

PREGNANCY & LOW IMPACT



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	<u>Strength 1</u> 31:42	Walk 15-30 min	<u>Mini Mashup</u> 29:43	Rest!	<u>Cardio</u> <u>Dynamic Stretching</u> 41:37	Walk 15-30 min	Rest!
2	<u>Legs 1</u> 33:25	Walk or Jog 30 min <u>with Arms 1</u> 10:09	Rest!	<u>Kickboxing</u> <u>Combo Intervals</u> 31:06	<u>Basic</u> <u>Strength</u> 37:40	Walk 15-30 min	Rest!
3	<u>Res Bands</u> <u>Discipline</u> 40:04	Walk 15-30 min	<u>Kickboxing</u> <u>Choreography 1</u> 30:20	Rest!	<u>Barre 1</u> 44:25	Walk 15-30 min	Rest!
4	<u>Basic Legs</u> <u>Strength</u> 26:15	Walk or Jog 30 min <u>with Arms 2</u> 11:28	Rest!	<u>Kickboxing</u> <u>Intervals 4</u> 31:56	<u>Res Bands</u> <u>On the Beach-1</u> 28:35	Walk 15-30 min	Rest!
5	<u>Circuits</u> <u>3x33x3</u> 29:52 *Follow Laura in the blue shorts & don't go prone with stretching	Walk 15-30 min	<u>Vision</u> <u>Mash Up</u> 33:34	Rest!	<u>Res Band</u> <u>Intervals</u> 37:11	Walk 15-30 min	Rest!
6	<u>Quick Legs</u> 22:13	Walk or Jog 30 min <u>with Arms 3</u> 11:12	Rest!	<u>Kickboxing</u> <u>Intervals 2</u> 29:22	<u>Res Bands</u> <u>On the Beach 2</u> 28:28	Walk 15-30 min	Rest!
7	<u>Jackson's</u> <u>Strength</u> 36:06	Walk 15-30 min	<u>Barre</u> <u>Circuits 1</u> 33:21	Rest!	<u>Chair</u> <u>Full Body</u> 35:51	Walk 15-30 min	Rest!
8	<u>Quick Glutes</u> 9:28 *Optional - Repeat up to 2X	Walk or Jog 30 min <u>Fav Arms</u> 12:21	Rest!	<u>Kickboxing</u> <u>Intervals 1</u> 31:08	<u>Strengthen</u> <u>Your Faith</u> 26:36	Walk 15-30 min	Rest!
9	<u>10 Min</u> <u>Strength</u> 16:13	Walk 15-30 min	<u>Kickboxing</u> <u>Chair</u> 30:42	Rest!	<u>Sunrise</u> <u>Stretch</u> 14:07	Walk 15-30 min	Rest!