

Bounce & Beyond Apr 27 - May 10

Workout Playlist

Mon

NEW

30 MIN
FULL BODY
SUPERSET

5 MIN
HEALTH BOUNCE

Tue

15 MIN
HIIT

20 MIN
LEGS & GLUTES

Wed

30 MIN
SCULPTED
ARMS &
SHOULDERS

NEW

20 MIN
FAT BURN
CARDIO
REBOUND

Fri

35 MIN
FULL BODY
STRENGTH
REBOUND

Sat

30 MIN
REBOUND
CARDIO
INTERVALS

11 MIN
REBOUND CORE

Sun

30 MIN
FULL BODY
BARRE
SCULPT

10 MIN
BASIC BOUNCE

