



MARCH

2026

MON	TUE	WED	THU	FRI	SAT	SUN
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GET READY...  
**SOMETHING STRONG IS COMING**



# Summer HEAT

6 Weeks of focused strength training, weekly HIIT, core work, community and nutrition support

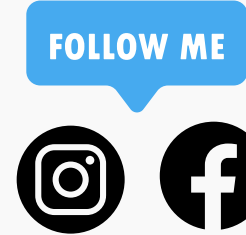
Three committed challenger will win **\$300** in products

More info coming soon...

2 <b>NEW</b> 25 MIN STANDING STRENGTH 5 MIN STAND ABS	3 45 MIN STABILITY BALL CORE & MORE	4 40 MIN FULL BODY STRENGTH	5 30 MIN NO JUMP CARDIO ZONE 2	6 30 MIN FULL BODY STRENGTH	7 50 MIN BARRE BURN	8 
9 <b>NEW</b> 30 MIN LEG DAY NO REPEAT	10 30 MIN UPPER BODY WEIGHTS	11 30 MIN KICKBOX & BARRE	12 40 MIN FULL BODY COMPOUND	13 20 MIN CARDIO CORE SCULPT 10 MIN CORE DEEP BURN	14 30 MIN STANDING SUPERSET STRENGTH	15 
16 <b>NEW</b> 30 MIN FULL BODY COMPOUND NO REPEAT	17 30 MIN SWEATY HIIT 12 MIN ABS/CORE	18 30 MIN LOWER BODY POWER	19 30 MIN UPPER BODY	20 25 MIN BOSS BAND BOOTY	21 25 MIN STANDING CARDIO ABS 10 MIN PILATES BALL CORE	22 
23 <b>NEW</b> 30 MIN FULL BODY STRONG	24 16 MIN SIT FAT BURN 7 MIN ABS	25 30 MIN SHOULDERS & THIGHS	26 20 MIN CHEST & TRICEPS	27 40 MIN LEGS & ABS	28 35 MIN BACK, BICEPS & ABS	29 



Yvette ➡



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.