

# JANUARY

M	T	W	TH	F	S	SU
LOWER BODY	UP BODY/CORE	HIIT/CARDIO	MOBILITY	LOW IMPACT	TOTAL BODY	REST
					 <p>45 MINS 1</p> <p><b>PYRAMID WEIGHTS</b></p>	2
 <p>45 MINS 3</p> <p><b>MINI FLOWS BALL + BAND</b></p>	 <p>35 MINS 4</p> <p><b>CIRC + TABATA WEIGHT+SLIDER</b></p>	 <p>30 MINS 5</p> <p><b>30 ON / 30 OFF RESI BAND</b></p>	 <p>30 MINS 6</p> <p><b>MOBILITY SLIDER</b></p>	 <p>40 MINS 7</p> <p><b>PILATES MAT BODYWEIGHT</b></p>	 <p>55 MINS 8</p> <p><b>CIRC + TABATA WEIGHTS</b></p>	9
 <p>30 MINS 10</p> <p><b>PILATES SLIDE SLIDER ONLY</b></p>	 <p>28 MINS **11</p> <p><b>BUILD A COMBO WEIGHTS</b></p>	 <p>43 MINS 12</p> <p><b>CARDIO PYRAMID BODYWEIGHT</b></p>	 <p>27 MINS 13</p> <p><b>MOBILITY HIPS</b></p>	 <p>45 MINS 14</p> <p><b>BUILD A COMBO BODYWEIGHT</b></p>	 <p>55 MINS 15</p> <p><b>CIRC + TABATA WEIGHT+SLIDER</b></p>	16
 <p>36 MINS *17</p> <p><b>CIRC + TABATA WEIGHT+SLIDER</b></p>	 <p>18 MINS 18</p> <p><b>MINI FLOWS BODYWEIGHT</b></p>	 <p>35 MINS **19</p> <p><b>30 ON / 30 OFF WEIGHTS</b></p>	 <p>24 MINS 20</p> <p><b>MOBILITY UPPER BODY</b></p>	 <p>45 MINS 21</p> <p><b>PILATES MAT RESI BAND</b></p>	 <p>45 MINS **22</p> <p><b>BUILD A COMBO BODYWEIGHT</b></p>	23
 <p>50 MINS 24</p> <p><b>CIRCUIT PULSE WEIGHTS</b></p>	 <p>36 MINS *25</p> <p><b>BUILD A COMBO RESI BAND</b></p>	 <p>40 MINS 26</p> <p><b>TABATA SUPSET BODYWEIGHT</b></p>	 <p>25 MINS 27</p> <p><b>MOBILITY HIPS/GLUTES</b></p>	 <p>43 MINS **28</p> <p><b>PILATES MAT HAND WEIGHT</b></p>	 <p>45 MINS 29</p> <p><b>PYRAMID WEIGHTS</b></p>	30
 <p>36 MINS *31</p> <p><b>SLIDER HIIT RESI BAND</b></p>						

\*BONUS CONTENT (RELEASED 1/15)  
 \*\*SCHEDULED YOUTUBE VIDEO