


OCTOBER

M T W TH F S SU

| LOWER BODY | UP BODY/CORE | HIIT/CARDIO | REST/MOBILITY | LOW IMPACT | TOTAL BODY | REST |
|--|--|---|--|--|---|------|
| | | | | | 57 MINS 1  CIRC. + TABATA SINGLE WEIGHT | 2 |
| 42 MINS 3  PYRAMID WEIGHT+BAND | 45 MINS 4  MINI FLOW CORE BODYWEIGHT | 42 MINS 5  CARDIO PYRAMID SINGLE WEIGHT | 23 MINS 6  MOBILITY UPPER BODY | 40 MINS 7  BUILD A COMBO SINGLE WEIGHT | 57 MINS 8  FUNC. CIRCUITS BODYWEIGHT | 9 |
| 35 MINS 10  BUILD A COMBO WEIGHT+BAND | 40 MINS 11  PYRAMID+CORE WEIGHTS+TOWEL | 34 MINS 12  TABATA SUPSET RESI BAND | 24 MINS 13  MOBILITY GENTLE | 50 MINS ** 14  PILATES MAT BODYWEIGHT | 45 MINS 15  PYRAMID WEIGHTS | 16 |
| 40 MINS 17  PILATES MAT BODYWEIGHT | 34 MINS 18  BUILD A COMBO WEIGHTS+BAND | 30 MINS 19  CARDIO PYRAMID BODYWEIGHT | 21 MINS 20  MOBILITY GENERAL | 42 MINS 21  BUILD A COMBO BODYWEIGHT | 50 MINS ** 22  CIRC. + TABATA WEIGHTS | 23 |
| 32 MINS ** 24  BUILD A COMBO RESI BAND | 34 MINS 25  STRENGTH CIRC. WEIGHTS | 33 MINS 26  TABATA SUPSET WEIGHTS | 20 MINS 27  MOBILITY GENERAL | 40 MINS * 28  PILATES MAT BODYWEIGHT | 43 MINS 29  FUNC. CIRCUITS RESI BAND | 30 |
| 34 MINS 31  SLIDER HIIT SLIDER+BAND | *BONUS CONTENT (RELEASED 10/15) **SCHEDULED YOUTUBE VIDEO | | | | | |