



SEPTEMBER

M	T	W	TH	F	S	SU
LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
		30 MINS 1  CARDIO PYRAMID BODYWEIGHT	27 MINS 2  FOAM ROLL/MOB UPPER BODY	40 MINS 3  PILATES MAT BODYWEIGHT	56 MINS 4  CIRC + TABATA WEIGHTS+SLIDE	5
57 MINS 6  FUNC. CIRCUITS WEIGHTS+BAND	25 MINS 7  BUILD A COMBO UPPER BODY	25 MINS 8  HIIT SUPERSET RESI BAND	15 MINS 9  MOBILITY SPINE	35 MINS 10  BUILD A COMBO WEIGHTS	51 MINS 11  CIRC + TABATA BODYWEIGHT	12
47 MINS 13  MINI FLOWS HIPS+GLUTES	33 MINS **14  STRENGTH CIRC. WEIGHTS+BAND	40 MINS *15  TABATA SUPSET BODYWEIGHT	44 MINS *16  FOAM ROLL/MOB LOWER BODY	45 MINS **17  BUILD A COMBO BODYWEIGHT	37 MINS *18  CIRC + TABATA WEIGHTS	19
40 MINS *20  CIRC + TABATA WEIGHTS	42 MINS 21  MINI FLOWS SHOULDER/BACK	35 MINS 22  HIIT CIRCUITS WEIGHTS	20 MINS **23  MOBILITY SPINE	43 MINS *24  PILATES MAT BODYWEIGHT	45 MINS 25  BUILD A COMBO BODYWEIGHT	26
53 MINS 27  MINI FLOWS INNER THIGHS	47 MINS 28  C PULSE+TABATA BICEPS/TRICEPS	30 MINS 29  30 ON / 30 OFF BODYWEIGHT	53 MINS 30  FOAM ROLLING TOTAL BODY			

*BONUS CONTENT (RELEASED 9/15)
**SCHEDULED YOUTUBE VIDEO