

JULY

M T W TH F S SU

LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
				39 MINS 1  PILATES MAT BODYWEIGHT	35 MINS 2  CIRC. & TABATA WEIGHTS	3
43 MINS 4  BUILD A COMBO BODYWEIGHT	26 MINS 5  PILATES SLIDE SLIDER ONLY	32 MINS **6  HIIT SUPSETS RESI BAND	21 MINS 7  MOBILITY WITH A CHAIR	57 MINS 8  FUNC. CIRCUITS WEIGHTS	40 MINS 9  PYRAMID RESI BAND	10
57 MINS 11  FUNC. CIRCUITS WEIGHTS+BAND	30 MINS 12  BUILD A COMBO RESI BAND	35 MINS 13  HIIT CIRCUITS WEIGHTS	13 MINS 14  MOBILITY HIPS FOCUS	38 MINS *15  PILATES MAT BODYWEIGHT	35 MINS 16  CIRC. & TABATA WEIGHT+SLIDER	17
36 MINS *18  CIRC + TABATA RESI BAND	35 MINS **19  CIRC. & TABATA WEIGHTS	34 MINS 20  HIIT CIRCUITS BODYWEIGHT	10 MINS 21  MOBILITY GENERAL	58 MINS 22  PILATES SLIDE SLIDER ONLY	35 MINS 23  CIRC, & TABATA WEIGHT	24
52 MINS 25  MINI FLOWS RESI BAND	37 MINS *26  BUILD A COMBO BODYWEIGHT	30 MINS 27  CARDIO PYRAMID BODYWEIGHT	12 MINS 28  MOBILITY HIPS FOCUS	45 MINS **29  PILATES MAT BODYWEIGHT	28 MINS **30  PYRAMID WEIGHTS	31

*BONUS CONTENT (RELEASED 7/15)
**SCHEDULED YOUTUBE VIDEO