

NOVEMBER

M T W TH F S SU

LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
30 MINS 1  PYRAMID WEIGHTS	45 MINS **2  CIRCUIT PULSE RESI BAND	27 MINS 3  HIIT CIRCUITS BODY WEIGHT	23 MINS 4  STANDING MOBILITY	34 MINS 5  PILATES MAT BODY WEIGHT	37 MINS 6  CIRC + TABATA WEIGHTS	7
50 MINS 8  MINI FLOWS RESI BAND	18 MINS 9  BUILD A COMBO TRICEPS SONG 7 MINS	44 MINS 10  HIIT SUPERSETS RESI BAND	22 MINS 11  MOBILITY SPINE	43 MINS **12  PILATES MAT BODY WEIGHT	46 MINS 13  FUNC CIRCUITS WEIGHTS	14
52 MINS 15  CIRCUIT PULSE WEIGHTS	25 MINS 16  STRENGTH CIRC BODY WEIGHT	23 MINS **17  HIIT CIRCUITS WEIGHTS	15 MINS *18  STANDING MOBILITY	53 MINS 19  PILATES SLIDE HAND WEIGHTS	35 MINS **20  BUILD A COMBO RESI BAND	21
17 MINS **22  PILATES MAT INNER THIGHS	50 MINS 23  CIRCUIT PULSE WEIGHTS	35 MINS 24  30 ON / 30 OFF WEIGHTS	19 MINS *25  MOBILITY GENERAL	36 MINS *26  PILATES MAT BODY WEIGHT	35 MINS *27  FUNC CIRCUITS CARDIO SONG 6 MINS	28
60 MINS 29  CIRCUIT PULSE RESI BAND	18 MINS 30  BUILD A COMBO ARM SONG 6 MINS					

*BONUS CONTENT (RELEASED 11/15)
**SCHEDULED YOUTUBE VIDEO