Sept 14-20
Workout Playlist

Mon	Tue	Wed	Thu
NEW 30 MIN Lower Body + Belly	30 Min Upper Body Supersets	LIVE 40 Min Strength	30 Min Cardio & Abs

Fri	Sat	Sun
NEW 30 Min Rebounder Strength Intervals	45 Min Full Body Compound & AMRAP	20 Min Strong Yoga Train hard recover hard

MICHELLE BRIEHLER