

# JUNE

M T W TH F S SU

LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
		 <p>30 MINS 1</p> <p>CARDIO PYRAMID BODYWEIGHT</p>	 <p>32 MINS 2</p> <p>MOBILITY + CORE</p>	 <p>52 MINS 3</p> <p>PILATES SLIDE RESI BAND</p>	 <p>33 MINS 4</p> <p>BUILD A COMBO WEIGHT+SLIDER</p>	<p>5</p>
 <p>45 MINS 6</p> <p>STRENGTH CIRC. WEIGHTS</p>	 <p>30 MINS 7</p> <p>MINI FLOWS BAND</p>	 <p>35 MINS 8</p> <p>TABATA + CORE WEIGHTS</p>	 <p>30 MINS 9</p> <p>MOBILITY LOW BACK / QL</p>	 <p>42 MINS 10</p> <p>PILATES MAT HAND WEIGHTS</p>	 <p>33 MINS 11</p> <p>BUILD A COMBO BODYWEIGHT</p>	<p>12</p>
 <p>53 MINS 13</p> <p>MINI FLOWS BODYWEIGHT</p>	 <p>42 MINS 14</p> <p>CIRCUIT PULSE WEIGHTS</p>	 <p>38 MINS *15</p> <p>SLIDER HIIT SLIDERS</p>	 <p>38 MINS 16</p> <p>MOBILITY HIPS/GLUTES</p>	 <p>43 MINS 17</p> <p>BUILD A COMBO WEIGHTS+BAND</p>	 <p>57 MINS 18</p> <p>CIRC + TABATA WEIGHT+SLIDER</p>	<p>19</p>
 <p>45 MINS **20</p> <p>CIRCUIT PULSE WEIGHTS+BAND</p>	 <p>32 MINS 21</p> <p>BUILD A COMBO BODYWEIGHT</p>	 <p>36 MINS 22</p> <p>HIIT CIRCUITS RESI BAND</p>	 <p>24 MINS 23</p> <p>MOBILITY ANKLE FOCUS</p>	 <p>45 MINS 24</p> <p>FUNC. CIRCUITS WEIGHTS</p>	 <p>25 MINS 25</p> <p>MULTI SONG RESI BAND</p>	<p>26</p>
 <p>30 MINS *27</p> <p>PYRAMID WEIGHTS</p>	 <p>21 MINS 28</p> <p>BUILD A COMBO WEIGHTS+BAND</p>	 <p>35 MINS 29</p> <p>30 ON / 30 OFF WEIGHTS</p>	 <p>38 MINS 30</p> <p>MOBILITY FEET &amp; HIPS</p>			

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