

# Bounce & Beyond Feb 16 - Mar 1

## Workout Playlist

Mon

**NEW**

FULL BODY  
WEIGHTED  
VEST  
STRENGTH

Tue

**NEW**

20 MIN  
CARDIO  
BODY BURN  
  
10 MIN  
CORE

Wed

45 MIN  
JUMP &  
PUMP

Thu

30 MIN  
BOOTY +  
THIGHS  
  
16 MIN  
REBOUND HIIT

Fri

30 MIN  
FULL BODY  
STRENGTH

Sat

**NEW**

CARDIO CORE  
KICKBOX  
  
7 MIN  
ABS

Sun

25 MIN  
REBOUND &  
RESISTANCE  
BANDS

