











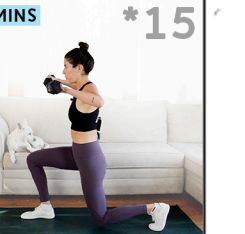
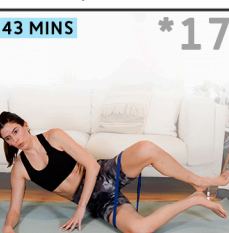


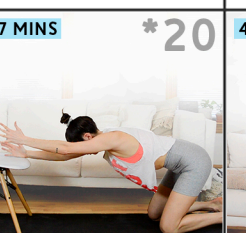
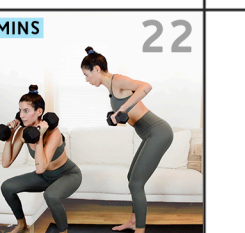








MAY

M T W TH F S SU

LOWER BODY	UPPER BODY	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
					50 MINS 1  FUNCT. CIRCUITS BW+SLIDER	2
18 MINS 3  GLUTES ACTIVATION 15 MINS  LOWER BODY HIIT	45 MINS 4  PYRAMID UPPER BODY, WEIGHTS	44 MINS 5  HIIT SUPERSET RESI BAND	31 MINS 6  MOBILITY + STRETCH	48 MINS 7  FUNCT. CIRCUITS BW+SLIDER	55 MINS 9  CIRC+TABATA WEIGHTS	
45 MINS 10  PYRAMID LOWER BODY, WEIGHTS	45 MINS 11  MINI FLOWS SIDE BODY	38 MINS 12  HIIT CIRCUITS BODYWEIGHT	13	57 MINS 14  PILATES SLIDE RESI BAND	30 MINS *15 16  PYRAMID WEIGHTS	
43 MINS *17  MINI FLOWS GLUTES, BAND	45 MINS 18  CIRC+TABATA WEIGHTS	40 MINS 19  HIIT SUPERSET BODYWEIGHT	27 MINS *20  MOBILITY CHAIR+MAT	42 MINS 21  BUILD A COMBO LIGHT WEIGHTS	51 MINS 22  CIRC+TABATA WEIGHTS	23
14 MINS *24  GLUTES ACTIVATION 15 MINS  LOWER BODY STRENGTH	18 MINS 25  BUILD A COMBO WEIGHTS	43 MINS 26  CARDIO PYRAMID BODYWEIGHT	27	53 MINS 28  PILATES SLIDE LIGHT WEIGHTS	45 MINS *29 30  PYRAMID RESI BAND	
50 MINS 31  CIRC+TABATA WEIGHTS+BAND						

*BONUS CONTENT (RELEASED 5/15)