
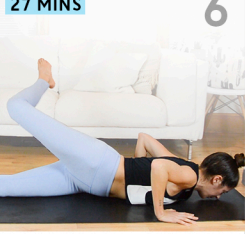






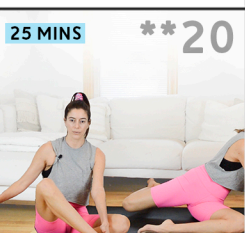
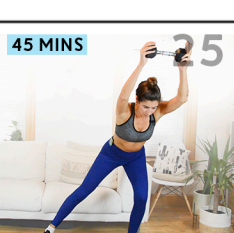
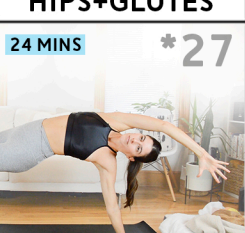


# JANUARY

M	T	W	TH	F	S	SU
TOTAL BODY	UP/LOW BODY	MOBILITY	HIIT/CARDIO	LOW IMPACT	TOTAL BODY	REST
				47 MINS 1  PILATES SLIDE RESI BAND	45 MINS 2  STRENGTH+PLYO PYRAMID	3
42 MINS 4  BUILD A COMBO BODYWEIGHT	40 MINS 5  UPPER BODY STRENGTH CIRC.	27 MINS 6  MOBILITY HIPS	21 MINS **7  TABATA SUPSET BODYWEIGHT	34 MINS 8  BUILD A COMBO BODYWEIGHT	51 MINS 9  CIRCUIT+TABATA WEIGHTS	10
40 MINS 11  CARDIO PYRMD NO JUMPING	45 MINS **12  LOWER BODY STRENGTH CIRC.	22 MINS **13  MOBILITY SHOULDERS	43 MINS 14  CARDIO PYRAMID BODYWEIGHT	45 MINS 15  PILATES SLIDE RESI BAND	45 MINS **16  STRENGTH+PLYO PYRAMID	17
18	20 MINS **19  PILATES SLIDE UP BODY/CORE	25 MINS **20  MOBILITY HIPS+GLUTES	35 MINS *21  TABATA SUPSET BODYWEIGHT	45 MINS 22  FUNC. CIRCUITS WEIGHTS	55 MINS *23  CIRCUIT+TABATA WEIGHTS	24
45 MINS 25  BUILD A COMBO WEIGHTS	30 MINS *26  PILATES SLIDE LOWER BODY	24 MINS *27  MOBILITY UPPER BODY	42 MINS **28  CARDIO PYRAMID BODYWEIGHT	44 MINS **29  PILATES SLIDE RESI BAND	42 MINS 30  BUILD A COMBO WEIGHTS	31

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