



FEBRUARY

2026

MON	TUE	WED	THU	FRI	SAT	SUN
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MOMENTOUS CREATINE CHEWS

NEW FLAVORS!



Createine Chews make daily strength support easy — especially for women 40+. Consistency matters.

CHEW ON THIS! USE PROMO CODE: MICHELLEBRIEHLER

2 NEW 40 MIN UPPER BODY METABOLIC STRENGTH	3 30 MIN LEGS & BOOTY KNEE FRIENDLY	4 10 MIN STANDING HIIT 20 MIN BACK + POSTURE RESET	5 30 MIN FULL BODY BARRE SCULPT & SWEAT	6 20 MIN TOTAL CORE	7 40 MIN PIYO FULL BODY	8 
9 NEW LOWER BODY METABOLIC STRENGTH	10 30 MIN UPPER BODY + CARDIO	11 15 MIN CARDIO HIIT 20 MIN BARRE GLUTES	12 40 MIN FULL BODY SUPERSET STANDING	13 30 MIN CARDIO CORE	14 30 MIN FULL BODY STRENGTH	15 
16 NEW FULL BODY BURN	17 16 MIN SIT FAT BURN 10 MIN DAILY ABS	18 30 MIN FULL BODY STRENGTH	19 30 MIN BOOTY + THIGHS	20 40 MIN FULL BODY TRISET METCON	21 NEW CARDIO CORE KICKBOX 7 MIN ABS	22 
23 NEW FULL BODY COMPOUND	24 20 MIN CARDIO HIIT 13 MIN WEIGHTED ABS	25 45 MIN FULL BODY BURN	26 30 MIN TOTAL PILATES	27 40 MIN FULL BODY COMPOUND + AMRAP	28 20 MIN LOW-IMPACT CARDIO 15 MIN ROLL & RELEASE	1 



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Share your progress or post-workout selfies and tag me on Instagram or Facebook

All workouts drop on their scheduled day at **4:00 AM EST**. When a week repeats, the workouts are already available from the previous week.