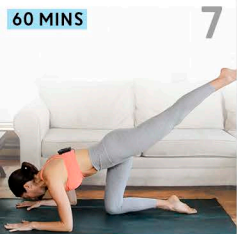


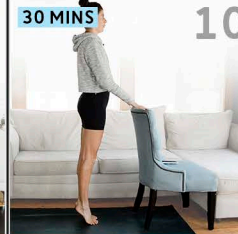
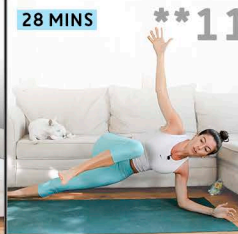
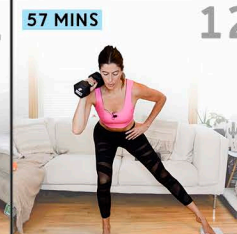
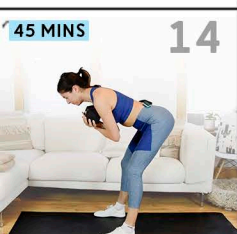
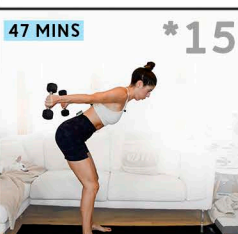


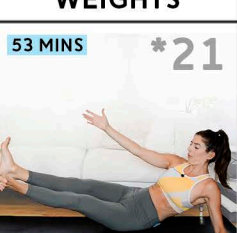
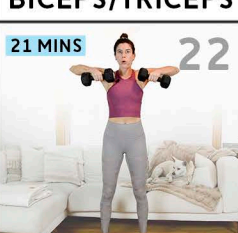

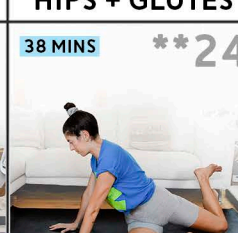
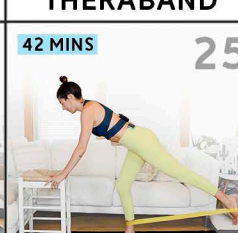


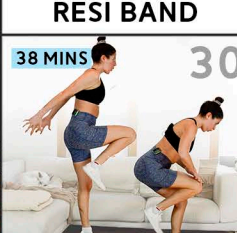


# JUNE

M T W TH F S SU

FULL/LOWER	UPPER BODY	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
	21 MINS 1  BACK FOCUS BAND+WEIGHTS	35 MINS 2  HIIT SUPERSET WEIGHTS	32 MINS 3  MOBILITY + CORE	52 MINS 4  PILATES SLIDE RESI BAND	26 MINS 5  BUILD A COMBO BODYWEIGHT	6
60 MINS 7  MINI FLOWS POSTERIOR	25 MINS 8  CHEST CIRCUIT WEIGHTS	35 MINS 9  HIIT CIRCUITS BODYWEIGHT	30 MINS 10  FOOT ROLL OUT + STRENGTH	28 MINS ** 11  BUILD A COMBO BODYWEIGHT	57 MINS 12  CIRC + TABATA WEIGHTS + SLIDE	13
45 MINS 14  BUILD A COMBO WEIGHTS	47 MINS * 15  C PULSE+TABATA BICEPS/TRICEPS	30 MINS 16  30 ON / 30 OFF BODYWEIGHT	38 MINS * 17  MOBILITY HIPS + GLUTES	48 MINS ** 18  PILATES SLIDE THERABAND	45 MINS 19  PYRAMID WEIGHTS	20
53 MINS * 21  MINI FLOWS INNER THIGHS	21 MINS 22  BAC BACK+BIS WEIGHTS	36 MINS * 23  HIIT CIRCUITS RESI BAND	38 MINS ** 24  MOBILITY HIPS + FEET	42 MINS 25  BUILD A COMBO RESI BAND	37 MINS 26  CIRC + TABATA WEIGHTS	27
30 MINS ** 28  BUILD A COMBO WEIGHTS	27 MINS 29  PILATES SLIDE RESI BAND	38 MINS 30  30 ON / 30 OFF WEIGHTS				

\*BONUS CONTENT (RELEASED 6/15)  
\*\*SCHEDULED YOUTUBE VIDEO