

# NOVEMBER

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LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
	18 MINS 1  BUILD A COMBO WEIGHTS	30 MINS 2  TABATA + CORE RESI BAND	23 MINS 3  MOBILITY MID BACK	38 MINS 4  PILATES MAT RESI BAND	30 MINS 5  PYRAMID WEIGHTS	6
30 MINS **7  STAND PILATES SMALL BALL	40 MINS 8  FUNC. CIRCUITS WEIGHTS	27 MINS 9  HIIT CIRCUITS BODYWEIGHT	19 MINS 10  MOBILITY GENERAL	45 MINS 11  FUNC. CIRCUITS WEIGHTS+BAND	41 MINS 12  BUILD A COMBO BODYWEIGHT	13
30 MINS 14  PYRAMID WEIGHTS	45 MINS 15  CIRCUIT PULSE RESI BAND	36 MINS **16  TABATA + CORE BODYWEIGHT	28 MINS *17  MOBILITY FEET/ANKLE/HIP	45 MINS 18  PILATES MAT BODYWEIGHT	35 MINS 19  BUILD A COMBO RESI BAND	20
51 MINS *21  FUNC. CIRCUITS WEIGHT+CHAIR	29 MINS *22  PILATES MAT HAND WEIGHTS	23 MINS 23  HIIT CIRCUITS WEIGHTS	23 MINS 24  MOBILITY STANDING HIPS	50 MINS 25  BUILD A COMBO WEIGHTS	30 MINS **26  PYRAMID WEIGHTS	27
60 MINS 28  CIRCUIT PULSE RESI BAND	40 MINS *29  FUNC. CIRCUITS WEIGHTS	28 MINS 30  CARDIO PYRAMID BODYWEIGHT				

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