

# MARCH

M	T	W	TH	F	S	SU
LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
	45 MINS  CIRCUIT PULSE WEIGHTS	30 MINS 2  30 ON / 30 OFF BODYWEIGHT	21 MINS 3  MOBILITY LOWER BODY	40 MINS 4  PILATES MAT BODYWEIGHT	36 MINS 5  BUILD A COMBO SINGLE WEIGHT	6
45 MINS 7  FUNC. CIRCUITS WEIGHTS	45 MINS 8  MINI FLOWS BODYWEIGHT	25 MINS 9  HIIT SUPERSETS RESI BAND	30 MINS 10  MOBILITY SPINE + HIPS	42 MINS 11  BUILD A COMBO RESI BAND	45 MINS 12  PYRAMID WEIGHTS	13
45 MINS 14  MINI FLOWS BAND + CHAIR	17 MINS 15  BUILD A COMBO 7 MINS  ARM SONG	45 MINS *16  HIIT CIRCUITS WEIGHTS	20 MINS 17  MOBILITY SPINE FOCUS	49 MINS *18  PILATES MAT RESI BAND	30 MINS **19  PYRAMID WEIGHTS	20
11 MINS 21  LUNGE SONG 5 MINS  BRIDGE SONG	21 MINS 22  BUILD A COMBO WEIGHTS	10 MINS 23  WARM UP 22 MINS  HIIT CIRCUITS	10 MINS **24  MOBILITY QUICKIE	42 MINS 25  FUNC. CIRCUITS BODYWEIGHT	38 MINS  CIRCUIT + TABATA WEIGHT + SLIDER	27
10 MINS 28  WARM UP 23 MINS  CIRC + TABATA	27 MINS 29  PILATES SLIDE BAND + TOWEL	30 MINS **30  TABATA SUPSET BODYWEIGHT	11 MINS 31  MOBILITY SHOULDERS			

\*BONUS CONTENT (RELEASED 3/15)  
\*\*SCHEDULED YOUTUBE VIDEO