
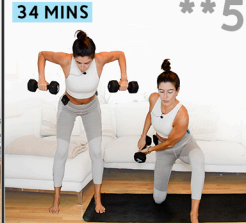




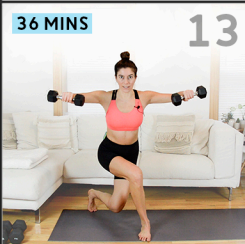

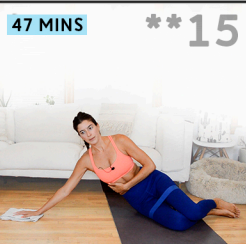
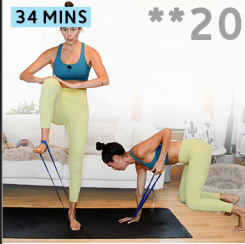


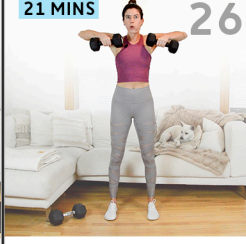



OCTOBER

M T W TH F S SU

LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
				50 MINS 1  PILATES SLIDE RESI BAND	30 MINS 2  PYRAMID WEIGHTS	3
47 MINS 4  MINI FLOWS SLIDER+CHAIR	34 MINS **5  STRENGTH CIRC WEIGHTS	36 MINS 6  HIIT CIRCUITS BODYWEIGHT	24 MINS 7  MOBILITY WAKE UP	55 MINS 8  PILATES MAT BODYWEIGHT	45 MINS 9  PYRAMID WEIGHTS	10
42 MINS 11  PYRAMID WEIGHTS+BAND	26 MINS 12  PILATES SLIDE CORE	36 MINS 13  HIIT CIRCUITS WEIGHTS	27 MINS 14  MOBILITY GENERAL	47 MINS **15  PILATES SLIDE RESI BAND	36 MINS 16  BUILD A COMBO BODYWEIGHT	17
40 MINS *18  PILATES MAT GLUTES/HIPS	41 MINS 19  PYRAMID TOWEL+WEIGHTS	34 MINS **20  TABATA SUPSET RESI BAND	20 MINS *21  MOBILITY GENERAL	53 MINS 22  FNCTNL CIRCS ONE WEIGHT	52 MINS 23  PILATES HIIT BODYWEIGHT	24
45 MINS 25  STRENGTH CIRC WEIGHTS	21 MINS 26  BUILD A COMBO WEIGHTS	33 MINS *27  TABATA SUPSET WEIGHTS	30 MINS 28  MOBILITY SPINE+HIPS	45 MINS **29  PILATES MAT HAND WEIGHTS	57 MINS *30  FUNC. CIRCUITS BODYWEIGHT	31

*BONUS CONTENT (RELEASED 10/15)
**SCHEDULED YOUTUBE VIDEO