

BRANDY'S FAVS & MOST RECOMMENDED



Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>Our Bodies Temple of God</u> 38:55	<u>Hip Goodness</u> 36:52	<u>Strength Basic 10</u> 30:53	<u>Mini Mash Up</u> 29:43	<u>AMRAP 2</u> 34:12	<u>Full Body Stretch</u> 27:24	Rest!
<u>Metabolic Combos</u> 25:40	<u>Strength Supersets 1</u> 32:31	<u>Bodyweight Intervals-Bench</u> 30:18	<u>Thankful Strength</u> 36:32	<u>Res Band Intervals</u> 37:11	<u>Cardio & Combos</u> 35:20	Rest!
<u>HIIT 1</u> 33:25	<u>Kickboxing Intervals 3</u> 29:18	<u>Lament AMRAP</u> 23:26	<u>Strength 2</u> 35:37	<u>Stretch Strength-Core 2</u> 23:06	<u>Brandy's RW Story!</u> 37:49	Rest!
<u>Metabolic Intervals</u> 33:24	<u>Strength Supersets 2</u> 31:20	<u>Combo Bodyweight Intervals</u> 32:07	<u>Recorded LIVE Workout</u>	<u>Strength Combo Cardio Circuits</u> 30:47	<u>Res Bands on the Mat</u> 43:42	Rest!
<u>HIIT 2</u> 33:25	<u>Habit Stack: Strength & Prayer</u> 32:46	<u>Tabata Style</u> 40:17	<u>Strength 1</u> 31:42	<u>Barre Circuits 2</u> 39:34	<u>Strength & Stretch 2</u> 43:08	Rest!