
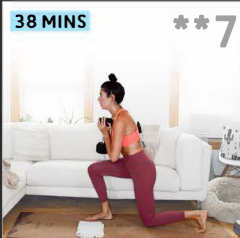


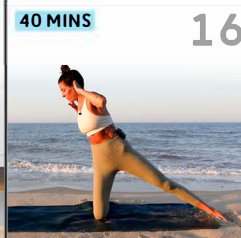



SEPTEMBER

M T W TH F S SU

LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
			20 MINS 1 	38 MINS 2 	45 MINS 3 	4
40 MINS 5 	30 MINS 6 	38 MINS **7 	44 MINS 8 	45 MINS 9 	30 MINS **10 	11
CIRC. + TABATA WEIGHTS	UPPER BODY RESI BAND	HIIT CIRCUITS WEIGHTS	MOBILITY + ROLL LOWER BODY	FUNC. CIRCUITS SINGLE WEIGHT	PYRAMID RESI BAND	
32 MINS 12 	25 MINS 13 	38 MINS 14 	26 MINS *15 	40 MINS 16 	36 MINS 17 	18
BUILD A COMBO BAND	BUILD A COMBO WEIGHTS	TABATA SUPSET BODYWEIGHT	MOBILITY LOWER BACK	PILATES MAT BODYWEIGHT	CIRC. + TABATA SLIDER + WEIGHT	
30 MINS *19 	33 MINS 20 	35 MINS 21 	27 MINS 22 	42 MINS 23 	55 MINS *24 	25
PILATES SLIDE RESI BAND	SHOULDER CIRC. WEIGHTS + BAND	HIIT CIRCUITS BODYWEIGHT	MOBILITY + ROLL UPPER BODY	BUILD A COMBO WEIGHTS	PILATES HIIT HAND WEIGHTS	
47 MINS **26 	33 MINS **27 	44 MINS 28 	15 MINS 29 	40 MINS 30 		
FUNC. CIRCUITS SINGLE WEIGHT	FUNC. CIRCUITS RESI BAND	HIIT SUPERSETS RESI BAND	MOBILITY SPINE FOCUS	PILATES MAT BODYWEIGHT		

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