
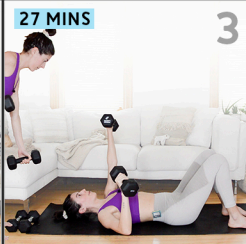

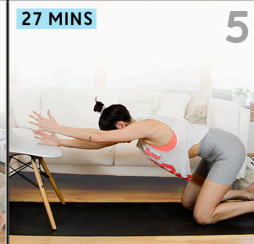



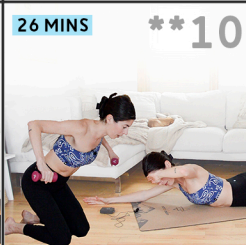


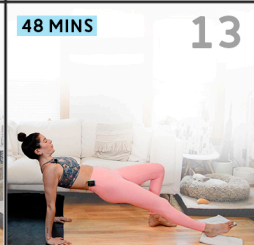

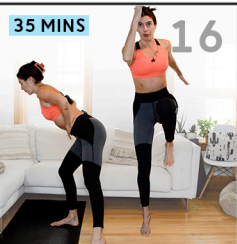









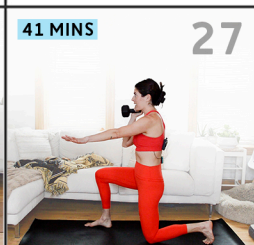

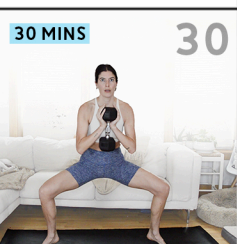



MAY

M T W TH F S SU

LOWER BODY	UP BODY/CORE	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
46 MINS 2  MINI FLOWS BODYWEIGHT	27 MINS 3  PYRAMID WEIGHTS	34 MINS 4  TABATA SUPSET RESI BAND	27 MINS 5  MOBILITY WITH A CHAIR	40 MINS 6  PILATES MAT DISH TOWEL	35 MINS 7  CIRC. + TABATA RESI BAND	8
45 MINS 9  PYRAMID WEIGHTS	26 MINS ** 10  PILATES MAT HAND WEIGHTS	38 MINS 11  HIIT CIRCUITS BODYWEIGHT	9 MINS 12  MOBILITY QUICKIE	48 MINS 13  FUNC. CIRCUITS SLIDE + BW	38 MINS 14  CIRC. + TABATA WEIGHTS	15
35 MINS 16  SLIDER HIIT SLIDER ONLY	25 MINS * 17  PYRAMID WEIGHTS	27 MINS 18  HIIT CIRCUITS BODYWEIGHT	30 MINS 19  MOBILITY + STRETCH	35 MINS 20  PILATES MAT BODYWEIGHT	39 MINS * 21  BUILD A COMBO WEIGHTS	22
43 MINS 23  MINI FLOWS RESI BAND	33 MINS 24  STRENGTH CIRC. WEIGHTS	43 MINS 25  CARDIO PYRAMID BODYWEIGHT	15 MINS  MOBILITY GENERAL	41 MINS 27  BUILD A COMBO WEIGHTS	55 MINS 28  PILATES HIIT RESI BAND	29
30 MINS 30  PYRAMID WEIGHTS	30 MINS 31  PILATES MAT 360 CORE					

*BONUS CONTENT (RELEASED 5/15)
**SCHEDULED YOUTUBE VIDEO