

move your body

MASH UP

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Going Strong 52 Minutes	Power Ball 30 Minutes	Core Blast Pilates 30 Minutes	DAY OFF	Ultimate Intervals 36 Minutes	Calorie Sizzler and Move Total Body 40 Minutes	WILD CARD! PICK YOUR FAVORITE WORKOUT
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Ultimate Kettlebell and Ultimate Kettlebell Core 50 Minutes	DAY OFF	Yoga Flowetry 56 Minutes	Going Strong 52 Minutes	Power Ball 30 Minutes	Core Blast Pilates 30 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Ultimate Intervals 36 Minutes	Calorie Sizzler and Move Total Body 40 Minutes	WILD CARD! PICK YOUR FAVORITE WORKOUT	Ultimate Kettlebell and Ultimate Kettlebell Core 50 Minutes	Yoga Flowetry 56 Minutes	Going Strong 52 Minutes	Power Ball 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Core Blast Pilates 30 Minutes	DAY OFF	Ultimate Intervals 36 Minutes	Calorie Sizzler and Move Total Body 40 Minutes	WILD CARD! PICK YOUR FAVORITE WORKOUT	Ultimate Kettlebell and Ultimate Kettlebell Core 50 Minutes	Yoga Flowetry 56 Minutes