

June 1-7

Workout Playlist

Mon

NEW

30 Min
Full Body
Standing
Strength

Tue

15 Min SIT
10 Min CORE

Wed

40 Min
Upper Body
Strength

Thu

NEW

20 Min
Cardio
Kickbox

Fri

40 Min
Lower Body
Strength

Sat

30 Min
Barre
Full Body
Sculpt &
Sweat

Sun

15 Min
Stretch Routine
Train hard
recover hard



NB MICHELLE
BRIEHLER